

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

PACKING AND DELIVERY DAY!

Aug. 13th/Aug. 15th --- Full/Half Shares: Week 9
Aug. 13th/Aug. 15th --- Greens Shares: Week 5

In a few newsletters back, we described what a typical harvesting day here at Wholesome Harvest looks like. If you remember, we had mentioned how the heavy harvest days fall on Monday and Wednesday. This is because Tuesday and Thursday are the days you get your boxes!!! In terms of excitement, packing and delivery days are much more fun as the crew gets to see all their hard work be put into a box to be enjoyed by all members!!



Tuesdays and Thursdays usually start around 6:30 am. As the crew arrives, they begin to shuffle crates of veggies (which they harvested the day or two before) out of the cooler to specific spots by the roller belt. They then assume a spot along the roller belt where an assembly line is being formed. One person is the start of the assembly line. This person is in charge of grabbing the boxes and putting the first one or two veggies into it. They are putting the heavier, bulkier veggies in like cucumbers, squash, melons, large cabbage heads, etc. They then push the box down the line where the other crew members are waiting to put the veggies they are in charge of for the day in the box. The last member of the assembly line is in charge of loading the boxes onto the Wholesome Harvest delivery box truck.

As the crew finishes up packing the boxes for that day, they begin to disperse. One, possibly two, members of the crew are in charge of the main deliveries boxes go with the box truck. The rest with the smaller car that we use. direction of the box truck, hence the gone for the whole day delivering for only a couple of hours. While those the rest of the crew goes back to some of the veggies for the Thursday weeding, planting, picking, or fixing are then used for more general maintenance activities to catch up or get ahead in certain areas!



using the box truck. The majority of the of the boxes are being delivered to their sites. These are going to sites in the opposite split up. The box truck crew member(s) is boxes where the car crew member is gone two or three crew members are delivering, work. If it is Tuesday, they begin harvesting deliveries. If it is Thursday, anything from (general maintenance) is being done. Fridays

Delivery days can be really hectic but exciting, especially when you add additional items like fruit orders or something doesn't go as planned with vehicles. We have definitely had our share of chaotic days but we have had some good times with some good laughs because of them!

One more rainbow picture. After newsletter 8 was sent out, a crew member showed me the picture they had been able to take shortly before we had shot the one in newsletter 8. We had to include it in this newsletter because we had never seen a "double rainbow" like this before and wanted to share it with you all.



PEACHES

Peaches are arriving this week! If you ordered peaches and received the confirmation email, you should pick up your peaches this week! Boxes will be labeled with your name.

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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
- Cantaloupe
- Cucumber
- Cherry Tomatoes
- Cippollini Onion
- Green Pepper
- Oriental OR Globe Eggplant
- Rainbow Swiss Chard
- Yellow Onion



Cippollini Onions

A similar look to shallots in terms of shape and size and the yellow or white onion in terms of taste, cippollini onions are as common as their bigger counterparts. Though you could find them in many speciality grocery stores and many main stream grocery stores, they are just not used as much as the yellow or white onions. This variety of onion has a much sweeter and caramelized taste, perfect for roasting, compared to the bigger, common yellow or white onion. Though full of nutrients, these cippollini onions are not as powerful for some of the common nutrients that yellow and white onions have but still pack quite a punch. Storing cippollini onions in a cool, dry place will help them stay fresh for up to a month, depending on many conditions.



Rainbow Swiss Chard

Though we briefly highlighted swiss chard the first week that it arrived in your box, we wanted to give you some more information on it. The specific variety that we grow here at Wholesome Harvest is called Rainbow Swiss Chard. This comes from the simple fact that the stems of the swiss chard leaves vary much in color making it look like a beautiful rainbow. This rainbow chard is the most common type of swiss chard in the United States. What makes this chard so tasteful is the different colored stems actually bring a slightly different taste to whatever dish you are making. The white and yellow stems are much more enjoyable as they have a more mild flavor and are not as tough. The reddish pink stems are slightly tougher so are sometimes less enjoyable. The leaves of all the colored stems have a tender and sweet flavor and can be enjoyed separately or with the stems. Swiss Chard is a fairly unused veggie that is actually one of the healthiest known veggies on the planet!



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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!

Member Favorite: Desperation Crock Pot Creation

This is a member favorite that was created out of leftover/clean out necessity. She included fennel in it to make it fragrant and delicious!! You could probably add some of your own leftovers/clean outs to make it a little of your own creation!!

Ingredients:

- 4 Chicken Thighs (bone in)
- 4 oz. sliced Baby Bella Mushrooms
- One Fennel bulb, sliced
- Hearty squirt of Dijon Mustard
- ½ cup fresh Dill Weed, chopped
- ¼ cup **Onion** or Leek, chopped
- 1 cup of Chicken Broth

Method:

1. Cook for 7-8 hours on low. Check frequently for drying out. Add more broth if needed.

This recipe can serve as many as you like.
The more ingredients, the more mouths fed! 😊

Quick Carmelized Onion Swiss Chard

The carmelized onions can add a delicious taste to the wilted swiss chard.

Ingredients:

- 1 teaspoon olive oil
- 2 cups sliced **yellow onion**
- Dash of baking soda
- 12 cups chopped **Swiss chard**
- 2 tablespoons water
- 2 teaspoons sherry vinegar
- 1/4 teaspoon freshly ground black pepper

Method:

1. Heat a large nonstick skillet over medium heat. Add olive oil; swirl to coat. Add onion and baking soda; cook 10 minutes or until browned. Add Swiss chard and water to pan; cook 3 minutes or until chard wilts. Stir in vinegar and freshly ground black pepper.

This recipe's ingredients serve 4.
Adapted from myrecipes.com