

# Wholesome Harvest CSA

Fort Atkinson, WI – [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) – [www.wholesomeharvestcsa.com](http://www.wholesomeharvestcsa.com) – Issue 12: September 2<sup>nd</sup>/4<sup>th</sup>

## You are invited...

We want to take this opportunity to invite each and every one of you to our annual pot luck right here at the farm. We like to host a pot luck every year to give our members a chance to come and see the farm where all the vegetables are produced. It also gives our members a chance to mingle with each other, ask questions, and eat great food! Check out the info below for more details!

**When:** Saturday, September 27<sup>th</sup>

**Where:** Home Farm

W8180 County Road C

Fort Atkinson, WI 53538

**Time:** 1:00pm – 4:00ish (Late Lunch @ 1:30pm)

**Tour:** After Late Lunch (New feature on the tour: Chickens 😊)

### What to Bring:

- A dish to pass (or several if you feel like it 😊)
- Drinks for you and your family
- Chairs for you and your family

**Hay Fort:** The hay fort has become a great hit with the younger members so we are bringing that back again this year!

**Recipe Contest:** This year we will be doing a recipe contest again for those members wishing to put their recipes to the ultimate test 😊 If you wish to be in the recipe contest, you will need a couple things.

1. A recipe that contains at least one item from that week's box.
2. Copies of the recipe for the judges.
3. Your recipe contest dish can count as your dish to pass.

The recipe contest winner will win a free winter storage share!!

If you are planning to attend the 2014 Pot Luck, please RSVP by Friday, September 26<sup>th</sup> to [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com).

We hope to see you all there!



Above: Members enjoying a late lunch at the 2013 Pot Luck.

Left: Younger members conquering the hay fort!

## What's in your box?

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

### Full Shares/Half Shares

- \* Green Beans
- \* Red Lettuce
- \* Sweet Corn
- \* Cipollini Onions
- \* Carrots
- \* Bell Pepper OR Conical Pepper
- \* Cherry Tomatoes
- \* Heirloom Tomato OR Grape Tomato Mixture
- \* Slicing Tomatoes
- \* Paste Tomatoes
- \* White OR Yellow Onion

### Greens Share

- \* Red Lettuce
- \* Collards
- \* Spinach OR Kale

## What are all these veggies in my box?

**Green Beans:** You will find beans in your box again this week. We have been greatly blessed with multiple weeks of beans and we hope you are enjoying them!!

**Onion:** You will receive two varieties of onions this week. You will receive either gold OR red cipollini onions. You will also receive a large white OR yellow onion.

**Carrots:** Another great week of carrots! The green tops will be on 99.9% of them.

**Cherry Tomatoes:** You might see red, yellow, or the orange variety or a mixture of them all in your box.

**Tomatoes:** The normal red slicing tomatoes will be in your box again this week. In addition, everyone will receive either an heirloom tomato or a mixed container full of small heirlooms/grape tomatoes. Everyone will also receive two paste tomatoes. These are smaller red tomatoes which are thicker and contain less juices. They are good to add to any salsa or sauce.

**Sweet Corn:** This planting of sweet corn is much more bountiful than our first two! To have another week of sweet corn is extremely wonderful and you will be getting more than the first two weeks! As always, remember you might find some dirt or a few bugs as this is organic sweet corn.

**Pepper:** You will see either a bell variety pepper in your box or a sweet conical pepper variety. The sweet conical peppers are longer and more slender than their bell cousins. They could be either yellow, red, or orange. The bell peppers could be red, orange, green, or possibly yellow.

**Lettuce:** You will be receiving the red summer crisp lettuce in your box this week. This is a member favorite and adds great flavor to any salad or sandwich. The heads are slightly smaller than usual this week as the combination of rain and heat stunted their growth prematurely.

## Coconut Creamed Corn

### Ingredients:

- 4 ears corn, kernels cut from cob (see Tip)
- 1 cup "lite" coconut milk
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- 1/4 teaspoon crushed red pepper, (optional)

### Preparation:

Combine corn kernels, coconut milk and salt in a medium saucepan. Bring to a boil, then adjust the heat to maintain an active simmer. Cook, stirring occasionally, until most of the coconut milk has evaporated, 12 to 15 minutes. Stir in cilantro, lime juice and crushed red pepper, if using.

TIP: To remove kernels, stand a cob on its stem end in a bowl and slice them off with a sharp, thin-bladed knife.

Servings: 4; Adapted from eatingwell.com

# GREEN BEAN & CARROT TOSS WITH TOMATOES, SWEET CORN, & ONION

## Ingredients:

- 4 cups fresh green beans, ends trimmed
- 3 cups fresh carrots, chopped but not peeled (carrot skin is a good source of antioxidants)
- 2 ears corn, kernels cut off
- 1 large tomato, chopped
- 1 onion, chopped
- ¼ cup Bragg's apple cider vinegar
- ¼ cup EVOO
- salt, pepper, to taste

## Preparation:

First, steam your green beans and your carrots until just fork tender. I ran mine under cold water to stop them from cooking and to chill faster. Then, mix all the ingredients together and serve at either room temperature or cold.

Farm Note: We cooked the corn kernels also!

Adapted from [washingstonsgreengrocer.com](http://washingstonsgreengrocer.com)

# Italian Sausage, Peppers, and Onions

## Ingredients:

- 6 (4 ounce) links sweet Italian sausage
- 2 tablespoons butter
- 1 yellow onion, sliced
- 1/2 red onion, sliced
- 4 cloves garlic, minced
- 1 large red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 cup white wine

## Preparation:

1. Place the sausage in a large skillet over medium heat, and brown on all sides. Remove from skillet, and slice.
2. Melt butter in the skillet. Stir in the yellow onion, red onion, and garlic, and cook 2 to 3 minutes. Mix in red bell pepper and green bell pepper. Season with basil, and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.
3. Return sausage slices to skillet with the vegetables. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through.

Servings: 6; adapted from [allrecipes.com](http://allrecipes.com)