

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## IRRIGATION

**Oct. 8<sup>th</sup>/Oct. 10<sup>th</sup> --- Full/Half Shares: Week 17**  
**Oct. 8<sup>th</sup>/Oct. 10<sup>th</sup> --- Greens Shares: Week 13**

As we were sitting inside the office, seeing the rain coming down in big drops, we thought it would be a great idea to share with our members about some of our irrigation practices around the farm.

Irrigation on a small, CSA farm is quite different than irrigation on the big scale, conventional farms. While large, conventional farms use various methods to keep crops quenched, including modifying the makeup of the vegetable itself, CSA vegetable farms that are using organic practices rely on some of the same methods but must rely on some different methods also.

The first method of irrigation, which is used by every single farmer, is reliance on good old rain! No matter what sort of irrigation method we try to use, nothing beats fresh, natural rainwater. Though we have no control over it, it is the most refreshing irrigation that our veggies can get and we are thankful when they do!

The second method we use is drip irrigation. Drip irrigation is designed more for the high tunnels but can be used out in the field also. This type of irrigation gets its name from the tiny little holes that allow only “drips” of water to come out at an almost constant rate to the plant. Drip irrigation allows us to water each individual plant with a specified amount of water without having to worry about the wind or sun taking the water away from the plants. As you can see in the picture to the right, these drip lines run along the roots of the tomato plants.



The third and final method is using the Water Reel, a.k.a The Gun! This wonderful little irrigation system can pump out gallons of water a minute and can reach many hundreds of feet across the field. Last year, the Gun pumped out the most water it ever has when the drought hit. This year has been a little easier on it but it has still had a few weeks where it had to really quench the veggies’ thirst ☺ The Gun is hooked to



irrigation piping which in turn is hooked to the well. If you look at the pictures to the upper right and left, you can see the Gun and a section of the irrigation piping running across the field.

Though the crew has had to water by hand before in dire situations, 99% of the time, we are relying on these three methods of irrigation to keep the veggies from getting too thirsty!

### **Winter Storage Share**

This is one more reminder that if you are interested in purchasing a winter storage share, please enroll as soon as possible. We will be closing enrollments in about 2 weeks. If you have any questions about the winter storage share, please don’t hesitate to email us!

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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.

- Black Spanish Radish
- Butternut Squash
- Carrots
- Red OR Yellow Potatoes
- Savoy OR Sweetheart Cabbage
- Slicing Tomatoes
- Sweet OR Bell Pepper
- White Salad Turnips



### **Black Spanish Radish**

The black Spanish radish, a member of the radish family, has a crisp, spicy, white flesh with a dark, striking outer skin.

The black Spanish radish is a winter variety of radish that grows well in cooler weather. This variety of radish might be best known for its medicinal purposes outside of eating it.

The black Spanish radish is very good served raw but cooking and serving a hot radish recipe is also very delicious! A fun and different variety that we normally see that we hope you enjoy!

### **Storage**

Because the black Spanish radish is a winter variety of radish, it can be stored much longer. Though the leaves are edible and can be stored for one or two days, if you are not going to eat them, take them off. The leaves continue to pull moisture from the bulb of the radish after the veggie has been harvested. Once the leaves are removed, you can store the uncut radish bulbs in the fridge for 2 weeks or more depending on many factors.

### **Preparation**

Whether you are going to eat your radishes raw or cook them, it is always best to take a veggie scrubber and gently scrub the outer skin of the radish bulb but there is no need to peel the radish. Cut the top and root end of the radish bulb and then you can slice, dice, cut, shred or even eat it whole!

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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!

### Sautéed Savoy Cabbage with Scallions and Garlic

#### Ingredients:

- 1 bunch scallions
- 2 garlic cloves, chopped
- 3 tablespoons olive oil
- 1 pound Savoy cabbage, cored and thinly sliced (8 cups)
- 1/4 cup water

#### Method:

1. Chop scallions, reserving white and dark green parts separately.
2. Cook scallion whites and garlic in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until garlic is pale golden, about 3 minutes. Stir in cabbage, 3/4 teaspoon salt, and 1/4 teaspoon pepper and sauté 1 minute. Add water and cook, tightly covered, until cabbage is wilted, about 3 minutes. Add scallion greens and cook, uncovered, stirring, until most of water has evaporated and cabbage is tender, about 2 minutes. Season with salt and pepper.

Adapted from epicurious.com  
Serves 4.

### Carrots Au Gratin

#### Ingredients:

- 4 1/2 cups sliced carrots
- 2/3 cup crushed buttery round crackers
- 3 tablespoons margarine, melted
- 1/2 cup chopped onion
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups milk
- 2/3 cup shredded processed cheese

#### Method:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place carrots in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 6-10 minutes. Drain. Meanwhile, in a small bowl combine crushed crackers with 1 tablespoon melted margarine. Mix well and set aside.
3. In a medium skillet over low heat, heat the remaining 2 tablespoons of margarine and saute onions until tender. Stir in flour, salt and pepper. Cook for a few minutes, stirring to prevent browning. Gradually pour in milk, stirring constantly. Increase heat to medium and cook until bubbly and thickened. Add cheese and stir until smooth. Fold in carrots.
4. Pour mixture into a 9x12 inch baking dish and sprinkle with the crumb mixture.
5. Bake in preheated oven for 20 minutes, or until bubbly and golden brown.

This recipe's ingredients serve 8.  
Adapted from allrecipes.com