

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

SEASONS WITHIN THE SEASON

Aug. 6th/Aug. 8th – Full/Half Shares: Week 8

Aug. 6th/Aug. 8th – Greens Shares: Week 4

When we look back, this past week has been one of the most beautiful weeks of this season in terms of weather! We had gorgeous weather all week with temperatures in the 70's and a cool breeze several days. Most of our crew would admit that harvesting and weeding veggies in that type of weather is, oh, so much more comfortable than 100 degrees and humid ☺! There was even some light rain which, on one hand, stinks because we had some mega planting that we wanted to get done but, on the other hand, the plants got some needed fresh rainwater. We also got to witness one of the most beautiful rainbows God has ever given us!! It was a full rainbow with all the colors of the spectrum in it (ROYGBV!) and could be seen perfectly from our field. Check out the picture (though the camera does not do the beauty of it any justice ☺)!!



As the season is rolling along, you will see that your box is slightly changing week to week in terms of the types of veggies. This is what we recognize as the seasons within the CSA season. What we mean by this is that there are several mini seasons, or chunks of time, separated by slight differences that the farm goes through each CSA growing season. The first season is filled with seeds, seeds, and more seeds. This is when we spend most of our time in the warm greenhouse, away from the cold, Wisconsin February weather. These seeds are the veggies for the spring greenhouse share and the starting base of the regular shares. From seeding season comes planting season. We get into the ground as early as the weather permits and, at the same time, are filling up the high tunnels with all sorts of goodies!! These two seasons are taking place before any of the shares begin and involves building, maintenance, and general farm activity also!

As the season rolls around, the differences in the mini seasons focus more on the types of veggies we are working with rather than the activities. You are and will be seeing that in your weekly box as early veggies like summer squash, lettuces, and scallions are beginning to be replaced with summer veggies like green beans, tomatoes, cabbage, and green peppers (coming to a CSA box near you very soon!!). We also see great growth changes in the late summer and fall veggies like the onions, potatoes, and squash varieties. Some of our big white onions are even ready for harvest and storage already which the crew will begin to work on over the next couple of weeks! Within these changing veggie seasons, we are also still keeping up with weeding, harvesting, maintenance, and planting for the fall. Check out the picture to the left to see all the rows of veggies that we planted this past weekend (7-8 beds of seeds and baby plants)!!



Unfortunately, as the mini seasons come and go, you also see the effects of past seasons on the current season. We are sadly seeing that in the field right now. As the rains poured down on us in April, May, and June, we could not get into the field to plant the crops that would and should be maturing around this time. It's around a time like this that we easily remember how weather greatly affects our food supply and makes us even more grateful for the beautiful weather right now ☺!

PEACHES

Peaches orders are processed. A confirmation email was sent on Thursday, August 8th. If you ordered peaches and did not receive an e-mail, please email us asap!

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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
- Celery
- Cippollini Onion
- Cucumber
- Eggplant
- Green Beans
- Green Cabbage OR Fennel
- Kale
- Tomatoes AND/OR
Cherry Tomatoes

Celery

This is a triumphant week for us because this will be the first time we have been able to harvest and pack celery in the box!!! Celery is one of the hardest vegetables to grow because it is so picky. It needs lots of water, attention, and care at just the right times or it easily fails. It is hit and miss and let's just say, our batting average is rather poor right now 😊!! Celery actually used to be used more for medicinal purposes until people started to discover that its rich fiber and antioxidant content made it a must have food in any healthy lifestyle. Eating celery raw is just as tasty as cooking it in a soup or mixing it in a tuna salad! Make sure to wash it under cold running water before eating. If you see any of the normal strings that seem to get stuck in your teeth when you eat celery, you just pull them down the stalk until they come off. We hope you enjoy it!

Oriental Eggplant

Also known as Asian Eggplant, this variety is native to many countries like Japan, China, Thailand, and the Philippines. Though not traditionally found in most main stream grocery stores, this eggplant, and its similar varieties, are very common in many Asian cultures. Oriental eggplant is longer and more slender than the common American eggplant. Many eggplants found in the store look shiny because they are waxed to keep moisture in and increase their shelf life. Since the eggplant you are receiving is grown using organic practices, they will not look as waxy as the ones you might be used to seeing in the store but are more delicious and healthy!

Eggplant needs to be stored properly to keep most of its freshness, taste, and nutrient value. First, do not wash eggplant before storing it as the water exposure could lead to spoilage. Second, place the eggplant in a plastic storage bag and try to get as much of the air out as possible. Third, place in refrigerator where eggplant can last up to 7 days, depending on many conditions. Once you cut into the eggplant, it is best to use it all right away so as to avoid nutrient loss though you can put non used parts of the eggplant into the refrigerator in a sealed container where they may last for 1 or 2 more days.



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RECIPES III

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: Fresh Green Beans, Fennel, and Feta Cheese (with optional tomatoes)

This is a member favorite that uses a lot of veggies in the box this week! If you have any fennel left, even better!!

Ingredients:

- 1 lb. fresh **green beans**, trimmed
- 1 fennel bulb, cut into thin slices
- ¼ cup extra-virgin olive oil (only need 1/8 cup if you don't want as much oil)
- 2 tbs. Chopped **fresh basil leaves**
- Salt and pepper to taste
- ¼ cup crumbled feta cheese
- Optional: **cherry or slicing tomatoes**

Method:

1. Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process.
2. Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.
3. Optional: Put cherry or slicing tomatoes on the dish when you put the basil, salt, and pepper in!

This recipe's ingredients serve 4.

Found on allrecipes.com

Member Favorite: Spicy Thai Cucumber Salad

A quick and easy recipe that uses those cucumbers in your box!!

Ingredients:

- 2 lbs. **cucumbers**, peeled and thinly sliced
- 1/2 cup rice wine vinegar
- 1/2 cup sugar
- 1/2 cup water
- 1 teaspoon salt
- 1/4 cup **chopped shallot or chopped purple onion** (probably could use the cipollini onion here 😊)
- 1 fresh hot chili pepper, finely chopped
- 1/4 cup dry roasted peanuts, crushed
- 1/4 cup fresh cilantro, chopped

Method:

1. Place sliced cucumber on platter or bowl.
2. Meanwhile combine vinegar, sugar, water and salt in a small saucepan and heat until sugar and salt are dissolved.
3. Remove from heat and allow to cool.
4. Place shallots and chili pepper in vinegar mixture and stir.
5. Pour mixture over cucumbers just before serving and sprinkle with peanuts and fresh cilantro.

This recipe's ingredients serve 4.