

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 18: October 14th/16th

Preparing for Winter

As with many things, the passing of the seasons bring many changes. There is no exception for the farm! As fall continues to roll along and the days become shorter and much colder, we are busy at work with preparations.

As you may have guessed, the most important thing on our list is soil preparation. We take care of our soil over the long winter using what are called cover crops. Cover crops help in many ways but mainly for the tilth, or structure, of the soil and its fertility. Cover crops help with these because their roots help with soil erosion while their green, organic matter will bring fertility to the soil when tilled under.

We were already beginning this process during the middle of August as we planted buckwheat on any open parcel of land. This buckwheat was then tilled under in late September and the land was replanted with a variety of crops like vetch, yellow clover, and rye. These variety of cover crops will also go on any land that has yet to be cleared as soon as it becomes open. We go into great detail when picking out cover crops basing our soil's needs on harvest records, soil tests, and other data. These cover crops will then be tilled under in spring to begin the process of making our soil as fertile and healthy as possible.

Although preparing the ground might be the most important outside work we do, we also have many other clean up projects and weather proofing projects we undertake as the season winds down. Whether that's insulating the chicken shed or insulating the water pipes, we are definitely kept busy! However busy we are outside, office work becomes the main component eventually as we begin to prepare for 2015 membership. This is well underway already as we are solidifying sites and enrollment info for the 2015 season which will be available soon.

Much of the ground work needed to make next season as successful as possible is laid during these next couple of weeks as we work on the above projects. So although our duties are changing as we move into winter, we are very focused on making sure we have a great foundation going into next season!

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 OR Gold Potato
- * Onion Variety
 - * Curly Kale
 - * Acorn Squash
- * Watermelon Radish
- * Sweet Potatoes
- * Red Savoy Cabbage
- * Pepper Variety

Greens Share

- * Lettuce Mix
 - * Kale
 - * Spinach



Covering the ground with cover crops allows us to keep the soil healthy over the long, cold winter!

What are all these veggies in my box?

Onion: You will receive either a red, yellow, or white onion in your box this week. If you see any discoloration or spots on your onions, don't hesitate to just cut that section off and eat the rest of the onion if it looks healthy.

Pepper Variety: With a week rest in between, we were able to harvest more of our pepper crop that had become mature!! You will receive either a bell pepper or a sweet conical pepper in your box this week.

Watermelon Radish: These might be the coolest looking radish around 😊 You will receive one big radish in your box this week (or two small ones). This variety of radish has an off-white skin with a tint of green/pink to it. When you cut it open, the inside of the radish is a beautiful dark pink color. This radish can be stored in the fridge if need be.

Squash Variety: Acorn is the squash variety you will see in your box again this week! Many acorn squash recipes involve cutting the squash into two pieces and then stuffing them with all different kinds of food. (Recipe on page 3...Try it out if you are interested!)

Red Savoy Cabbage: Some of you received this variety of cabbage in your box last week. It is similar in texture to the normal green cabbage but its outer layers have a nice, pink/red coloring to them. This cabbage can be stored in the fridge and will last quite a few days if stored properly.

Potatoes: You will receive either our gold or red variety this week! Don't forget to give the skin a good scrub if you are going to be eating the potato skin just to make sure to get any leftover Wholesome Harvest dirt off 😊

Curly Kale: This variety of kale is distinct because, like its name presents, the leaf is quite curly with the outer edges being very curly. Kale is great in any salad, green smoothie, or cooked. Remember to store it in the fridge and keep it as dry as possible if storing.

Sweet Potatoes: More sweet potatoes! Remember, to see some scarring or cut up ends on the sweet potatoes is normal. You can cut this section off and use the whole rest of the sweet potato. Make sure you give the sweet potatoes a good rinse and scrub before using to get rid of the Wholesome Harvest dirt sure to be on the potatoes 😊

Baked Radish Chips

Ingredients:

- 1 radish
- 1/8 tsp chili powder
- Pinch of garlic salt
- Pinch of paprika

Preparation:

1. Thinly slice radishes
2. Steam in microwave for 5 minutes
3. Put in bowl with spices; stir
4. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

Servings: 1-2; Adapted from caloriecount.com

Acorn Squash Stuffed with Mushrooms and Rice

Ingredients:

- 2 acorn squash (1 pound each), halved crosswise, seeded, and bottoms trimmed to lie flat, if necessary
- Salt and pepper
- 3 tablespoons olive oil, divided
- 1/2 pound cremini or button mushrooms, trimmed and diced small
- 1 medium yellow onion, diced small
- 3/4 teaspoon dried thyme
- 1 cup long-grain white rice
- 2 cups vegetable or chicken broth
- 1/2 cup grated Parmesan (2 ounces)

Preparation:

1. Preheat oven to 450 degrees. On a rimmed baking sheet, season cut sides of squash with salt and pepper, drizzle with 1 tablespoon oil, and turn cut sides down. Cover sheet tightly with foil and roast until tender, about 35 minutes.
2. Meanwhile, in a medium straight-sided skillet, heat remaining 2 tablespoons oil over medium-high. Add mushrooms, onion, and thyme; season with salt and pepper. Saute until mushrooms are golden, 8 minutes. Add rice and broth and bring to a boil; cover and reduce heat to low. Cook until liquid is absorbed, 20 minutes.
3. Remove squash from oven and heat broiler. Carefully scoop out 2 to 3 tablespoons flesh from each squash half and stir into rice; season with salt and pepper. Divide rice mixture among squash halves, sprinkle with Parmesan, and broil until melted, 2 minutes.

Servings: 4; adapted from marthastewart.com

Savoy Cabbage Ribbons

Ingredients:

- 1/2 Savoy cabbage
- 1/4 cup or 4 tablespoons butter
- Kosher salt and freshly ground black pepper

Preparation:

1. Core and shred the cabbage. Heat the butter in a large pot or saute pan. Add the cabbage, and season with salt, and pepper. Cook the cabbage, tossing, until the ribbons of cabbage soften and shrink down somewhat, about 7 minutes. Transfer the cabbage to a warm serving bowl.

Servings: 4; adapted from cookingchanneltv.com