

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 6: July 22nd/24th

What's with the Or?

Over the past couple of weeks, you might have been wondering what was with all the OR possibilities for the box. Continuing with Week 5 newsletter's "Seasonal Eating" segment, let us explain a little more about growth patterns throughout the season!

Though we probably all wish that all veggies grew at exactly the right time, to exactly the right size, with exactly the right yield, that, as we all know, is not the case. Instead, many factors, including seed variety, soil conditions, weather conditions, and overall plant conditions all play a huge role in determining the growth of a vegetable plant. We see firsthand the effects that all of the above factors can have on vegetable plants not only season to season but even week to week!

These factors, like a large rainstorm for example, can drastically affect the growth of a bed of vegetable plants. And within these rows of vegetable plants, each individual plant is affected differently, hence they do not all grow and mature at the same time. This is why you are seeing the OR in the list of veggies.

As these next few weeks roll around, you will continue to see the ORs in the list of veggies because, not only are we starting to see the seasonal transition of our field crops, but our hoopouses which are full of tomatoes, peppers, and cucumbers are all maturing at different rates too!

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 Cabbage
- * Lettuce Mix
 - * Kale
- * Sweet Corn
 - * Beans
- * Tomatoes OR Eggplant
 - * Zucchini
- * Yellow Summer Squash
 - * Onions

Greens Share

- * Kale
- * Head Lettuce Variety
 - * Lettuce Mix

A Few Reminders....

1. The box your veggies come in is reusable so please remember to bring your box back each week. If you forget one week, you can bring it back the following week too!
2. Please arrive to pick up your box within your site's allotted time slot. These time slots are pre-determined according to the needs of the site and farm so please respect the time and arrive within it. We cannot replace missed boxes.
3. If you cannot get to your box within the allotted time, please don't hesitate to have a co-worker, relative, or friend pick it up for you within the time slot. If you have someone else grab the box for you, please make sure they know the specifics of pick up, especially which size box to take.
4. We will take any recipes you are willing to share! We can include them in the newsletter, put them on Facebook, or include them in an email!

What are all these veggies in my box?

Red Cabbage: This is the reddish/purple ball you will find in your box. Similar in texture to that of the green variety, red cabbage can be used in many different dishes and should be stored in the fridge.

Lettuce Mix: Like past weeks, this is the mix of baby greens you will see in a plastic bag in your box. Remember, to keep this as fresh as possible, store it in a plastic/Ziploc bag in the fridge with paper towel in the bag to suck up any excess moisture.

Kale: You will see some big dark woody green leaves in your box again which are the kale leaves. Kale is one of the healthiest veggies for you and is great in any salad or green smoothie!

Sweet Corn: We are very excited as this is the first harvest of our early variety of sweet corn. Growing sweet corn using organic methods might be one of the hardest things we do. Sweet corn needs a lot of fertility which is harder to recreate using organic methods than with conventional methods. These ears will be slightly smaller because it is an early variety. As we cannot open the husks on the ears to check for dirt or bugs (as that will cause the ears to immediately lose their freshness and begin to spoil), don't be surprised if you find some Wholesome Harvest dirt or bugs in an ear!

Beans: We are also very excited to get to begin harvesting our crop of beans for you! As it is the first harvest, the quantity will be slightly smaller than usual but the plants are looking great and we are hoping for more beans over the next couple of weeks!

Summer Squash: Both the zucchini and yellow squash plants are picking up speed and looking great! Check out the easy recipe on the next page that we have used before to eat up our summer squash!

Green Top Onion: Green Top Onions are normal onions but they still have their top on which means they are not yet cured. These are not that much different from a normal cured onion except these should be stored in the fridge!!

Eggplant OR Tomato: Some of you will be receiving one variety of eggplant in your box while others will receive tomatoes. We have three varieties of eggplant all producing at different rates including globe, Asian, and fairytale varieties. We also have so many good looking tomato varieties including cherry tomatoes, slicing, and many different heirloom varieties. Get ready to try some really cool looking and great tasting tomatoes over the next several weeks!

Farm Favorite: Berry Summer Salad

Ingredients:

- 8 cups mixed salad greens
- 2 cups fresh blueberries (we use strawberries and raspberries too)
- 1/2 cup crumbled Gorgonzola or blue cheese
- 1/4 cup chopped and toasted walnuts or pecans
- Bottled vinaigrette (we use a poppy seed dressing or a raspberry vinaigrette)

Preparation:

1. Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, tossing gently to coat.

Sauteed Summer Squash

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- 1/2 red bell pepper, chopped
- 2 small to medium summer squash, sliced (we use zucchini and yellow summer squash)
- Salt and pepper
- 2 tablespoons chopped parsley leaves
- 2 tablespoons chopped chives or 2 scallions, optional

Preparation:

Preheat skillet over medium high heat. Add oil, then butter. When butter melts, add red peppers and squash. Saute 12 to 14 minutes until squash is tender. Add salt, pepper and parsley. Add chives or scallions if you would like a layer of light onion flavor on the dish as well.

Servings: 4; Adapted from my foodnetwork.com

Blue Cheese Coleslaw Recipe

Ingredients:

- 6 medium celery stalks, trimmed
- 4 medium carrots, peeled and trimmed
- 1/2 medium head green cabbage (you can use purple instead)
- 3 medium shallots, peeled, halved, and thinly sliced
- 1/4 cup red wine vinegar
- 3/4 cup mayonnaise
- 1 cup crumbled blue cheese

Preparation:

1. Slice each celery stalk in half, then slice celery very thinly on a bias at a slight angle; you should have about 3 cups.
2. Cut carrots in half and shred them; you should have about 4 1/2 cups.
3. Cut a v-shaped notch into the cabbage half on either side of the core to remove it, then cut the cabbage in half again lengthwise. Slice cabbage pieces very thinly crosswise. Combine celery, carrots, cabbage, and shallots in a very large nonreactive mixing bowl or pot, and set aside.
4. In another bowl, combine vinegar, mayonnaise, and blue cheese, and mix well. Season well with salt and freshly ground black pepper. Add dressing to vegetables, and mix until evenly coated. Cover and let marinate, refrigerated, for at least 1 hour or up to 24 hours.

Servings: 8-12; Adapted from chow.com