

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## HALFWAY WEEK!

Aug. 20<sup>th</sup>/Aug. 22<sup>nd</sup> --- Full/Half Shares: Week 10  
Aug. 20<sup>th</sup>/Aug. 22<sup>nd</sup> --- Greens Shares: Week 6

Yes, that's right! This week serves as the halfway week of the season!! This season, though most do, has been flying by....in a good way ☺! From the first time the relentless rains let up until now, it has been a busy season full of some good experiences and, should we say, not so good experiences. The vegetables have fared anywhere from a great crop, like cucumbers, to a frustrating crop like strawberries. As we begin this halfway week, we thought it would be a good idea to do an update newsletter with pictures so everyone can see what's going on around the farm as we head into the second half of the season.



Bye, Bye! This season's first cucumber and only eggplant crops have been great but they are finally running into the end of their courses. We cut the cucumbers down (picture to the left) this Sunday and then the crew will be cleaning them up this week. Whatever can be plowed under to compost in the soil will be and then the ground will be prepared for the next crop that will be planted. The eggplant crop will be finished after this week at which time, the remaining plant leftovers will be plowed under.

Under Construction...still! The last and final high tunnel that was in the plans is finally complete....almost! The actual construction of the high tunnel is complete with maybe a few small touches to finish. However, as you can see in the picture to the right, the ground is not fully ready yet. One half was prepared and planted with one more crop of cucumbers. The other half is still waiting for some top soil to be moved in and then it can be prepared and planted.

Steady growth! The slicing tomatoes and cherry tomatoes located in the high tunnels are looking great! When we look at pictures from before until now, the growth has been amazing!



If you look at the picture to the left, you can see that the slicing tomato plants are growing higher and higher and there are a lot of green tomatoes up high and the red, riper ones are towards the bottom like it should be. The picture to the right shows off the growth of the cherry tomato plants which we now call the cherry tomato forest!!



Ladders have been moved in so the crew can reach the higher, riper cherry tomatoes. It's quite funny to see how when many of the crew members are above, should we say way above, average in the height department, they still feel considerably minuscule when they walk down the rows!!



Yummy strawberries! Over the past week or so the crew has unpacked, prepared and planted a new strawberry crop for next year. If you remember, the "exploded" earlier in the moisture. Close to 15+ so and are looking good. having straw put around over the next couple of



These are just a producing vegetables for all more! We are praying for the weather to stay steady, maybe a little warmer here and there to help some of the summer crops, and the monsoons ☺ to stay away as the steady, healthy rains come and go! Oh, and for the pesty pests to stay away!!

few of the updates from around the farm. We have enjoyed our members these past 10 weeks and look forward to 10

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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.

- Asian OR Globe Eggplant
- Cantaloupe
- Carrots
- Cherry Tomatoes
- Cucumbers
- Green OR White Bell Pepper
- Red Leaf Lettuce
- Slicing Tomatoes
- Yellow Onion
- Yellow Watermelon
- Sun Jewel Melon (possibility)

# MELON

## Yellow Watermelon

One of the most common and delectable fruits, our yellow watermelon falls into the icebox variety of watermelon. It is called icebox because these varieties of watermelons can fit into your fridge and weigh anywhere from 5-10 pounds. Summer months are the best times for watermelon as it is a summer crop that does good with heat and moisture. Though seedless watermelon is always an option, our yellow watermelon are not seedless but still just as tasty!!

## Sun Jewel Melon

Though this melon is a possibility for some sites, we wanted to give a little info on it! A lesser known member of the melon family, the Sun Jewel melon is a quite awesome!! A small melon, ranging from the size of two baseballs to a small football, that has been said to have a sweet taste like honeydew with a more cucumber-pear taste added to it! This Asian (another name for the Sun Jewel melon) melon is definitely a rare treat that we hope you enjoy.



## Cantaloupe

The melon we think of as Cantaloupe is actually a muskmelon. True cantaloupes are grown rarely in the United States as France is the biggest supplier. Though the name muskmelon is used often, cantaloupe is definitely the adopted name for this variety of melon. Cantaloupe can range in color from orange-yellow to salmon. It has a soft, juicy texture that is sweet and has a musky smell to it (hence, the name muskmelon!).

# MANIA

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## RECIPES!!!

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!

### Member Favorite: Almost-Savory Cantaloupe Soup

This is actually a member favorite from last season. We got some positive feedback on it so we thought we would send it out again! This was a last minute, totally experimenting recipe from the member!

#### **Ingredients:**

- 1 **cantaloupe**, peeled, seeded, and cubed (approx. 12 cups)
- 1 quart buttermilk
- 1 tbsp curry powder
- 2-3 tbsp finely chopped parsley
- 3 cloves (or 1 large clove) garlic, pressed through garlic press

#### **Method:**

1. Puree cantaloupe in blender to yield 8 cups (pureeing will be easier if you squeeze the cubes as you put them in the blender). Pour into a large mixing bowl and stir in buttermilk. Add curry powder, parsley, and garlic and mix thoroughly.

This recipe can serve as many as you like.  
The more ingredients, the more mouths fed! 😊

### Quick & Easy: Melon Agua Fresca

It's not very often we get to look for and share a drink recipe. What's even better, it's quick and easy!

#### **Ingredients:**

- 3 cups **fresh melon** (watermelon or cantaloupe), seeds removed and roughly chopped
- 1 1/2 cups water
- 6 tablespoons granulated sugar (use stevia if are watching your sugar intake)

#### **Method:**

1. Place all ingredients in a blender and process until smooth. Chill and serve over ice.

This recipe's ingredients serve 4-6.  
Adapted from foodnetwork.com