

Wholesome Harvest CSA

Week 9
August 4th/6th

The Top of the Hill (almost)..

We are one week away from the halfway point of the season! It might sound cliché but...wow, where has the time gone?? Usually we do this newsletter one week later, for week 10, which is the actual halfway point. However, due to the timing of our melon crop, next week is Melon Mania so we flip flopped the newsletters!

As we come up to the halfway point, we usually spend a couple days reflecting on the first half of the season. We look at which vegetables struggled. Unfortunately, the cucumber was that veggie this season ☹️ Our cucumber crop is usually a bustling, mature, high production crop. For one reason or the other they just were not at the level we would have liked this year. We were able to harvest them for several weeks though, albeit not in large quantities, which was a huge blessing. We also look at which vegetables rocked it (or are rocking it still). So far this season, that vegetable is summer squash. We cannot just point to one summer squash as all of our summer squash varieties including zucchini, yellow zucchini, patty pan squash, and yellow summer squash, have all made it and done quite well!! Sweet corn is another vegetable we can't help but be thankful for as we have had several weeks of a large, hopefully sweet and fresh crop!

We also start looking at the weather more closely around this time of the season. Looking back, we have been blessed to have beautiful weather for the most part. We had rains and warm but still cool weather for the majority of the first half of this season. We know we are starting to get into the hot days of summer though which we were humbly reminded of last week as we started days earlier to try to beat the heat ☺️ Right now, we are in desperate need of rain as it has been several weeks since the last good rain storm. The Gun (our huge water wheel sprinkler) has been out and can be seen in full force these days as we try to keep up and give the vegetables a much needed drink of water!

It has been a tremendous and very enjoyable (almost) first half of this 2015 season. We are very glad you joined us for it and we will continue to work hard to provide you with another great half!!

Box Description

- The globe eggplant crop is starting to produce so many of you will see the globe variety in your box this week while others will see the Asian variety.
- Our first melon of the year! This cantaloupe is orange, sweet, and delicious! If you do not eat the cantaloupe right away, put it in the fridge for safe keeping ☺️
- Cipollini onions are a smaller, flatter variety of onions. We have both gold and red (purple) Cipollini onions this year. The gold variety should be in the box this week though a few of you might see the red variety.
- Hot, hot, hot!! You will see a couple jalapeno peppers in your box this week. They are the smaller, dark green pepper. They can be quite large.
- This week you will see purple bell peppers again along with green peppers. These are from our outside crop of peppers where most of the plants are in full production! Peppers should be refrigerated if you are not using it right away.
- The first tomatoes of the season are coming your way!! This first batch is just good 'ol red slicing tomatoes. They can be diced for salsa or cut thin for hamburgers.
- **Special Note on the sweet corn:** Last week's excessively hot temps and long growing days pushed the sweet corn along super-fast. We find it better to pick the corn as near to delivery as possible rather than pick earlier and store for days. We do hydro-cool the ears to lock in the sweetness and avoid a starchy flavor. However, we still recommend you eat the sweet corn as soon as possible so the sugars don't start turning to starches.

This list is tentative and any updates will be finalized on the homepage of our website.

- 🍅 Asian OR Globe Eggplant
- 🍅 Basil; Green
- 🍅 Cantaloupe
- 🍅 Carrots
- 🍅 Cipollini Onions
- 🍅 Green Bell Pepper
- 🍅 Jalapeno Pepper
- 🍅 Purple Bell Pepper
- 🍅 Red Lettuce
- 🍅 Sweet Corn
- 🍅 Tomatoes (Slicing)
- 🍅 Yellow (Wax) Beans
- 🍅 Yellow Zucchini OR Patty Pan Squash

Greens Only Share

- Basil
- Red Lettuce
- Kale

What's in the box??

Ingredients:*Dressing*

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon minced garlic
- ½ teaspoon kosher salt
- ¼ teaspoon fresh ground pepper

Vegetables

- 1 medium sized eggplant (1 pound)
- 1 ripe tomato, cored, halved, and sliced thin
- ½ small red onion, sliced thin

To Serve

- Pita bread, cut into triangles

Method:

1. *Dressing:* Whisk oil, vinegar, garlic, salt and pepper until emulsified. Set aside.
2. *Roast the Eggplant:* Preheat oven to 400°F. Pierce the eggplant several times with a fork. place it on a jellyroll pan and bake it for 45 minutes in the center of the oven until it is cooked through and the skin is wrinkly. Transfer the eggplant to a work surface and cool for 10 minutes. Slice eggplant in half lengthwise and peel off the skin. Chop the flesh roughly and transfer to a bowl. Add the tomato, onion, and dressing. Toss gently to combine.
3. Serve with pita triangles or tortilla chips.

Serves: 6-8

Adapted from Panning the Globe blog

Mexican Corn on the Cob**Ingredients:**

- 4 ears corn, shucked
- 1/4 cup melted butter
- 1/4 cup mayonnaise
- 1/2 cup grated cotija cheese
- 4 wedges lime (optional)

Method:

1. Preheat an outdoor grill for medium-high heat.
2. Grill corn until hot and lightly charred all over, 7 to 10 minutes, depending on the temperature of the grill. Roll the ears in melted butter, then spread evenly with mayonnaise. Sprinkle with cotija cheese and serve with a lime wedge.

Serves: 4 Total Time: 20 min

Adapted from allrecipes.com

Ingredients:

- 6 pattypan squash, stem and blossom removed
- 6 slices bacon
- 1/2 cup diced onion
- 1 1/2 cups soft bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- salt and pepper to taste

Method:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring one inch of water to a boil in a saucepan over medium-high heat. Add squash, cover, and cook for 10 minutes, or until a fork can pierce the stem with little resistance. Drain, and slice off the top stem of the squash. Use a melon baller to carefully scoop out the centers of the squash. Reserve all of the bits of squash.
3. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon to paper towels, and set aside. Saute onion in bacon drippings. Chop the reserved squash pieces, and saute them with the onion for one minute.
4. Remove the skillet from heat, and stir in the breadcrumbs. Crumble the bacon, and stir into the stuffing along with the Parmesan cheese. Season to taste with salt and pepper. Stuff each squash to overflowing with the mixture, and place them in a baking dish. Cover the dish loosely with aluminum foil.
5. Bake for 15 minutes in the preheated oven, or until squash are heated through.

Serves: 6 Total Time: 30 Min.

Adapted from allrecipes.com

Pictures from around the Farm



Globe eggplants ready for harvest.

This variety of summer squash is called Patty Pan Squash.



Looking very similar to its counterpart, the green zucchini, this yellow zucchini plant is in full bloom.



Rows and rows of beautiful sweet corn!