

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

THE TYPICAL HARVESTING DAY

JULY 23RD/25TH --- FULL/HALF SHARES: WEEK 6
JULY 23RD/25TH --- GREENS SHARES: WEEK 2

Do you ever wonder how we harvest all those veggies that you receive in your box each week? What that looks like? Well, you are in luck! We are going to take you through a typical harvesting day here at Wholesome Harvest, complete with some pictures of some of our wonderful crew hard at work! Now, we are not going to go in depth about the washing and such as that will be hit on in another newsletter but you'll hopefully get the general idea of what it looks like on harvesting days around the farm. Check out the pictures at the bottom of this page to see harvesting in action!

Our heavy harvesting days here at Wholesome Harvest are Mondays and Wednesdays. This is because you pick up your boxes on Tuesdays and Thursdays. Though we do partake in some harvesting on the weekend if we have time consuming veggies like carrots or beans and on Tuesdays after packing is complete, the majority of the harvesting is done on these Mondays and Wednesdays.

Harvesting days start with our crew deciding what needs to be harvested first, second, third, and so on. This is because there are some veggies that are just plain fresher if we can keep them in the ground as long as possible (sometimes, though rarely, we will pick a veggie in the early, early morning on packing/delivery day even). Once the schedule has been set, the crew goes to work! Some members venture out into the field to pick, pull, and/or cut the veggies. They pack them in crates as they harvest which are then transported to the packing shed where the other members of the crew are awaiting them. These crew members will then wash, dry, sort and put away the harvested veggies. Now, the harvesting of the actual veggies takes slightly less time than the washing, drying, sorting and packing away of them. As the field crew begins to finish up towards the end of the day, many of them join the packing shed crew to wash, dry, sort, and pack away the remaining veggies while a few might be assigned other tasks like weeding, tying up tomatoes, or weeding onions.

Though harvesting is labor intensive and takes most of the day up, if you asked most of the crew, they would probably tell you it is one of their favorite duties along with packing the actual boxes! This is for the simple fact that they finally get to see their hard work come to fruition. They are taking the fresh veggies straight from the ground knowing that you, the members, are about to receive the chance to enjoy them!!



Some crew members hard at work harvesting green beans!!



Other members of the crew pulling beets!



And another crew member cutting cabbage heads!

Check back in a few weeks as we'll discuss what a typical packing/delivery day looks like here at Wholesome Harvest!! ☺

BLUEBERRIES!!!

Don't forget!!! For those of you who would like to purchase some organic blueberries, please check out the email that was sent out on Friday, July 19th. It contains all the info needed to place an order.

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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.

- Basil
- Cucumbers
- Green Cabbage
- Green Leaf Lettuce
- Kale
- Scallions
- Summer Squash
- Zucchini
- 2 of the following:
 - Cherry Tomatoes OR
 - Tomatoes OR
 - Beans OR
 - Beets OR
 - Oriental Eggplant

What does the OR mean??

As you have probably noticed over the past couple of weeks, the list of veggies, both here and on the website, contain veggies with an OR. This just means that every single member will be getting "this" veggie or "that" veggie. You will continue to see more ORs over the coming weeks as cherry tomatoes, peppers, tomatoes, and a few other veggies are becoming ready but not all at the same time. We harvest what is ready of the crop and give it out to different sites. Then the next week we harvest what is ready again and give to totally different sites. This insures that all of the crop is being used plus everyone can equally enjoy some of the harvest.



Chioggia Beets

Also known as the candy cane beet, chioggia beets are fun to look at as once the top is cut off, there are beautiful red/pink rings exposed. Unfortunately, these rings do go away once cooked but are still a beautiful and delicious veggie! Like other varieties of beets, these can stay fresh for up to 3 weeks when stored in the refrigerator. They can taste similar to red beets but depends on how you cook them!



Green Cabbage

The cabbage you will find in your box this week is a type of green cabbage. This is the most popular type of cabbage, in front of red, napa, savoy, and bok choy. This type of green cabbage is an excellent source of antioxidants plus vitamin C, though red cabbage contains double the vitamin C of green cabbage. DO NOT WASH cabbage prior to storing in an air tight plastic storage bag in the refrigerator.

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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!

Roasted Beet Salad with Barley, Feta, and Red Onion

Ingredients:

- 1 cup dry pearl barley
- 4 medium **beets**, tops removed
- 1/2 large red onion (about 1 cup), minced and soaked in cold water for 1/2 hour
- 1/2 block of feta (about 4 ounces), cut into small squares or crumbled
- 4-5 **scallions**, sliced into fine rounds
- 1 1/2 Tablespoons lemon juice
- 1 Tablespoon Extra-Virgin Olive Oil
- salt and pepper to taste
- extra sliced scallions for garnish

Method:

1. Heat the oven to 450-degrees.
2. Loosely wrap the beets in tin foil and roast in the oven until they are just fork tender--30 - 45 minutes. Peel and dice the beets into small cubes.
3. Meanwhile, bring 3 cups of water to a boil. Add the barley and 1/2 teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is al dente, about 30 minutes. If there is extra liquid in the pot, drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use.
4. Drain the red onion.
5. Combine barley, beets, red onion, feta, and scallions in a large mixing bowl. Sprinkle the lemon juice and olive oil over the top and toss to coat.
6. Taste the mixture. As needed, add salt 1/4 teaspoon at a time (the feta is really salty!). Pepper to taste.

Found on thekitchn.com

Roasted Green Cabbage

Ingredients:

- 1 small head **green cabbage** (about 2 1/2 pounds), cut into 8 wedges, core intact
- 1/2 teaspoon extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1 lemon, cut into wedges

Method:

Preheat oven to 450 degrees. Arrange cabbage on a rimmed baking sheet. Brush both sides of wedges with oil. Season with salt and pepper. Roast, flipping halfway through, until edges are brown and crisp, 25 to 30 minutes. Squeeze lemons over cabbage.

Found on marthastewart.com