

Wholesome Harvest CSA

Week 12
August 25th/27th

Shout-Out to Our Wonderful Crew

It is starting to feel more and more like the end of summer and the beginning of fall around the farm these days! It is a bit chillier in the mornings and we have even had to wear some pants and sweatshirts throughout the day...pretty soon it will be hats and gloves too ☺! This type of weather is a beautiful relief though from the hot days a week or so ago and signals some major changes around the farm. One of the most major and bittersweet changes is the change to our crew as fall comes around. As some of our crew members are heading off to school next week, we wanted to dedicate this week's newsletter to our wonderful and hardworking crew!

We have a great group of people working with us here at Wholesome Harvest. We have a few crew members here to get some experience working on a vegetable farm over the summer and then head back to school in the fall. We also have some crew members that are putting in several hours as a second job and a few that help us out full time. No matter their age, background, interests, and personalities, they come to work every day and give us a much needed lift. We would not be able to do what we do if we did not have the crew we did year in and year out.

Whether it's coming in at 6:00am to beat the heat or leaving at 9pm to get the last crop planted before it rains, we ask our crew to do lots of hard physical labor, at all hours of the day, in many types of weather, and they always deliver. So far this year, the crew has only been caught in a downpour twice which is pretty good ☺...they might laugh and say that is one too many ☺ The crew holds a special place in our minds because they are going through the day to day life on a farm with us and we are sincerely grateful to our whole crew!!

Box Description

- Many of you will be getting a pint of cherry tomatoes in your box this week but a few of you will be getting Roma tomatoes. Roma tomatoes are a slightly less juicy variety of tomato that is good for many recipes but especially in sauces.
- Dragon's Tongue Beans this week! These are really funky looking yellow and purple beans. They are a long and flat variety of beans. Check out the picture on page 3!
- You will find leeks in your box this week. We like to say that leeks look like a ginormous scallion. They are sweet tasting and are most commonly used in leek soup but can be used in many dishes.
- Our eggplant and melon crops are on their last legs. Some of you will be receiving a variety of melon while others will receive a variety of eggplant.
- There will be multiple types of peppers in your box this week. There are two different types of bell peppers and a pablano pepper. The pablano pepper is a type of chile pepper commonly used in Mexican dishes. They are many times dried and then are called ancho peppers in the culinary world. They look very similar to a green bell pepper but are more cone shaped where their bottom comes to more of a point than an average bell pepper. They are also a deeper, darker green than a green bell pepper.
- The carrots will not have their tops on them again this week

What's in the box??

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

- 🍷 Carrots
- 🍷 Cherry Tomatoes OR Roma Tomatoes
- 🍷 Dragon's Tongue Beans
- 🍷 Green Bell Pepper
- 🍷 Leeks
- 🍷 Melon OR Eggplant
- 🍷 Pablano Pepper
- 🍷 Purple OR White Bell Pepper
- 🍷 Red OR Gold Cipollini Onion
- 🍷 Red OR Gold Potatoes
- 🍷 Slicing OR Heirloom Tomatoes
- 🍷 Yellow Onion

Greens Only Share

- Kale
- Microgreens
- Green OR Purple Basil

Ingredients:

- 1 cup of chopped leeks (the white part).
- 1 cup of milk.
- 2/3 cup of water.
- 1/4 cup of cream.
- 3 tablespoons of butter.
- 1 teaspoon of chicken stock.
- 1 medium potato, boiled.
- Chopped chives, to garnish.

Method:

In a suitably sized skillet, melt the butter over medium heat.

Cook the leeks in the skillet for 5 minutes.

Add the chicken stock and the water; then bring to a boil and reduce heat.

Cover and simmer for 10 minutes.

Stir in the milk and cream.

Add the potato after mashing, or put it in a blender at low speed.

Garnish with chives.

Adapted from leekrecipes.org

Easy Dragon's Tongue Beans**Ingredients:**

- 2 1/2 cups beans
- 2 Tbsp olive oil
- 5-6 cloves garlic, crushed
- 1 tsp dried basil or 1 Tbsp fresh basil, chopped (I used fresh basil)
- salt and freshly ground pepper to taste

Method:

Steam beans until tender, about 3 to 4 minutes. (I put about 2 inches of water in pot, brought water to boil, placed a metal steamer in pot and covered to achieve steaming process). Toss with olive oil, garlic, basil, salt and pepper. Serve immediately.

Adapted from recipe resolution blog

Ingredients:

- 1 tablespoon plus 1 1/2 teaspoons vegetable oil
- 1/2 cup chopped white onions
- 2 poblano chiles, roasted, peeled, stemmed, seeded, and coarsely chopped
- 2 teaspoons chopped garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 cup roughly chopped fresh cilantro leaves, plus more for garnish
- 1/4 cup roughly chopped fresh parsley leaves
- 1 3/4 cups chicken stock
- 1 cup long-grain white rice

Method:

In a medium saucepan, heat 1 1/2 teaspoons of the oil over medium-high heat. Add the onions and chiles and cook, stirring, for 3 minutes. Add the garlic, cumin, salt, cilantro and parsley, and cook, stirring, for 30 seconds. Remove from the heat and transfer to a blender with 1/2 cup of the stock. Process on high speed until smooth.

Heat the remaining tablespoon of oil in the pan over medium heat. Add the rice and cook, stirring, until translucent, 1 to 2 minutes. Add the puree and cook, stirring, to evaporate most of the liquid, about 2 minutes. Add the remaining stock, stir and cover, and lower the heat to medium-low. Simmer without stirring, until the rice is tender and the liquid is absorbed, 15 to 20 minutes. Remove from the heat and let sit without stirring for 10 to 15 minutes. Fluff with a fork and serve, garnished with additional cilantro.

Serves: 4-6 Total Time: 1 hour
Adapted from foodnetwork.com

Pictures from around the Farm



A dragon tongue bean plant filled with many dragon tongue beans ready to be picked!

Right:

A crew member bagging the dragon tongue beans.



Below: Members of the crew hard at work packing boxes which will go on the delivery trucks, be delivered to all of our sites where you, the members, will then pick them up!



Above:
Pablano peppers.