

Wholesome Harvest CSA

Week 17

Sept. 29th/October 1st

Winter Storage Share...

We have had lots and lots of questions about the winter share lately so we thought we would dedicate this newsletter to an explanation of the winter storage share to cover as many questions as we can.

The winter storage share is our extended season share. It is one of our favorite shares to offer because it gives people a chance to keep enjoying fresh, locally grown produce far into the winter months. The most important item when deciding if this might be a share for you is whether you have the space and ability to properly store these storage veggies. Storage capabilities will go a long way in determining how long you get to continue to enjoy the fall harvest. We will provide simple storage techniques with each delivery to help you get started.

What veggies could I possibly see in this share? Beets, carrots, squash varieties, onion varieties, radishes, turnips, Brussel sprouts, storage cabbage, potato varieties, and even a few hearty greens like kale (can and will change).

How much food is it? You can expect to receive anywhere between 40-70 pounds of food each delivery. There will be several boxes each delivery that you will pick-up and take home with you.

How many deliveries? There are two deliveries for the winter storage share.

Delivery dates. The two delivery weeks are October 27th/29th and November 10th and 12th (tentative and subject to change).

The winter storage share is for those of you who can handle large amounts of food at one time and properly store it. It is definitely worth the little bit of extra work as almost every year we get an email from a member in March that states they just used their last potato or squash ☺

Box Description

- This week's squash will be sweet dumpling. This variety of squash looks very similar to carnival winter squash except for less color, particularly the orange that is prevalent in carnival. Sweet dumpling is a small, sweet tasting squash that is great stuffed or just baked.
- You will find cone cabbage in your box this week. You would have received cone cabbage earlier in the year also. This cabbage is shaped like a snow cone and is similar in texture and color to the normal green cabbage that you received last week.
- The onion variety that everyone should receive this week is red though some sites might receive some other variety of onion possibly.
- Potatoes make a comeback again this week! You will receive either red or russet potatoes in your box this week. Potatoes are one of those crops that likes to hold on to the Wholesome Harvest dirt it grew in so don't forget to give your potatoes a good scrub before using them unless you don't mind a little dirt with your potatoes ☺
- You will either receive purple top turnips or beets in your box this week.
- Green beans are back! Look for the green beans in a bag in your box.
- The skinny, elongated red radish in your box is the French radish. We have had these in the past also. These radishes also have a white spot on their outside skin distinguishing them from other radish varieties.

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

- 🍅 Sweet Dumpling Squash
- 🍅 Cone Cabbage
- 🍅 Red Onion
- 🍅 Red OR Russet Potatoes
- 🍅 Purple Top Turnips OR Beets
- 🍅 Green Beans
- 🍅 French Radishes
- 🍅 Broccoli OR Tomatoes
- 🍅 Purple OR Green Basil

Greens Only Share

- 🍅 Spinach
- 🍅 Swiss Chard

What's in the box??

Ingredients:

- A couple handfuls of French Breakfast Radishes
- 1 tablespoon organic butter
- 5-6 green onions, sliced
- 1 teaspoon fresh thyme (rosemary also works well.)
- pinch of salt
- 2 pieces of bread, toasted
- 2 eggs

Method:

In a skillet, heat butter over medium low heat. Add in green onions and let cook until beginning to soften, 2-3 minutes. Slice radishes in half and add to butter. Also add in thyme and salt. Cover and let cook until radishes are tender, 5-6 minutes.

Taste and adjust seasoning.

While radishes cook, poach eggs. I find I have best luck with this technique. If you don't like runny eggs, this would also be great with scrambled or hardboiled.

To serve, place toast on a plate, generously cover with radish, and top with poached egg.

Adapted from feastie.com

Simply Delicious Green Beans

Ingredients:

- 1 lb. fresh, tender green beans
- 1-1/2 Tbs. best-quality extra-virgin olive oil
- 1/4 tsp. medium-grain sea salt; more to taste

Method:

Bring a pot of water to boil over high heat. Rinse the beans and trim away their stems. Boil the beans just until tender, 4 to 5 min. for regular green beans, less for extra-thin filet beans. Drain well. Spread the beans on a platter or shallow serving dish. If there is still water clinging to them, let them dry briefly. While the beans are still hot, drizzle with the olive oil. Toss gently with your hands or two serving forks, turning the beans until they're evenly coated with oil. Sprinkle with sea salt, toss, and serve warm.

Adapted from finecooking.com

Ingredients:

- 1½ lbs red potatoes (cut in half or quartered to make ¾-inch thick pieces)
- 1 Tbsp unsalted butter
- 2 Tbsp olive oil
- Salt (preferably kosher or sea salt), to taste
- Black pepper (freshly ground), to taste
- 2 Tbsp chives or green onion, chopped, plus more to garnish

Method:

1. Heat a large skillet over medium heat and add 1 Tbsp butter and 2 Tbsp olive oil. Once butter is melted and hot, arrange potatoes in the skillet, cut-side-down in one layer. Cook uncovered and undisturbed 8-10 minutes or until golden brown crust forms on the bottoms.
2. Turn potatoes then cover and cook another 5 minutes or until golden brown on the second side, you'll hear it spit and splatter under the lid; just be careful when you first lift of the lid as juices from the lid can dribble into the pan and splatter. Keep the wee ones away from the stove. In hind sight, a dutch oven with taller walls might have been a better choice to cook these.
3. Turn the potatoes again, cover and cook another 5 minutes or until you can easily pierce potatoes with a knife. Remove from heat and sprinkle with salt & pepper (I used about ¾ tsp salt and ⅛ tsp pepper), toss with 2 Tbsp chives. Sprinkle with more fresh chives just before serving and enjoy.

Servings: 4
Adapted from natashaskitchen.com

Pictures from around the Farm



Left:

The French radish is an elongated, pink and white radish. This radish is sometimes called the Breakfast radish also.

Right:

A mature cone cabbage ready for harvest. The cone cabbage is similar to its counterpart, the green cabbage, but does have slight differences in taste and texture.



Left:

Basil is one of the most used herbs in the world. This green basil plant is maturing well and offering many shoots of basil stems for harvest.