

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## WHAT IN THE WORLD IS GOING ON? MY TOMATOES ARE GREEN!!

Oct. 22<sup>nd</sup>/Oct. 24<sup>th</sup> --- Full/Half Shares: Week 19  
Oct. 22<sup>nd</sup>/Oct. 24<sup>th</sup> --- Greens Shares: Week 15

Before we dive into why your tomatoes are green ☺, we want to take this opportunity to remind you that the CSA season runs for 20 weeks which means that this week is the second to last week that you will be picking up your veggies. Next week will be the final week that all half, full, and greens share members will pick up a box. Please pay attention to all correspondence over the next two weeks as important end of season info will be coming your way!

Back to the tomatoes! Yes, it is correct that you will be receiving green tomatoes in your box this week. Do not be alarmed! There is absolutely nothing wrong with green tomatoes ☺ In fact, when cooked right, they can be just as delicious as their more mature counterparts.

Why green? The tomatoes you will be receiving in your box this week are the exact same variety as the normal, red slicing tomatoes you have been receiving. The only difference is that this week's tomatoes are slightly less red and much more green! When the cool weather hits, tomatoes have a hard time continuing to mature and turn red. Because of this, you will see a lot of green tomatoes around farmers markets, CSA boxes, and maybe even some grocery stores.

These green tomatoes are perfectly healthy and edible, they just might taste slightly different because their maturity level is different. You can leave them out in a dry place to try to let them mature slightly but it is better to treat them like a normal tomato and eat them as soon as possible as they probably will not mature much more. To help you out, we have included a basic recipe for fried green tomatoes from [simplyrecipes.com](http://simplyrecipes.com), a classic when you find yourself with some tomatoes that are green ☺

### Fried Green Tomatoes

#### *Ingredients:*

- 3 medium, firm green tomatoes
- Salt
- 1 cup all-purpose flour
- 1 Tbsp Cajun seasoning (optional)
- 1/2 cup milk or buttermilk
- 1 egg
- 1/3 cup cornmeal
- 1/2 cup fine dry bread crumbs
- 1/4 cup peanut oil or other vegetable oil

#### *Method:*

1. Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt. Let tomato slices stand for 5 minutes. Meanwhile, place in separate shallow bowls: the flour and Cajun seasoning (if using), buttermilk and egg, and bread crumbs and cornmeal.
2. Heat the peanut oil in a skillet on medium heat. Beat the egg and the buttermilk together. Dip tomato slices in the flour-seasoning mix, then buttermilk-egg mixture, then the cornmeal-bread crumb mix. In the skillet, fry half of the coated tomato slices at a time, for 3-5 minutes on each side or until brown. Set the cooked tomatoes on paper towels to drain. These are fantastic with a little Tabasco sauce or remoulade.

### Honey

For those of you who received confirmation that you will be receiving honey, you will be picking your honey up this week. Your honey 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.

- Bright Lights Swiss Chard
- Carnival Squash
- Carrots
- Daikon Radish
- French Radish
- Green Slicing Tomatoes
- Potatoes
- Sweet Potatoes



### *French Radish*

The French radish, also called the French Breakfast, is best known for its "splash" of white on its tail end. The French radish has the same color as its relative salad radish on top. However, the French radish is more elongated than its relative and has that "splash" of white towards the end. It is one of the more milder radishes, especially compared to some of its summer grown relatives. Though it is milder, you can still run into some hotness when eating the French Breakfast 😊 Because of its milder taste, the French radish is great when eaten raw but can be used in any cooked dishes also!



### *Carnival Squash*

The carnival squash is a fall favorite because of its rich, vibrant fall skin coloring. Its skin is made up of orange, green, yellow, and some cream colors. The inside flesh of the carnival squash is slightly orange in color with a more pale hue. The true delicious taste of carnival squash does not come out until the squash is cooked. Once cooked, the flesh tastes similar to butternut squash with a rich, sweet, nutty taste to it. A fun fact about carnival squash is that it is one of the most used winter squashes for decorations in the fall! It does have a rather fun look to it 😊 (source: Specialtyproduce.com)

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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!

### Sliced Baguette with Butter, Radishes & Sea Salt

#### Ingredients:

- 1 baguette
- unsalted butter
- 1 bunch **french radishes** (thinly sliced)
- kosher salt
- chives

#### Method:

1. Cut the baguette into 1/4-inch slices. Spread each slice liberally with butter, then top with slices radishes. Sprinkle each slice with a pinch of sea salt flakes and chives.

Adapted from yummy.com  
Serves 6.

### Braised Carnival Squash

#### Ingredients:

- 1 **carnival squash**, or medium butternut squash
- 1 tbsp extra virgin olive oil
- 1 1/4 cup water
- 1/4 small red onion, diced
- 3 cloves of garlic, diced
- 1 tsp paprika
- 1 tsp coarse sea salt
- Pinch of ground pepper

#### Method:

1. Cut squash in half, microwave in small bowl with 1/4 cup water for 3 minutes.
2. Cube squash into 1" pieces, place in saute pan.
3. Add onion, garlic, paprika, salt and pepper. Pour in remaining cup of water.
4. Cook on medium-high until water has evaporated and squash is soft (about 10 min). If the water evaporates but the squash still isn't fully cooked, just add another 1/4 cup until it's done.
5. Remove from heat, let cool, and serve.

This recipe's ingredients serves 2-3.  
Adapted from sugarlaws.com