

Wholesome Harvest CSA

Week 4
Jn. 30th/Ju.25th

A Few Helpful Resources...

We want to wish everyone a happy Fourth of July week! We want to say a special thank you to all who have served and are serving to defend the independence and freedom we are celebrating!

One of the challenging questions you will ask yourself several times as a CSA member is "What can I do with all of the vegetables in my box?" This is a valid and good question that thankfully can be answered through numerous avenues. To help you get started, we wanted to include a few resources we provide and/or use for all sorts of recipes, storage tips, cooking ideas, etc.

- Pinterest: We use this quite a lot for ourselves personally. It is a great tool to use for recipes but the Pins also allow you to further access blogs and other websites that have additional info like cooking ideas or storage tips. We do have a Wholesome Harvest Pinterest page! We pin to that weekly and are in the process of creating more specific boards which we will add to each week!
- Wholesome Harvest Website/Facebook: Both our Facebook page and website are primarily used for information regarding the farm and CSA in general. However, we do periodically upload a recipe to both locations for our members.
- Wholesome Harvest blog: We are currently finishing up a new blog called The Salubrious Salad!! We will use this blog as a sharing tool between the farm and you, our members! We will include recipes, cooking tips, storage strategies, etc. and welcome you to share any of your favorite recipes, cooking tips and storage strategies that work for you!
- Google It: Though we don't want to admit it, the internet has an advantage when it comes to what it can offer in terms of recipes, storage tips, cooking ideas, etc. compared to ourselves ☺ When all else fails or when you are just looking for specific help, the internet is a great place to start!!

Box Description

- 🌱 The beets you find in your box this week will have their green tops on them. You can use beet greens in many different recipes. If you choose not to use the beet tops, remove the leaves down to the actual beet bulb before you store the beet bulbs.
- 🌱 The kohlrabi in the box this week will be huge! It is supposed to be big so do not be alarmed. The variety we grow for this particular giant kohlrabi is called kassak. Giant kohlrabi varieties can get quite large and weigh several pounds. It can be used in many of the same recipes as regular sized kohlrabi. We have removed most, if not all, of the leaves this week as the bulb with the leaves is just too big.
- 🌱 The red turnips you will find in your box this week look like the normal white turnips many of us are more familiar with except they are red! They can be cooked, stored, and used in the same recipes you would for a white turnip. Similar to the beets, if you are not going to use the turnip leaves, please remove them before storage.
- 🌱 Our cucumber and summer squash crops have just begun to produce large quantities over the past week or so. The zucchini plants are farther along than their yellow squash counterparts. The cucumbers are not producing as well as we hoped yet so look for one of the latter two in your box along with zucchini.

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

What's in the box??

- 🌱 Beets
- 🌱 Broccoli
- 🌱 Giant Kohlrabi
- 🌱 Lettuce Mix
- 🌱 Red Oakleaf Lettuce
- 🌱 Red Turnip
- 🌱 Scallion
- 🌱 Yellow Summer Squash
OR Cucumber
- 🌱 Zucchini



Yellow Summer Squash



Giant Kohlrabi

Ingredients:

- 5 med. turnips, peel and slice about 1/4 inch thick
- 1 beef bouillon cube (or 1 tsp. granulated bouillon)
- 1/4 c. butter, melted
- 2 tbsp. brown sugar
- Black or red crushed pepper to taste
- Salt (if you like) to taste

Method:

Cook turnips until tender in water in which cube is dissolved. Drain and place in casserole dish. Drizzle with melted butter, sprinkle with sugar and pepper. Place in 350 degree oven for about 15 minutes until flavors are blended. Serve hot.

Serves: 4
Adapted from cooks.com

Giant Kohlrabi Pancakes**Ingredients:**

- kohlrabi – as much as you want
- olive oil, to lightly coat cookie sheets
- salt and pepper to taste
- panko bread crumbs

Method:

Preheat oven to 450 degrees.

Peel and thinly slice the kohlrabi. Drizzle a bit of oil on the bottom of your cookie sheets. Place the thin kohlrabi rounds on the sheet and flip them over so they have oil on the top as well as bottom. Sprinkle with salt, pepper and bread crumbs.

Roast for 30 minutes or until they begin to brown.

Adapted from vegetarianperspective blog

We can't include a zucchini recipe without including a zucchini bread recipe. Zucchini is known to be used in many delicious dessert recipes so we decided that for this first week of zucchini, we would include a recipe we have tried and loved.

Ingredients:

- 2 cups sugar
- 1 cup canola oil
- 3 eggs
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon grated lemon peel
- 1 teaspoon ground cinnamon
- 1/4 teaspoon baking powder
- 2 cups shredded zucchini (about 2 medium)
- 1/2 cup chopped walnuts or pecans

Method:

Preheat oven to 350°. Grease two 8x4-in. loaf pans. In a large bowl, beat sugar, oil, eggs and vanilla until well blended. In another bowl, whisk flour, salt, baking soda, lemon peel, cinnamon and baking powder; gradually beat into sugar mixture, mixing just until moistened. Stir in zucchini and walnuts.

Transfer to prepared pans. Bake 55-65 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before removing from pans to wire racks to cool. Yield: 2 loaves (12 slices each).

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Adapted from tasteofhome.com