

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## End of Season Information

Oct. 29<sup>th</sup>/Oct. 31<sup>st</sup> --- Full/Half Shares: Week 20  
Oct. 29<sup>th</sup>/Oct. 31<sup>st</sup> --- Greens Shares: Week 16

### This Tuesday and Thursday, October 29<sup>th</sup> and 31<sup>st</sup>, will be the final deliveries for all full, half, and greens share members!

We are currently in the last week of the 2013 regular share season! This season was full of surprises, like the delivery truck's transmission going out, valleys, like the French radishes freezing last week, peaks, like getting a great cucumber and tomato crop, and everything in between (including lots and lots of rain ☺)! Through it all, we know that our farm would not be successful without the many people who support, help, and care for the farm so we want to say **Thank You** to all of you for this season!

**Thank you to you, the members!** Without your support of local agriculture, healthy eating, and our farm, we would not be where we are today! We hope you have learned a little more about CSA's, local food, and healthy food choices overall. We also hope that the whole experience has been an overall blessing to you and your families!

**Thank you site leaders and back up site leaders!** We cannot thank you all enough for volunteering your time and resources which have helped this CSA run smoothly and efficiently throughout this year.

**Thank you to our employees!** Our employees are asked to show up at all times of the day in all types of weather and have helped us out tremendously to make this year a great one!

As this is the last week for the regular shares, there is some important end of the season information that we want to pass along. Read all information below carefully please ☺:

1. This is the last week you will be picking up your box(es) from your pick up site!!
2. As this is the last week, don't forget to bring back any boxes you may still have lying around.
  - a. The box that you will be picking up this week can be returned the following week, before 8am on Tuesday or Thursday, as we will be delivering winter storage shares for those members who purchased them and will pick up any boxes that are returned.
3. Winter storage share enrollment has closed. The first deliveries will be, depending on your pick up site, November 5<sup>th</sup> and 7<sup>th</sup>. For those of you who purchased a winter storage share, you should have received a confirmation email on Friday, October 25<sup>th</sup> and will be receiving additional information in the coming days. Please look for those emails and email us asap if you are not receiving them.
4. We have been receiving several emails about the 2014 season. We do hope to start digging in for next year soon and would love to see each of you back for next season! More information will be coming in early to middle December about the upcoming season and will be sent out and put on the website.

As we are outside preparing for the final weeks of field labor and gearing up for next year, we can't help but feel blessed once again for this season and all that was accomplished! It was a bountiful and wholesome harvest☺!

## A Sincere Thank You to Each and Every One of You!!

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## WHAT'S IN THIS WEEK'S BOX???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- Acorn Squash
- Black Spanish Radish
- Carrots
- Daikon Radish
- Leeks (possibility)
- Watermelon Radish
- Yukon Gold or Red Potato



## *So What Should I Do with My Box that I Pick Up This Week??*

Bring it back the following week before your usual drop off day. So:

Tuesday members should return their box before 8am on November 5<sup>th</sup>.

Thursday members should return their box before 8am on November 7<sup>th</sup>.

**If you cannot return your box by those dates, you do not need to return it to your site. It can be recycled!!!**

## *Daikon Radish*

The name daikon gets its roots from two Japanese words: dai and kon. Dai meaning large while kon means root vegetable. If this doesn't describe the daikon radish perfectly, we don't know what does! The daikon radish has its roots (no pun intended again 😊) in many Asian cultures like the Japanese and Chinese. Some varieties of daikon radishes grown in Asian countries can reach up to 50 pounds with 2 feet or longer leaves!!! That's a lot of radish! The variety we grow does not get that large but we have had some pretty "giant" ones!! Because of its Asian roots, Daikons are a staple in many oriental dishes like stir fry dishes but can be used in some non-traditional ways like mashed up or roasted!

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## RECIPES III

Each week we are scavenging Facebook, Pinterest, blogs, books, and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe, or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

### Crunchy Daikon Radish Tuna Salad

Something a little different as it contains some not so used ingredients...it's always good to try new things 😊!!

#### Ingredients:

- 1 can tuna (in olive oil)
- 1 cup radish (peeled, grated daikon)
- 2 tsps rice vinegar
- 1 tsp seed (toasted sesame)
- 1/4 tsp pomegranate molasses
- 1 tsp wakame (seaweed)
- salt (/pepper to taste)
- 1 tsp pomegranate (arils for garnish)

#### Method:

1. Toss together tuna (with some / all of the olive oil it was packed in) and grated daikon with vinegar and molasses.
2. Salt and pepper to taste (I don't add salt to this).
3. Sprinkle with sesame, wakame and pomegranate arils and enjoy!

Adapted from yummy.com  
Serves 1-2.

### Braised Carnival Squash

#### Ingredients:

- 1/2 cup distilled white vinegar
- 1/4 cup white sugar
- 1 small carrot, peeled and cut into matchsticks
- 1 daikon radish, peeled and cut into matchsticks
- 2 tablespoons chopped fresh cilantro
- 1 Thai chile pepper, seeded and chopped

#### Method:

Heat vinegar and sugar in a saucepan over low heat until sugar is dissolved. Remove from heat, and refrigerate to cool. Place daikon and carrot in a glass jar with the cilantro and chile peppers. Pour the cooled vinegar mixture over, submerging the vegetables. Cover and refrigerate for at least 4 hours, or overnight.

This recipe's ingredients serves 4.  
Adapted from allrecipes.com