

# Wholesome Harvest CSA

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## Typical Packing/Delivery Day

Earlier in the season, we described the typical harvesting day that takes place around the farm. Harvesting usually falls on Mondays and Wednesdays with a little on Tuesdays and others. If we aren't harvesting and cleaning the veggies, we are packing them for delivery to you!

Tuesdays and Thursdays are the two days of the week that we deliver to our pick up sites. These days usually begin around 6:15 a.m. Several times throughout the year, we may start earlier. This is if there is something left to be picked at the last possible moment, usually herbs. These days can get quite long as after packing, especially on Tuesdays, there is more harvesting to be done. Putting in 12-14 hour days during most of the season is not uncommon (thank you crew!!).

Packing takes place on an assembly line. Boxes are pushed down rollers while members of the crew pack the vegetables. Each crew member puts his or her own specific veggie(s) in the box while also double checking that the previous veggies are also in the box. After the last veggie is packed in the box, it is closed, and lifted onto our large delivery truck. After all the shares and eggs are packed, the delivery truck sets out for the day! There are a few sites on Tuesday and Thursday that are delivered via a smaller vehicle as they are not on the big truck's delivery route.

While there are 1-3 crew members out delivering, the rest are hard at work harvesting, cleaning, planting, doing maintenance, etc. Many of our crew says that their favorite days are packing days because they get to see the veggies in the box and on their way to be delivered to you, our members!



A slew of boxes heading down the assembly line. The last crew member is closing the boxes and stacking them. Another crew member will then load the stacks on the delivery truck.

## 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

- \* Red Potato
- \* Onion Variety
- \* Lettuce Mix
- \* Acorn Squash
- \* Turnip Variety
- \* Sweet Potatoes
- \* Savoy OR Other Variety Cabbage
- \* Broccoli
- \* Slicing Tomatoes OR Cherry Tomatoes

### Greens Share

- \* Lettuce Mix
- \* Swiss Chard
- \* Lettuce Head Variety



# What are all these veggies in my box?

**Onion:** You will receive either a red, yellow, or white onion in your box this week.

**Tomatoes:** You will either receive a pint of cherry tomatoes in your box or 2-3 slicing tomatoes. The tomatoes are on their last leg of production as the colder weather is starting to diminish the new growth.

**Turnip Variety:** Everyone will receive one variety of turnip in their box this week. We have purple topped, red, and white turnips all arriving at different times. We are glad that we did not lose the crop this weekend when it got very, very cold out! To see a couple scars, or what are called “tunnels” on the turnips is normal.

**Squash Variety:** Acorn is the squash variety you will see in your box this week! Acorn squash, being true to its name, does look like a giant acorn with highly exaggerated skin bumps ☺ This variety of acorn squash is dark green. Acorn squash has a sweet, nutty taste to it and tastes best when cooked! It can store for several months if stored correctly.

**Savoy OR Other Variety of Cabbage:** Many of you will be receiving the savoy variety of cabbage this week. The savoy cabbage looks very similar in shape to the normal green cabbage we are more accustomed to except the skin is more leafy than the green cabbage’s smooth skin. If you do not receive a savoy cabbage, you will be receiving one of our other varieties including purple, napa, green, storage, etc.

**Broccoli:** Another great harvest from our fall broccoli. This is one of the first falls in a couple years that we have been able to get two weeks of broccoli so we are very excited to be able to deliver some to you again!

**Potatoes:** These potatoes will be the red variety again. Remember not to store potatoes by the onions!!

**Lettuce Mix:** This lettuce mix is the same mix we have had other weeks this season. Full of large, delicious greens, this mix can be used as a salad or on sandwiches.

**Sweet Potatoes:** Our first week of sweet potatoes! We grow two varieties of sweet potatoes. You will receive one or the other variety this week. The varieties are similar with the biggest difference, besides the taste, being the color of the potato skin. To see some scarring or cut up ends on the sweet potatoes is normal. Make sure you give the sweet potatoes a good rinse and scrub before using to get rid of the Wholesome Harvest dirt sure to be on the potatoes ☺

## Farm Favorite: Sweet Potato Coins

### Ingredients:

- Sweet Potatoes (the amount depends on how many you want to make)
- ¼ Cup stick of butter per 3 sweet potatoes
- ½ Cup of olive oil per 3 sweet potatoes
- Salt and Pepper to taste
- Optional: You can add cinnamon, paprika, or any other spice to add taste to the coins

### Preparation:

1. Preheat oven to 425F. Line a cookie sheet with tin foil (you might need multiple cookie sheets depending on how many coins you have). Wash and Scrub sweet potatoes. Cut sweet potatoes into thin circles.
2. Combine melted butter and olive oil in a small bowl. Dump mixture over sweet potatoes. Stir until sweet potatoes are well covered.
3. Arrange sweet potatoes on cookie sheets in one layer. Cook for 20-30 minutes or until tender. Sprinkle with spices of your choice including salt and pepper.

# Roasted Savoy Cabbage

## Ingredients:

- 1 head Savoy cabbage
- olive oil for cooking
- fine sea salt
- freshly ground black pepper
- lemon juice

## Preparation:

1. Preheat the oven to 200°C (400°F) and grease a rimmed baking sheet.
2. Cut the cabbage into quarters vertically and carve out the core. Cut each quarter in two lengthwise, and slice crosswise thinly.
3. Place the cabbage on the prepared baking sheet. Drizzle with olive oil, sprinkle with salt, and toss to coat.
4. Insert in the oven and bake for 15 minutes, stirring halfway through, until cooked through and golden brown in places.
5. Sprinkle with black pepper, dress with a touch of lemon juice, and serve.

Servings: 2-4; adapted from [chocolateandzucchini.com](http://chocolateandzucchini.com)

# Mashed Turnips and Sage

## Ingredients:

- 4 large turnips, peeled and cubed
- 1 large russet potato, peeled and cubed
- 3 tablespoons butter
- 2 shallots, chopped
- 2 tablespoons chopped fresh sage
- 1 cup milk
- Kosher salt and freshly ground pepper

## Preparation:

1. Add the turnips and potatoes to a large pot of cold salted water. Bring to a boil, then reduce to a simmer and cook until soft and tender, about 20 minutes.
2. In a small saucepan, add the butter over medium-high heat. Once melted and foamy, add the shallots and sage and saute until the shallot is tender, the sage is fragrant and the butter begins to brown. Season with salt and pepper. Add the milk and bring to a simmer. (This will infuse the milk with the sage flavor.)
3. Drain the turnips and potatoes in a colander in the sink. Add the turnips and potatoes back to the pot they were cooked in. Add the hot milk and roughly mash the vegetables. If you prefer a smoother texture, use an immersion blender and puree until smooth and silky. Taste for seasoning, add salt and pepper.

Servings: 4-6; adapted from [foodnetwork.com](http://foodnetwork.com)