

Wholesome Harvest CSA

Week 10
August 11th/13th

Melon Mania!

Melons, melons, and more melons for you this week!! Our annual melon mania week is filled with all different varieties of melons. We have a yellow watermelon variety which will be the round, smooth green skinned ball in (or out of) your box. We will have cantaloupe again this week which is the rough, creamy tan/orange skinned melon you will find in (or out of) your box. The third melon for this week is the sun jewel melon. This is a much lesser known melon and is sometimes called an Asian melon. It is a smaller melon and has an elongated shape with yellow skin. The sun jewel melon has a less sugary sweet taste than the watermelon and cantaloupe but we just put a little sugar (or stevia) on ours to sweeten it up. The sun jewel melon can also be used in different types of sweet salsas! Don't be afraid to try something different using the sun jewel melon!



Box Description

- Potatoes! The potato crop this year came in early and strong. This is pretty early for potatoes but we are very excited for such a great crop. The potatoes will be in a bag.
- You voted for them so we are glad to have cosmic carrots this week! On our annual end of the year survey last season, the majority of the membership voted for cosmic (or colored) carrots as the number one crop they would love to see in the box this year. They will be in the box this week (we are hoping for two weeks of them but we feel very blessed to have one) and are an array of purple, light orange, white and some other funky mixtures of colors. They will have no tops.
- This week's box will feature Cipollini onions again but this time they will be the red variety. Though we call them red, they are actually purple in color. Remember, Cipollini onions can be stored like normal onions (cool, dry place) and have a sweeter taste to them.
- We almost went with pepper mania this week too as you will see four different types of peppers in your box!! Three of the four will be different varieties of bell peppers while the fourth will be the elongated, light yellow/green banana pepper. All peppers can be stored in the fridge if you are not going to be using them right away. If you ever find a small spoilage spot on a pepper, don't throw the pepper away. Cut the pepper open and check for any additional spoilage. If none, cut the small spoiled area off and the pepper will be good to go!

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

- New Red Potatoes
- Sweet Corn
- Yellow Zucchini OR Pattypan Squash
- Cantaloupe
- Yellow Watermelon
- Sun Jewel Melon
- Cosmic Carrots
- Red Cipollini Onions
- Banana Pepper
- Black OR Purple Pepper
- Green Pepper
- White Pepper
- Green Beans
- Slicing Tomatoes

Greens Only Share

- Lettuce Variety
- Kale

What's in the box??

Ingredients:

- 1 lb beef sirloin or strip steak, trimmed, thinly sliced
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- 1 Tbsp plus 2 teaspoons canola oil, divided
- 8 oz green beans, trimmed, cut into 2-inch pieces (about 2 cups)
- 2 red bell pepper, cut into thin, 2-inch strips (any color pepper works)
- 14 oz can "lite" coconut milk
- 2 Tbsp red curry paste
- 1 large mango, cut into 1-inch chunks
- 4 lime wedges

Method:

1. Sprinkle beef with salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the beef and cook, stirring occasionally, until browned, 2 to 3 minutes. Transfer to a plate with a slotted spoon and drain any liquid from the pan; wipe out the pan.
2. Reduce heat to medium. Add the remaining 2 teaspoons oil, green beans and bell peppers to the pan and cook, stirring, just until the beans begin to color, 2 to 4 minutes. Combine coconut milk and curry paste and pour the mixture into the pan. Bring to a simmer. Cover and cook until the vegetables are just tender, 2 to 3 minutes. Return the beef and any juice on the plate to the pan along with mango; cook, stirring once or twice, until heated through, 2 to 3 minutes. Serve with lime wedges.

Serves: 4 Total Time: 35 min.
Adapted from kitchendaily.com

Sautéed Squash with Basil & Feta

Ingredients:

- 1 tablespoon olive oil
- 4 cups pattypan squash, halved (about 18 ounces) (yellow zucchini would be okay too!)
- 2 cups sliced leek (about 2)
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 3 tablespoons crumbled reduced-fat feta cheese
- 2 tablespoons finely chopped fresh basil

Method:

Heat a large nonstick skillet over medium-high heat. Add oil to pan, swirling to coat; heat 20 seconds. Add squash and leek to pan; sauté 5 minutes or until tender, stirring frequently. Stir in salt and pepper. Transfer squash mixture to a serving platter. Sprinkle with cheese and basil.

Serves: 6
Adapted from myrecipes.com

Ingredients:

- 2 c. cubed cantaloupe cut into 1/3-inch pieces
- 1/4 c. packed fresh cilantro leaves
- 2 tbsp. finely chopped fresh mint leaves
- 1 jalapeño chile
- 2 tbsp. fresh lime juice
- salt
- Pepper
- 2 tbsp. grated peeled fresh ginger
- 2 tsp. curry powder
- 4 piece skinless salmon fillet
- 2 tsp. vegetable oil

Method:

1. In medium bowl, combine cantaloupe, cilantro, mint, jalapeño, lime juice, and 1/4 teaspoon salt, stirring until well mixed; set aside.
2. In small bowl, stir together ginger, curry powder, 1/8 teaspoon salt, and 1/2 teaspoon freshly ground black pepper. Spread mixture evenly all over non-skin side of each fillet.
3. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add salmon, ginger side down, and cook 10 minutes or until salmon just turns opaque in center, turning over once. Serve salmon with melon salsa.

Serves: 4 Total Time: 35 Min.
Adapted from delish.com

Special Edition: Pigs



We welcomed six cute, curly tailed piglets to our farm this past weekend! They are adjusting to their very large home. The piglets have been enjoying goodies like corn, melons, and broken eggs. More on them in the coming weeks!

