

Wholesome Harvest CSA

Week 15
September 15th/17th

Welcoming the Fall...

Although fall does not officially start until next Wednesday, we are in full fall mode here at the farm! Around the farm, fall is one of our favorite seasons. It is sad to know that the vegetable season is winding down, the bright colors and veggies of spring and summer are waning, and that the cold weather is starting to work its way in but fall is still very beautiful.

With fall comes beautiful new colors of orange, green, yellow, red, and brown, cooler weather with less humidity, and, one of the best parts of all, wonderful fall veggies!! For the CSA box, fall also marks a noticeable change in the contents of your weekly CSA box. The root crops and hardy vegetables are starting to take over. There will be a few more weeks of tomatoes and peppers because growing them in the high tunnels allows us to extend their season. There will be some tougher weather greens like kale, swiss chard, and some salad greens still seen as many green varieties love the still warm soil with cool air temperatures. But the majority of vegetables you will see for the rest of the season are going to be fall, colder weather veggies like different varieties of squash, potatoes, onions, and radishes/turnips plus carrots, beets, and others!!

As the veggies transition, so do the fields. Instead of the constant planting and harvesting seen in spring and early summer, cover crops are being planted in mass as small parts of the fields are being cleared each week. Cover crops like vetch, clover, and field peas are planted now to give an abundance of nutrients to the soil next spring!

We have had a blast so far this season and feel very blessed! We are excited to keep rolling with all the wonderful changes fall brings around the farm!!

Box Description

- This week's winter squash will be acorn squash. Acorn squash is sometimes called pepper squash because of its similar look to that of a pepper. Acorn squash has a sweet, yellow-orange flesh.
- Beets are making a comeback this week! We haven't had beets since the earlier weeks of the season so we are super excited about this first fall crop of beets. These beets will have their tops on them as beet greens can be used as any garnish, salad addition, or green smoothie ingredient. As always, if you are not going to use the beet greens, please discard right away to keep your beets as fresh as possible.
- All of you will be getting an onion variety in your box again this week. We have white, gold, tropea, Cipollini, and storage onions. Any of these could appear in your box and depends on which ones are ready to go.
- The dark green pepper in your box this week will be the pablano pepper. We did have these peppers a few weeks ago. Pablano peppers are a hotter variety of pepper and are usually classified with chile peppers.
- Everyone will see the big red slicing tomatoes in their box this week along with either cherry tomatoes or roma tomatoes.
- Greens are back too!!! With this cooler weather coming around more often, some greens thrive in this early fall season so hearty fall salads are a good option this week 😊

What's in the box??

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

- 🍅 Acorn Squash
 - 🍅 Beets
 - 🍅 Easter Egg Radish
 - 🍅 Greens Mix
 - 🍅 Lettuce Mix
 - 🍅 Onion Variety
 - 🍅 Pablano Pepper
 - 🍅 Red Leaf Lettuce
 - 🍅 Slicing Tomato
 - 🍅 Spinach
 - 🍅 Cherry Tomato OR Roma Tomato
- Greens Only Share
- 🍅 Kale
 - 🍅 Lettuce Mix OR Greens Mix

Ingredients:

- Olive oil, for baking dish
- 4 cups Acorn Squash Puree, or 2 packages (12 ounces each) frozen winter squash puree, thawed
- 1/2 teaspoon dried rubbed sage
- Coarse salt and ground pepper
- 1 container (15 ounces) part-skim ricotta cheese
- 1 cup grated Parmesan cheese
- 8 no-boil lasagna noodles, half of an 8-ounce package

Method:

1. Preheat oven to 400 degrees. Brush an 8-inch square baking dish with oil; set aside. In a medium bowl, mix squash puree with sage, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. In another bowl, mix ricotta with 1/2 cup Parmesan, 1 teaspoon salt, and 1/4 teaspoon pepper. Set aside.
2. Lay 2 lasagna noodles in the bottom of prepared dish; spread with half the squash mixture. Layer with 2 more noodles, and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining 1/2 cup Parmesan.
3. Cover baking dish with foil; place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes; remove foil, and continue baking until golden on top, 20 to 25 minutes more.

Adapted from marthastewart.com

Brown Sugar-Glazed Beets**Ingredients:**

- 3 tablespoons dark brown sugar
- 2 tablespoons orange juice
- 1 tablespoon unsalted butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups steamed cubed beets, 1/2- to 1-inch cubes

Method:

Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm.

Adapted from eatingwell.com

Ingredients:

- 1 (8-oz.) package diced cooked ham
- 1/2 cup sliced green onions (about 4 onions)
- 1 (9-inch) frozen unbaked pie shell
- 1 tablespoon Dijon mustard
- 1 cup (4 oz.) shredded mozzarella cheese, divided
- 2 medium plum tomatoes, thinly sliced
- 1 large egg
- 1/3 cup half-and-half
- 1 tablespoon chopped fresh basil
- 1/8 teaspoon pepper
- Garnishes: fresh basil sprigs, tomato slices

Method:

1. Sauté ham and green onions in a large nonstick skillet over medium heat 5 minutes or until ham is brown and any liquid evaporates.
2. Brush bottom of pie shell evenly with mustard; sprinkle with 1/2 cup mozzarella cheese. Spoon ham mixture evenly over cheese, and top with single layer of sliced tomatoes.
3. Beat egg and half-and-half with a fork until blended; pour over tomatoes. Sprinkle evenly with basil, pepper, and remaining 1/2 cup cheese.
4. Bake on lowest oven rack at 425° for 20 to 23 minutes or until lightly browned and set. Cool on a wire rack 20 minutes. Cut into wedges to serve; garnish, if desired.

Serves: 4-6

Adapted from myrecipes.com

Pictures from around the Farm



Left:

A bin full of acorn squash ready to be packed into your box! Almost every acorn squash has one spot of orange on it.

Right:

This buckwheat was planted a few weeks ago after the sweet corn stalks were plowed under. Within a week or two, this buckwheat will be plowed under and vetch will be planted in its place. These multiple crops will allow for great soil next spring hopefully!



Left:

Lettuce mix in full maturity. Lettuce mix and other greens make a few week comeback in early fall as the warmer temperatures of summer lead into the cooler temperatures of fall and greens can come to maturity slow and steady.