

# Wholesome Harvest CSA

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## Fall is Here!

Depending on where you live, fall will be officially here tonight! Though it's not official until tonight, it has definitely been feeling like fall around the farm the last couple of weeks!

As September winds down and October rolls around, things around the farm start to change. Not only do the kinds of vegetables change but also which activities are done around the farm (more on this later) plus gloves, hats, pants, and coats come out in the morning hours because of the bitter cold.

To you, our members, the beginning of fall marks a noticeable change in your box. For the last week or two, you have begun to see the fall veggies replacing the typical summer veggies. Over the last weeks of the season, you will see more and more types of these fall veggies which include root crops like turnip varieties, radish varieties, beets, more carrots, and others plus some winter squash and cabbage varieties that can be stored and cool weather greens like swiss chard, kale, and lettuce varieties.

Along with the fall vegetables starting to creep up, ready to be used, some summer veggies are still hanging on for one last hoorah! Our tomato and pepper plants are trying to hold on in their respective hoophouses and we anticipate, and are hoping for, 1-2 more weeks of them! The hoophouses are a huge blessing for both our tomato and pepper crops as they extend the life of our yields past the normal time frame. Though we have been quite sad about our pepper house this year, we are still very happy to see that we can harvest some at this time in the season.

Fall is all about change and around the farm is no different. We have gotten a lot of enjoyment out of the first ¾ of the season and are excited to continue to roll with the changes of fall!

## What's in your box?

This list is tentative and subject to change. The official list will be updated continuously on our website's homepage.

### Full Shares/Half Shares

- \* Red Potato
- \* Red Onion
- \* Pepper Variety
- \* Paste Tomatoes
- \* Slicing Tomatoes
- \* Romaine Lettuce OR Other Green Variety
- \* Squash Variety
- \* Carrots
- \* Green Beans

### Greens Share

- \* Lettuce Mix
- \* Spinach
- \* Head Lettuce OR Kale



Buttercup squash



Kabocha Squash

## What are all these veggies in my box?

**Onion:** You will receive a red onion in your box this week! Red onions have a little more bite to them and are great cooked or eaten raw.

**Carrots:** These carrots will be topped like last week.

**Tomatoes:** The normal red slicing tomatoes will be in your box again this week. The tomato plants are finishing up so these will be some of the last ones of the season.

**Paste Tomatoes:** Everyone will also receive several paste tomatoes.

**Squash Variety:** Some of you will receive the dark green buttercup squash while others will receive the orange kabocha squash. A few might receive either carnival or acorn instead. All of the squash varieties you will be receiving over these last couple weeks of the season, if stored properly, can last several weeks.

**Pepper Variety:** You will see either a bell variety pepper in your box or a sweet conical pepper variety. All peppers can be stored in the fridge.

**Green Beans:** Green beans will be arriving in your box again this week! This will most likely be the last week of them. Remember, green beans can be stored in a plastic, breathable bag in the fridge.

**Potatoes:** The first potatoes of the season will be in your box this week. They will be the red variety potato. Potatoes should be stored in a cool, dry place. Do not store potatoes by onions as the onions can cause the potatoes to spoil!

**Romaine Lettuce:** Romaine lettuce might be one of the most popular lettuces around. Known for its crisp leaves with great crunch, romaine lettuce can be used in salads, sandwiches, wraps and many other recipes. Please remember to give it a nice cool bath if it looks wilted and store in the crisper section of your fridge if possible. Use within a day for best quality!

## 5 Minute Avocado Chicken Lettuce Wraps

### Ingredients:

- \* 4-6 romaine lettuce leaves
- \* 1 medium avocado
- \* ½ lemon or lime (for juice)
- \* 1 cup cooked chicken, shredded or cubed
- \* 1 roma tomato (or handful of grape tomatoes)
- \* 2 tablespoons chopped onion (red, green, white...whatever you like!)
- \* ¼ bell pepper, diced
- \* Salt, pepper and garlic powder to taste

### Preparation:

1. Cut avocado in half, remove pit and scoop flesh into a small mixing bowl.
2. Using a fork, mash the avocado until nearly smooth.
3. Squeeze lemon or lime juice into bowl and mix to combine.
4. Sprinkle salt, pepper and garlic powder (to taste) into avocado and mix completely.
5. Stir in chicken, tomatoes, onion and bell pepper until everything is evenly coated.
6. Scoop mixture into clean, dry romaine leaves and enjoy!

Servings: 1-2; Adapted from [dailyrebecca.com](http://dailyrebecca.com)

# Roasted Kabocha Squash with Cumin Salt

## Ingredients:

- \* 1 teaspoon cumin seeds, toasted 1 minute in a dry skillet
- \* 1 bay leaf
- \* 1/4 teaspoon smoked paprika (pimenton) or regular paprika
- \* 2 teaspoons packed brown sugar
- \* 1 teaspoon sea salt
- \* 1 kabocha squash (about 2 1/2 pounds), partially peeled, seeded, cut into 1-inch chunks
- \* 1 tablespoon olive oil

## Preparation:

1. Heat oven to 375°F. Combine cumin seeds with bay leaf and paprika in a spice mill or clean coffee grinder and process briefly. Add sugar and salt and process to combine. Set aside. Toss squash with oil, then cumin mixture. Spread on 2 baking sheets and roast until tender, about 25 minutes.

Servings: 4; adapted from epicurious.com

# Twice Baked Buttercup Squash

## Ingredients:

- \* 3 small buttercup squash
- \* 1/3 cup nonfat sour cream
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon nutmeg
- \* 1/2 cup chopped pecans (optional)
- \* 6 tablespoons brown sugar or 6 tablespoons sugar, in the raw

## Preparation:

1. Heat oven to 425°F.
2. Cut squash in half lengthwise, scoop out seeds and fibers and discard.
3. Place squash in an ungreased 13x9-inch baking dish.
4. Cover tightly with foil.
5. Bake for 30 to 40 minutes or until squash is tender.
6. Cool for 10-15 minutes.
7. Reduce oven temp to 375°F.
8. Scoop out flesh of squash, leaving about 1/4 inch thick shell and set shells aside for now.
9. Place flesh of squash in a medium bowl.
10. Add sour cream, salt, nutmeg and nuts if using, mix until smooth.
11. Fill each shell with the squash mixture.
12. Sprinkle each with 1 tablespoon of brown sugar.
13. Place filled shells in baking dish.
14. Bake at 375°F for 15-20 minutes or until thoroughly heated.

Servings: 6; adapted from food.com