

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 5: July 15th/17th

Seasonal Eating

One of the main goals of the CSA concept is to give our members the experience of eating according to the Wisconsin growing season. This means enjoying an abundance of greens in the spring, summer staples like tomatoes, melons, and squash in July and August, and fall classics like onions, potatoes, and carrots in September and October during the CSA season.

As we go through the season, you will see the effects of the different growing seasons within your box. You might be wondering to yourself, “Can I eat another piece of lettuce this year?” This is a valid question as you have been receiving 2-3 varieties of lettuce each week 😊. However, soon the fresh lettuce of spring/early summer, plus other spring veggies like kohlrabi, will be all but done and you will start to see more of other vegetables in your box. Some of these include tomatoes, summer squash, eggplant, beets, and peppers.

You will start to see these changes in your box over the next couple of weeks. There will be a few unknown vegetable varieties and many of the classics as we head deeper into these summer months. Enjoy!

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

- * Beets
- * Cucumber
- * Green OR Red Leaf Lettuce
- * Lettuce Mix
- * Scallions OR Green Top Onion
- * Summer Squash
- * Kohlrabi OR Kale
- * Eggplant OR Tomato

Greens Share

- * Kale
- * Swiss Chard
- * Lettuce Mix

Green Shares start this week!!

Week 5 is the start of the Green Shares for those of you who purchased one. As you will all be seeing another size box at your pick up site, we wanted to give you a visual to remind you about the different size boxes. The green share boxes will be the smallest boxes at the site. Not every site will see them!

Full Share

Half Share

Green Share



What are all these veggies in my box?

Beets: These beets come from our first planting of beets. These are the dark red round vegetable you will see in your box. Many of the beets will have some of their tops still on. These tops are edible though not always in perfect shape. If you are storing your beets, remove the tops asap to avoid excess moisture loss. Beets can be stored in the fridge.

Cucumber: The cucumbers are really coming into their own this week! They are good sized and very fresh. The variety of cucumber we grow is known for containing a minimal amount of seeds.

Head Lettuce: You will either be receiving a green or red leaf variety of lettuce in your box. Remember, fresh lettuce needs to be eaten as soon as possible. To prolong its storage life, store with paper towel to soak up excess moisture.

Lettuce Mix: Like past weeks, this is the mix of baby greens you will see in a plastic bag in your box. This variety of lettuce mix is great for any type of salad so don't hesitate to go for something completely new!

Kohlrabi OR Kale: Some of you will be receiving kohlrabi while others will be receiving kale. Both of these plantings had different maturation groups over the past couple of weeks and we are very glad we have been able to get so many weeks of both!

Scallions OR Green Top Onion: This planting of scallions, similar to the kohlrabi, has had different maturation periods which is why some of you will find them in your box. Others will be receiving another variety of onion. Green Top Onions are normal onions with their top still on which means they are not yet cured. These are not that much different from a normal cured onion except these should be stored in the fridge.

Summer Squash: Finally!! This summer squash has been looking good for so many weeks but it just wouldn't grow. It definitely was quite weird but we think the excessive rains had something to do with the delayed growth. The veggies are coming in now and looking great! Some will be receiving yellow summer squash while others will be receiving zucchini.

Eggplant OR Tomato: The eggplant and tomato plantings are just starting to mature. The eggplant is a purple Asian variety. We like to think it looks like a purple banana sometimes! The tomato hoophouse is looking so good so we are starting to see red ripened tomatoes popping up everywhere!

Mixed Citrus Green Salad

Ingredients:

- 1 cup grapes (red seedless, halved)
- 10 oz mixed greens
- 11 oz mandarin oranges (drained)
- 1 (8-ounce) container pineapple chunks, drained
- 8 oz red grapefruit (drained)
- 7 tbsps poppy seed dressing (or dressing of your choice)
- Chopped walnuts

Preparation:

1. Combine fruit ingredients in a large bowl. Place on lettuce/mixed greens. Top with dressing and walnuts.

Serves 7; adapted from Yummly

Herby Cucumber Salad

Ingredients:

- 1/4 cup plain low-fat yogurt
- 2 tablespoons coarsely chopped fresh dill
- 1 tablespoon coarsely chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons coarsely chopped mint
- 2 teaspoons Dijon mustard
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove
- 5 1/2 cups thinly sliced cucumber (about 2 large)
- 2 1/2 cups thinly sliced red onion

Preparation:

1. Combine the first 11 ingredients in a food processor or a blender, and process until well blended. Combine the cucumber and onion in a large bowl. Drizzle with yogurt mixture, and toss to coat.

**Farm Note: We used Stevia instead of sugar to go with a slightly healthier version!

Serves 6; Adapted from my recipes.com

Summer Squash with Chives

Ingredients:

- 2 medium yellow squash or zucchini, thinly sliced
- 2 tablespoons olive oil
- 1/2 cup chopped chives
- 4 cloves garlic, minced
- 1/2 teaspoon seasoned salt
- dash of pepper

Preparation:

1. Add the oil, chives and garlic to a large frying pan. Saute for a minute.
2. Add squash and sprinkle with seasoned salt and pepper. Toss to coat and cook over a medium-high flame for 7 - 8 minutes or until squash is tender, but still crisp.

Serves 6; Adapted from Premeditated Leftovers