

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 13: September 9th/11th

Irrigation on the Farm

Every year we get multiple questions regarding irrigation on the farm. These are very good questions as water is a very important part of any farm, especially a vegetable farm! Though we are always depending on good old natural rain water for irrigating the vegetable plants, we do have some counter measures in place just in case that rain stays away ☺

We have three main irrigation methods that we use around the farm. Which one we use depends mostly on the particular situation. The first method is used starting in February when we fire up the greenhouse and start planting our seeds for the season. Seeds in a greenhouse need lots of water over the course of a day, usually 3-4 times! To help keep the seeds at their optimal moisture level, we invested in mist emitters for the greenhouse this year. They hang from the poles at the top of the greenhouse and mist the seedlings at specific time intervals. They worked great their first year and saved us lots of watering time that could be invested in other areas!

The second method we use is drip line irrigation. Drip line irrigation is laid in our three hoophouses and under any plastic mulch in the field. These drip lines are small black plastic type hoses that run along the root base of the vegetable plants. They allow for a nice slow watering right at the root of the plant making it a very optimal situation for the plant to soak in the moisture.

The final method is use of “The Water Gun.” The gun is essentially a huge sprinkler that we use in our fields. We have a small and large gun. Together, they can pump out about 100 gallons of water a minute on average. The guns can cover acres of vegetable plants while giving them all a good soak when need be!

Though nothing can ever replace a nice soaking rain shower, the methods of irrigation described above have definitely been a blessing to the farm over the years when the rains have stayed away.



Left: The large Water Gun.



What's in your box?

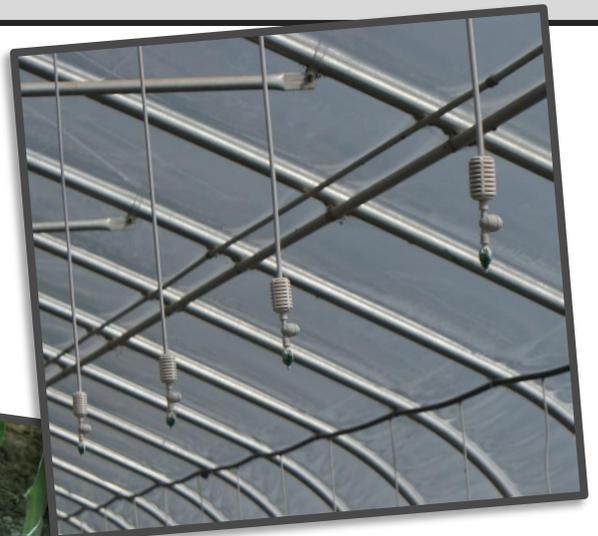
This list is tentative and subject to change. The official list will be updated continuously on our website's homepage.

Full Shares/Half Shares

- * Spaghetti Squash
- * Yellow OR White Onion
 - * Carrots
 - * Greens Mix
- * Bell Pepper OR Conical Pepper
 - * Cherry Tomatoes
 - * Slicing Tomatoes
 - * Paste Tomatoes
 - * Heirloom Tomato
- * Head Lettuce Variety

Greens Share

- * Greens Mix
- * Lettuce Mix
- * Spinach



Above: Mist emitters recently installed in the greenhouse.

Immediate Left: Drip line irrigation at the roots of the tomato plants

What are all these veggies in my box?

Onion: You will receive a yellow variety of onion this week! These are a larger variety and are sweet with a little kick.

Carrots: Another great week of carrots! The green tops will be on 99.9% of them.

Cherry Tomatoes: You might see red, yellow, or the orange variety or a mixture of them all in your box.

Tomatoes: The normal red slicing tomatoes will be in your box again this week. In addition, everyone will receive either an heirloom tomato or a mixed container full of small heirlooms/grape tomatoes.

Paste Tomatoes: Everyone will also receive several paste tomatoes. The paste tomatoes are the smaller, all red tomatoes in your box. They are more elongated than the slicing tomatoes. They are similar in shape to the Roma variety of tomato you can find at most grocery stores. They taste best when cooked in a recipe!

Spaghetti Squash: Our first fall/winter squash of the season! This is the large, mild yellow squash in your box. It is one of the coolest vegetables to eat when cooked correctly as the inner flesh turns into something like spaghetti noodles! There is a great recipe on page 3 so check it out!

Pepper: You will see either a bell variety pepper in your box or a sweet conical pepper variety. The sweet conical peppers are longer and more slender than their bell cousins. They could be either yellow, red, or orange. The bell peppers could be red, orange, green, or possibly yellow.

Lettuce: You will either be receiving a red or green head lettuce variety in your box this week. With the cooler weather, a few lettuces are growing again!

Greens Mix: This is one of the small greens mix you would have seen in some of our earlier boxes. It's delicious as a garnish on any sandwich or on its own in a salad!

Sausage, Pepper & Mushroom Pizza

Ingredients:

- 1 pound prepared pizza dough, preferably whole-wheat (see Note)
- 6 ounces Italian turkey sausage, about 2 large links, casings removed
- 1 green bell pepper, sliced
- 2 cups sliced mushrooms
- 1/4 cup water
- 1 cup prepared marinara or pizza sauce
- 1 cup shredded part-skim mozzarella cheese, preferably "fancy"

Note: You could also use some of the onion, tomatoes, or even greens from your box also!

Preparation:

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out or stretch dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, crumble sausage into a medium nonstick skillet. Cook over medium heat, breaking up with a spatula or spoon, until cooked through, 3 to 5 minutes. Place bell pepper, mushrooms and water in a large microwave-safe bowl. Cover and microwave on High until just tender, 3 to 4 minutes. Drain.
4. Spread sauce evenly over the crust. Top with the sausage, pepper and mushrooms and sprinkle with cheese. Bake until the crust is crispy and golden and the cheese is melted, 8 to 10 minutes.

Servings: 6; Adapted from eatingwell.com

Farm Favorite:

Lasagna Stuffed Spaghetti Squash

This recipe was given to us about a year ago by our Aunt Jane! Our we ever glad she passed it along! This recipe can be downsized or made bigger to fit whatever size family you may have! It's everything you like about lasagna except with no bread. Don't hesitate to add any spices/herbs you want to the sauce to make it even more delicious!

Ingredients:

- 2 medium spaghetti squash
- 2 tablespoons olive oil, divided
- salt and pepper
- 1 onion, chopped
- 4 cloves garlic, chopped
- 20 oz 99% lean ground turkey breast (you can also use the 93-94% or 96% lean ground beef)
- 1/4 lb chicken or turkey sausage, sliced
- 1 lb can crushed tomatoes
- 2 teaspoons dried or finely chopped fresh oregano, divided
- 2 teaspoons dried or finely chopped fresh basil, divided
- 2 teaspoons crushed red pepper flakes, optional
- 1/2 cup part skim ricotta cheese
- 1/2 cup nonfat cottage cheese
- 1 cup shredded part skim mozzarella cheese

Preparation:

1. Preheat oven to 400. Slice spaghetti squash length wise and scrape out the seeds. Rub 1/4 tbsp olive oil into each squash half and season with salt and pepper. Place each spaghetti squash half face down in a large baking dish and bake for 40-60 min. When squash is done, middle will be tender and pull apart easily.
2. In a large pan, sautee onion and garlic in 1 tablespoon olive oil over medium heat until fragrant. Add ground turkey. Season with a generous pinch each of salt and pepper. Cook until browned. Add sausage, crushed tomato and 1 teaspoon each basil and oregano. When sauce starts to bubble, reduce heat to a simmer until thickened (about 3-4 minutes).
3. Meanwhile, combine ricotta and cottage cheese in a medium bowl. Season with 1 teaspoon each basil and oregano. Add a pinch each of salt and pepper. Lightly mix until combined.
4. When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin side down. Evenly divide ricotta mixture between each squash half. Repeat with meat sauce. Top each half with 1/4 cup mozzarella cheese.
5. Turn oven to broil, and cook for another 2 minutes, until cheese is browned and bubbling. This happens very quickly—make sure to watch closely, otherwise it can burn easily. Serve immediately. Leftovers may be refrigerated in an airtight container for up to one week.

Note: The sauce is very forgiving. Add/subtract whatever spices you like to get your desired flavor. I used a spicy (pre-cooked) chicken sausage, but you can use whatever flavor you like.

Servings: 4; adapted from arismenu.com