

Wholesome Harvest CSA

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Your First Box of the Season

It has finally arrived! The first week that you will pick up your share! I know we have all waited through a very cold and long winter for this. It is an exciting time of year for us as we get to share the first fruits of the land's harvest with all of you! We are very thankful you could all join us for this 2014 season!

As we embark on this season and you begin to bring home boxes of fresh vegetables please remember this will be quite different than the norm. The box you will pick up each week will be full of fresh, local veggies, usually picked less than 24 hours before, and with no chemicals or preservatives on them.

You will also begin to see seasonal effects in your box. While greens are popular and in full force during this late spring/early summer time period, other vegetables like tomatoes, peppers, and root vegetables will soon take over.

The best advice for dealing with fresh picked, seasonal vegetables is preparation. On pick up days, get your box home, unpack all the vegetables and start properly storing them. Vegetables subject to faster spoilage (remember, no preservatives or chemicals to keep them) should be eaten first. We will be giving you storage tips, recipes, and lots of other ideas on how best to enjoy your box each week but don't hesitate to have fun with this experience and search out other advice and ideas on your own!

What's in your box?

This list is tentative and subject to change. The official list will be updated continuously on our website homepage.

- * Bok Choy
- * Broccoli
- * Green Leaf Lettuce
- * Greens Mix
- * Kohlrabi
- * Romaine Lettuce
- * Scallions
- * Spinach
- * Strawberries

Which size box should I take?

As you are reaching to pick up your first box, please pay attention to which size box you should be picking up. There are two different size boxes that you will see. If you purchased a half share, you will be picking up the $\frac{3}{4}$ bushel box. If you purchased a full share, you will be picking up the 1 and $\frac{1}{9}$ bushel box. Your name will be under the corresponding share size on the sign off sheet also. Please refer to the pictures below for your reference.

Half share Box

1. $\frac{3}{4}$ Bushel
2. Smaller Box
3. Wholesome Harvest Logo on the box



Full Share Box

1. 1 and $\frac{1}{9}$ Bushel
2. Largest Box
3. No Wholesome Harvest Logo on the box

What are all these veggies in my box?

Bok Choy: This is the white stemmed vegetable with big green leaves that you will see in your box. Store in the fridge. Great for use in stir fry dishes!

Broccoli: This first harvest of broccoli has slightly smaller heads as the colder spring weather stunted its growth. Store in the fridge.

Green Leaf Lettuce: This is the denser, rounder head of lettuce you will see in your box. If the head looks to be wilted, give it a nice cold bath in the sink, dry it with either paper towels or a salad spinner and then refrigerate it.

Greens Mix: This will be in a clear plastic bag. It has a mixture of mini greens combined with some mustard greens.

Kohlrabi: These are the big, light green bulbs with huge leaves attached to that you will find in your box. Cut the leaves off (you can use them if you would like) before storing them in the fridge to retain moisture in the bulb.

Romaine Lettuce: This is the large lettuce head with full, dark green leaves.

Scallions: These scallions are marker sized, long green stems with mini white bulbs on the bottom. Store them in the fridge. You can use the entire bulb and green stem in any dish. Discard any browned areas.

Spinach: This week's spinach leaves are big and tasty. They will be in a clear plastic bag. Store in the fridge and wash thoroughly when you are ready to use them.

Strawberries: We all know what these are....sweet and delicious!! As these are very fresh and have no preservatives on them, they need to be eaten or used right away.

Sautéed Bok Choy Recipe

Ingredients (Serves 4):

- 2 tablespoons vegetable oil
- 2 medium garlic cloves, minced
- 1 teaspoon freshly grated ginger (from 1/2-inch piece)
- 1/4 teaspoon red pepper flakes
- 1 1/2 pounds bok choy (about 2 medium bunches), cleaned, ends trimmed, and cut on the bias into 1-inch pieces
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1/4 teaspoon toasted sesame oil
- Salt (optional)

Preparation:

1. In a large frying pan with a tightfitting lid, heat the vegetable oil over medium-high heat until shimmering. Add the garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds.
2. Add the bok choy and, using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes.
3. Turn off the heat, stir in the sesame oil, and season with salt if desired.

Adapted from: www.chow.com

Follow these simple steps to break down your box!

Remember, these boxes can be reused throughout the season so please take the time to break them down correctly.



Step 1

Open all the top flaps then tip your box upside down.



Step 2

Grab the flaps on the short sides of the box and fold them at the crease. You will be sliding the flaps up and out of the L-shaped inserts.



Step 3

Open all flaps.



Step 4

Fold box in on itself to flatten.