

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## FARM EQUIPMENT

**Oct. 15<sup>th</sup>/Oct. 17<sup>th</sup> --- Full/Half Shares: Week 18**  
**Oct. 15<sup>th</sup>/Oct. 17<sup>th</sup> --- Greens Shares: Week 14**

Farm equipment is a very important piece to any farm, and ours is no different. Maybe the only difference is the type of farm equipment. Most of us have heard of tractors and most of us are used to seeing these gigantic tractors that are the SUVs of the farm world with large pieces of equipment attached to them ☺ Though we do have tractors, some very small and some a little larger, a CSA farm definitely has some smaller, unique pieces of equipment that work perfect for the large vegetable garden concept that encompasses a CSA. We wanted to take you through a cycle of equipment that is used to convert good old dirt to a point where the veggie is surviving on its own.



The first piece of equipment that we use as we are beginning to prepare a bed for planting is the disc. The disc is usually accompanied with a drag attached to it which is a flat piece of equipment designed to catch and disperse evenly any big clumps of dirt. The disc, with the drag attached, allows us to even out and level the bed prior to planting and after heavy plowing.



Next up is the rototiller. As you can see, this piece of equipment has big, cupped blades that finely chop the soil. This is the final prep to the bed before planting. The rototiller turns a bed from clumpy dirt to fine, loose soil, great for planting no matter if we are direct seed planting or transplanting cells from the greenhouse.



Third on this planting excursion is the row crop seeder. Certain vegetables like carrots, beans, beets, and peas are planted by direct seeding using this piece of equipment. The seeds are put in the yellow buckets and then are metered out depending on how we set the rate. The rate consists of items like depth and spacing of the seeds. This allows for quick, accurate planting of the bed.



The final piece of equipment that we use in many cases to make sure the veggie gets off to a good start and can have a great growth cycle is the Eco-Weeder, a.k.a. the Reggie Weeder. The Reggie can be used for many different beds but we mainly use it for crops that have vines like squash and strawberries. The Reggie allows one person to sit on it and control two rotating tines while working it in, out, and all around the vegetable plants. We usually use this early in the life of the plant as we want to try to kill as many weeds as we can before they get to big and overtake the small

vegetable plant.

Though this is just a small glimpse into the different equipment we use around the farm on an almost daily basis, especially in spring and early summer, we hope the glimpse helps you understand a little bit about some of the equipment! Though manual labor is a must on the farm, mechanical equipment assists in many areas.

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## Honey

For those of you who received confirmation that you will be receiving honey, you will be picking your honey up next week, October 22<sup>nd</sup> and 24<sup>th</sup> (depending on your pick up site).

## 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.

- Acorn Squash
- Beauty Heart Radish
- Carrots
- Green Cabbage
- Lettuce Mix
- Shunkyo Radish
- Slicing Tomatoes
- Beets OR Purple Turnips

## *BEAUTY HEART RADISH*

The beauty heart radish, also known as the watermelon radish, is a radish with a sweet colorful surprise on the inside 😊 Known for their pinkish inner flesh, the beauty heart radish is one of a kind! It has a mild, sweet flavor compared to other radishes but can be hotter and milder depending on what part of the radish you are eating. The outer, white flesh can be a little hotter than the pink, mild center flesh. The beauty heart radish is also slightly different than its relatives in that the longer it matures before harvesting, the milder it becomes. This variety of radish can be used similarly though in many types of dishes, whether its raw, added to a stir fry, or mashed up like potatoes!

## *ACORN SQUASH*

The acorn squash gets its name from the pronounced ridges on its outer skin that gives it a huge acorn look 😊 Acorn squash has quite a distinct flavor compared to its summer and other winter counterparts. It is said to have a more soft, nut flavor flesh that is quite a delicious delight! Acorn squash can store for up to a month if stored in a cool, dry place like a cellar or dry basement (does depend on other factors also). Acorn, like butternut and many other winter squashes taste great cooked and then sprinkled with brown sugar, cinnamon, honey, and/or ginger. Ginger and cinnamon definitely bring out the best of the squash though!



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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!

### Classic Baked Acorn Squash Recipe

#### Ingredients:

- 1 **Acorn squash**
- 1 Tbsp Butter
- 2 Tbsp Brown Sugar
- 2 teaspoons Maple Syrup
- Dash of Salt

#### Method:

1. Preheat oven to 400°F.
2. Using a strong chef's knife, and perhaps a rubber mallet to help, cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about a 1/4 inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.
3. Coat the inside of each half with 1/2 a Tbsp of butter. Add a dash of salt if you are using unsalted butter. Add a Tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to each half.
4. Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

Adapted from simplyrecipes.com  
Serves as many squash as you want 😊.

### Feta Dip with Watermelon Radishes

#### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons pine nuts
- 1 1/2 cups crumbled feta (about 7 oz.)
- 1/4 cup whole milk
- 1/4 cup sour cream
- 3 tablespoons chopped fresh dill
- 2 garlic cloves, minced
- 1/2 teaspoon freshly grated lemon zest
- Thinly sliced **watermelon** radishes

#### Method:

1. Heat oil in a small skillet over medium-high heat. Add pine nuts and stir until nuts are golden, 2-3 minutes. Let cool completely.
2. Purée feta, milk, sour cream, dill, garlic, and lemon zest in a food processor until smooth. Scrape dip into a bowl. Scatter pine nuts over, drizzling with any oil from skillet. Serve with watermelon radishes for dipping.

This recipe's ingredients makes 1 - 1.5 cups.  
Adapted from bonappetit.com