

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## Getting the Most out of your CSA Box

July 9th/11th --- Full/Half Shares: Week 4

Can you believe it is already week 4?? The rain has stayed away for most of this past week which has helped tremendously with planting and harvesting around the farm. Our crew was hard at work over the 4<sup>th</sup> of July holiday planting rows of veggies which had been delayed because of all the rain. Some much needed maintenance was being accomplished all over the farm also. It was a pretty productive 4<sup>th</sup> of July here at the farm and we hope you all had a safe and fun 4<sup>th</sup> of July too!!

The heart of the CSA season is right around the corner! The first week's excitement is probably dimmed slightly and now the reality of your CSA membership comes to the forefront; receiving nutritious, sometimes unknown, vegetables every week! The question continues to be, what do I do with all these veggies? To help you answer these questions, we thought we would tell you about the resources we use to answer similar questions and learn additional information about the vegetables we grow.

Believe it or not, though we work with these vegetables every day, we still use outside resources on a daily basis to try to better understand anything and everything about all types of vegetables. Whether a call is made to a fellow farmer for growing tips or the internet is used to track down a recipe, we are constantly soaking in as much information as possible. We will touch on a few of the resources we use that we feel best help to answer our questions about the veggies we grow.

**GOOGLE:** Seems so basic but, honestly, it is the single most helpful resource out there. We can search for a beet recipe and thousands show up. We can search for tips on storage or organic pest control and thousands show up. It really is the biggest database for answers that you can use. Now, we use Google because that is our homepage but any search engine, like Yahoo or Bing, would work just as well in answering most of your questions.

**World's Healthiest Foods:** For any questions pertaining to what a certain vegetable does for your body or how you should store it or prepare it, this is the website ([www.whfoods.com](http://www.whfoods.com)) for you. It also comes in a very large book format too! This is a great resource that we use many times to pass information to you, the members. We have the book but use the website just as much. It contains recipes, how to info, and nutrient info. Overall, a very useful resource!

**Local Thyme:** When this became an option last year, we were thrilled! Local Thyme is one of those resources we always thought would be such a great idea for someone to take and build on so when we saw that two fellow fresh food lovers were starting a website that catered to CSA members, we were happy to finally see it happen. This might be the best week to week resource that you could use as members. It takes your CSA box's contents and churns out recipes and a grocery list for that week that incorporate all the veggies!

These are just three resources that we feel help us learn as much information as we can about the veggies we are producing plus can help you as members on a week to week basis to better enjoy your CSA box. Google, or any search engine for that matter, is sort of an all-encompassing resource that can take you down many roads to help you find all the information you could want. Remember, make this CSA experience enjoyable. Use it as a chance to learn more about the food you are eating and just food in general. If you have kids, the weekly box can be a great teaching tool about vegetables, farming, and the agriculture and food industries as a whole! Be creative and enjoy learning from the myriad of information that is out there!

### Greens Share

For those of you who purchased the Greens share, they will be starting next week, July 16<sup>th</sup> and 18<sup>th</sup>!  
Emails will be sent out in the middle of the week.

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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.

- Basil
- Beets
- Broccoli
- Cucumbers
- Kohlrabi
- Parsley
- Scallions
- Summer Squash
- Zucchini
- Radishes OR Cherry Tomatoes OR Napa Cabbage????



### Summer Squash

The other type of summer squash is zucchini! The more well known of the different types, zucchini is a beloved part of many people's diets. Loved for its soft flesh and creamy inside, zucchini can be added to almost any dish to made it delicious! It can be added to almost any stir fry to give you a creamy, melt-in-your-mouth taste. Zucchini is full of anti-oxidants and is more abundant around this time of the year. Best stored in your fridge!



### Parsley

Parsley is actually considered the most popular herb in the world. Though unfortunately often used as a table garnish, parsley is actually very nutritious and can be found in most places year round. Though used in the United States more often as a garnish or topical herb, in many places around the globe, parsley is used for more medicinal purposes. It contains two unique nutrients that cannot be found in many other plants and helps to battle cancer.



### Scallions

Known by their other name, Green Onions, scallions are a tasty addition to most any dish. Though scallions can be cooked, they can also be enjoyed fresh as a salad topper! Scallions have a slightly milder taste than onions but a little bit stronger than chives. Scallions, though much smaller than its relative the onion, packs just as many health benefits. Rich in many of the main vitamins like K and C, plus full of antioxidants and fiber, scallions are a very healthy choice anyway!



### Basil

Basil leaves actually get confused with peppermint often as the two are of the same varieties. Basil has become a much more used herb ever since people around the globe started eating more pesto as it is one of the three main ingredients. Basil has a strong and distinct fragrance which makes it an ideal herb to flavor dishes. Much like its brother herbs, basil's health benefits can be easily forgotten. Basil is full of nutrients, particularly volatile oils, that help in cell protection and fight bad bacteria growth. Who would have thought this sweet smelling herb could pack such a punch!

Sources: *Worlds Healthiest Foods*

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## RECIPES!!!

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!

### 5-Minute Health Sautéed Summer Squash

#### Ingredients:

- 1 medium **zucchini**, sliced into 1/4-inch slices
- 3 TBS low-sodium chicken or vegetable broth

#### Mediterranean Dressing

- 2 medium cloves garlic, chopped
- 2 tsp fresh lemon juice
- 3 TBS extra virgin olive oil

#### Optional Ingredients

- sunflower seeds
- Parmesan cheese

#### Method:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting qualities.
2. Heat broth in a stainless steel skillet over medium heat.
3. When broth begins to steam, add zucchini slices and cover. Healthy Sauté for 3 minutes (one half the time on one side, the other half on the other side), stirring frequently.
4. Remove from heat and place in a bowl.
5. Toss with Mediterranean Dressing ingredients.

Serves: 2.

Found on [whfoods.com](http://whfoods.com)

### Seared Tuna Salad

#### Ingredients:

- 3 cups (or 10 oz) mung bean sprouts
- 1 lb yellowfin or ahi tuna
- 1 TBS fresh lemon juice
- 1 cup **cucumber**, peeled, seeds scooped out and sliced 1/4 inch thick
- 2 cups snow peas, ends removed and cut in half
- 6 cherry tomatoes, quartered
- ¼ cup chopped **scallion**
- 2 TBS chopped cilantro
- 1 tsp toasted sesame seeds

#### Dressing

- 3 TBS soy sauce
- 2 TBS fresh lemon juice
- 2 tsp honey
- 1 TBS extra virgin olive oil
- salt and white pepper to taste
- pinch red pepper flakes

#### Method:

1. Rinse and dry mung bean sprouts. This can be done easily in a salad spinner. Lay out pile of sprouts on cutting board and chop a couple times. Place in a bowl and add rest of salad ingredients.
2. Whisk together dressing ingredients.
3. Preheat stainless steel 10-12 inch skillet over medium high heat for 2 minutes.
4. Rub tuna with lemon juice and season with a little salt and pepper. Place on hot pan and cook for 1 1/2 minutes. Turn and cook another 1 1/2 minutes. This is our Stove top Searing cooking method. Cut tuna into 1-inch pieces and toss with rest of salad ingredients and dressing. Sprinkle with sesame seeds and serve.

Serves: 4.

Found on [whfoods.com](http://whfoods.com)