

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

WHOLESOME HARVEST'S ANNUAL POT LUCK

Sep. 17th/Sep. 19th --- Full/Half Shares: Week 14
Sep. 17th/Sep. 19th --- Greens Shares: Week 10

One of the most important aspects of Community Supported Agriculture is the relationship between the members and their farm. A CSA is not just about getting healthy, locally-grown veggies each week. It's about learning, or re-learning, about where our food is coming from and all that encompasses. Through e-mail communication and the newsletters, we try our best to give you some basic information about the farm, farming and the veggies you will be receiving each week. However, nothing can compare to seeing the ground your veggies are grown on week in and week out. Hence, the annual pot luck!

We do this pot luck each year to give our members a chance to drive out to the farm and see it for themselves, plus mingle with other members of the CSA! Read below for some basic and important pot luck information below:

When: Saturday, September 28th, 2013

Time: 1:00pm – 4:00pm

Late Lunch: 1:30pm

Tour: After Late Lunch

Where: The Farm ☺

W8180 County Road C
Fort Atkinson, WI 53538

What to bring:

- 1 (or more if you want ☺) dish to share
 - Your dish can be made with veggies from the farm or it can just be a favorite, delicious recipe that you want to share with as many people as possible ☺
 - Bring some copies of the recipe for your fellow members to take if you don't mind.
- Your own drinks.
- Your own lawn chairs.

Tour: For those of you interested in learning more about the farm from Chris Zastrow, the owner of Wholesome Harvest!

Straw Fort: This has become an annual hit with the younger Wholesome Harvest members so we want to bring it back again this year! There will be a small "fort" made of hay bales for the kids to play around in and have some fun (see above picture)!

Recipe Contest: Every year we get members to bring out some delicious recipes for this contest. Farm judges rate the recipes and then the winner gets a free winter storage share!!

Rules: You must use at least one veggie from your CSA box for that week so plan ahead ☺ Your recipe contest dish counts as your dish to pass. You must bring copies of the recipe for the farm and other members to see and take in order for your recipe to be counted.

We hope that you all can attend as we would love to meet you and show you the farm!

If you wish to attend the 2013 pot luck, please RSVP by email to

veggies@wholesomeharvestcsa.com by Thursday, September 26th! Hope to see you all there!!



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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.

- Delicata Squash
- Red Bell Pepper
- Red Onion
- Slicing Tomatoes
- Red OR Gold Potatoes
- Yellow Bell Pepper
- Green Leaf Lettuce AND/OR Kale AND/OR Broccoli

Fall Veggies

With the first official day of fall right around the corner, we wanted to make a brief mention in this newsletter about the changes you will begin to see in your box. Going slowly are the warm-weather loving, summer veggies. Coming slowly are the ground loving, root like veggies! You will continue to see some of the summer veggies like tomatoes and peppers but you will see more of the fall veggies like onions, potatoes, squash varieties, and other root veggies! More on this in an upcoming newsletter.



DELICATA Squash

Delicata squash is a relatively unknown jewel in terms of deliciousness and variety for winter squash. Compared to its better known siblings, like the Butternut and Acorn varieties, Delicata is a rare treat when discovered because of its nutrient value, taste, and texture. Delicata squash is sometimes referred to as sweet potato squash because the taste is similar to that of a sweet potato but is also just as rich, creamy, and sweet as the favorite butternut squash. The skin of the Delicata squash is different compared to the other winter squash varieties as it is much easier and tastier to eat if you so please 😊

How to Store

Winter squash varieties are big storage vegetables but the Delicata variety is slightly different in regards to storage. Delicata squash, though considered a winter squash, is similar in terms of make-up as summer squash varieties like zucchini or yellow summer squash. This means that their storage life is less but still 3-4 weeks if stored properly. Store in a cool, dark place away from direct light and heat.



SOURCE: *WORLD'S HEALTHIEST FOODS*

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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!

Nut-stuffed Delicata Squash

Warm squash, roasted nuts, sprinkle of cheese....sounds delicious!!



Ingredients:

- 3 tablespoons butter
- 2 medium yellow onions, finely chopped
- 3 garlic cloves, minced
- 3/4 teaspoon salt
- 1 tablespoon chopped fresh sage
- 1/3 cup chopped walnuts
- 1/3 cup chopped pistachios
- 1/3 cup chopped almonds
- 1/3 cup chopped pine nuts
- 1/3 cup plain low-fat yogurt
- 2 eggs, lightly beaten
- About 1/2 cup freshly shredded parmesan cheese
- 2 **delicata squash** (about 2 lbs. total), halved lengthwise and seeded

Method:

1. Preheat oven to 350°. Melt butter in a large frying pan over medium-high heat. Add onions, garlic, and salt. Cook, stirring occasionally, until onions are soft, about 3 minutes. Stir in sage and cook until fragrant, about 1 minute. Stir in nuts. Set aside.
2. In a large bowl, combine yogurt, eggs, and 1/2 cup parmesan. Stir in nut mixture. Divide stuffing among squash halves, sprinkle with more parmesan, and bake until tender when pierced with a fork and tops are browning, about 45 minutes.

Adapted from myrecipes.com
Serves 4.

Better Than Butternut: Roasted Delicata Squash Recipe

A quick and easy recipe!

Ingredients:

- 2-4 **delicata squash**, depending on size (~1.5 lbs)
- 2 tbsp olive oil
- salt to taste

Method:

1. Preheat oven to 425 degrees.
2. Clean the delicata squash by running under warm water and scrubbing away dirt with your hands. If there are any hard spots on the squash, you can scrape them off with a butter knife.
3. With a sharp knife, cut delicata in half lengthwise. This should be easy and not require any crazy hacking. With a spoon, scoop out the seeds and discard (you can save these and prepare them like pumpkin seeds if you wish). Cut each delicata half into 1/2 inch segments, creating moon-shaped pieces that have slight bumps around the curve.
4. Arrange the pieces in a single layer in a metal baking pan and coat in 2 tbsp olive oil. Too much oil can make the squash soggy. Salt gently. It's okay if the pieces are a little crowded, but try to maximize the surface area of the squash touching the pan. The browning only occurs where the squash and pan meet.
5. Place in oven and roast 10 minutes. Using a spatula (I use tongs for most veggies, but delicata squash are easily squished and hold up better if you don't pinch them) turn the squash in the pan so that the light sides are now touching the pan and the brown sides are facing upward.
6. Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and the texture is creamy to the teeth all the way through, about 25-30 minutes. Adjust salt.

This recipe's ingredients serve 2-4.

Adapted from Summer Tomato Blog at summertomato.com