

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

GOODBYE SUMMER, HELLO FALL!

Sep. 24th/Sep. 26th --- Full/Half Shares: Week 15
Sep. 24th/Sep. 26th --- Greens Shares: Week 11

Summer is officially over and fall has begun!! Around here, fall is one of our favorite seasons. Yes, it is sad to see that a season of producing fresh veggies is coming to an end, that the bright colors of spring and summer are fading and that the cold weather is starting to work its way in but fall also brings many good things. With fall comes beautiful, saturated colors of orange, yellow, brown, green and everything in between (no intention of rhyming there ☺), cooler weather, and, maybe the best part of all, wonderful fall veggies!!

As fall has begun, changes are already happening all around the farm. Not only are you seeing these changes in your box but we are doing many of them around the farm. First, for the veggies. As you saw in the box for week 14, the root and colder weather veggies are starting to take over. Yes, there will be a few more weeks of tomatoes and peppers because growing them in the high tunnels allows us to extend their season. Some tougher weather greens like kale, swiss chard, and some salad greens could still be seen. But most of the veggies are going to be fall, colder weather veggies like different varieties of squash, potatoes, onions, radishes/turnips plus carrots, beets, and others!!

Around the farm, things are starting to transition also. As veggies are starting to finish up like the cherry tomatoes and peppers in the high tunnels plus a variety of field crops, the crew is working hard to clear the space and get it ready for cover crops. Cover crops are usually small grains like rye and buckwheat (see picture to the right) that are planted during the fall, go dormant during the winter, grow aggressively during the early spring, and then are tilled under to add some dense nutrients to the soil so it is ready for the spring planting season!



It's definitely an exciting time around here as we are coming up to the finish line for the 2013 CSA season while preparing the ground for the 2014 season! We hope to get some great harvests of potatoes, squash, carrots, beets, and many other fall veggies to give you all some great produce to finish up the season!!

Don't forget! If you are interested in attending the Wholesome Harvest Pot Luck, RSVP by Friday, September 26th with the number of people attending! There will be eating, a tour, a hay bale fort for the kids, mingling, and music by CACTUS JOE and FRIENDS who will be providing light acoustic music for everyone's enjoyment. Bring a dish to pass, your own drinks, and your own lawn chairs!

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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.

- Bell Pepper OR Conical Pepper
- Carrots
- Cherry Tomatoes OR Slicing Tomatoes
- Lettuce Mix
- Purple Topped Turnips
- Red Leaf Lettuce
- Yukon Gold Potatoes
- Winter Squash – Butternut

Box Reminder

This is a friendly reminder to please bring back your box to your pick up site each week! Any boxes you have laying around, don't hesitate to bring them all back to your pick up site!!
Thanks!

Purple Topped Turnips

Turnips are actually a very common root vegetable. Many times they are confused with their relative, the rutabaga. Turnips have a whiter flesh, and in this case topped with purple, while the rutabaga is more yellowish. When turnips are picked at the right time, they have a slightly sweet, delicate taste. The more a turnip ages, the more stronger their taste becomes, plus their outer skin becomes coarser. They are still okay to eat at later stages but you might have to use them in a different way. Turnip greens are edible but unfortunately are susceptible to the weather and bugs and are hard to keep lush and green. Turnips can be stored in a cool, dry place where they can last for weeks. If stored in the refrigerator, they can last up to about 2 weeks if wrapped tightly. Since purple topped turnips are root veggies, they can come to you with some dirt still on them. Though it is all good, healthy dirt, a good hardy wash and light scrub would help 😊 Turnips are best peeled and then paired with bacon, butter, carrots, cheese, chives, garlic, onions, or mushrooms!! Yum!



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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!

Mashed Turnips With Crispy Bacon

Quick, easy recipe that includes bacon....what's not to love!!! 😊

Ingredients:

- Purple Topped Turnips
- Bacon
- Butter
- Salt and Pepper
- Chives
- Parmesan Cheese

Method:

Simmer peeled and cut-up turnips in boiling salted water until tender. Drain and mash with butter, salt, and pepper. Fold in crumbled cooked bacon and chopped chives; top with shaved Parmesan.

Adapted from Realsimple.com
Serves as many as you would like 😊.

Roasted Butternut Squash

Everyone loves butternut squash with brown sugar...sweet and delicious!!

Ingredients:

- 2 medium butternut squash, halved lengthwise and seeded
- 4 teaspoons butter
- 4 teaspoons brown sugar
- Salt and pepper

Method:

1. Preheat oven to 400 degrees F.
2. Place butternut squash halves on a large baking sheet flesh side up. Place 1 teaspoon butter in the middle of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 25 minutes, until flesh is fork-tender. Reserve 2 halves for future meal.

This recipe's ingredients serve 4 (plus leftovers).
Adapted from foodnetwork.com