

# Wholesome Harvest CSA

Week 5  
July 7<sup>th</sup>/9<sup>th</sup>

## A Typical Monday...

As the CSA season rolls around, there is a rhythm that develops over the week. Throughout the season, we will highlight each day of the week and explain a little bit about what goes on each day. We will highlight Monday this week.

A typical Monday is what we would call a harvest day. The crew usually arrives a little before 7am to begin harvesting all the vegetables for Tuesday deliveries. We really watch the weather most days because if we know it is going to rain or be very hot, the day could begin sooner to try to avoid any bad weather.

Once the crew arrives, everyone starts heading to their respective harvesting areas with our harvesting crates in tow. For example, today, 4 members of our crew headed out to work on harvesting lettuce mix while 3 other members started on greens mix. While these members were in the field harvesting the two mixes, there were a few other crew members in the packing shed prepping the wash tubs and scale for the harvested veggies. Once the mixes were cut and crated, they were brought to the packing shed where those crew members who were prepping for their arrival are set and ready to go. In the case of the mixes, they must be washed, spun dry, weighed and bagged and then put in the refrigerator. As the packing shed crew worked on preparing the mixes for delivery tomorrow, the other crew members are heading back out for the next vegetable to harvest.

This is how a typical Monday looks but variations can and do happen. Today, we lost a wheel on one of our trailers. We have a crew member who is very handy with tools and fixing broken items around the farm. He was up for the task and had the wheel off, replaced, and put back on by lunch!! Those are the times we are very thankful for the different gifts our crew bring to the farm!

## Box Description

- The variety of green cabbage you will find in your box this week is the more traditional head of cabbage. It is a large round ball that looks slightly flattened.
- The summer squash crops are producing abundantly right now so you will see both yellow squash and zucchini in your box this week.
- Fennel!! This is the white bulb with large green stems protruding off. The stems are called fronds and can be eaten. You should be able to smell the distinct taste of licorice when you open your box. Fennel is one of those veggies that is not used a lot but actually is really good for you and can taste great in many types of dishes so give it a whirl.
- Our green bean crop is beginning to mature nicely. However, the plants are not at full production yet so the amount of beans in your box will be slightly smaller this week.
- The greens have already begun to calm down compared to the first couple of weeks but you will still get to enjoy some mixes and a big head of crispy romaine.
- The broccoli is still doing very well. This crop had slightly more erratic growth patterns so some heads are on the medium end while some are a little larger.

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

- 🍅 Beans
- 🍅 Broccoli
- 🍅 Fennel
- 🍅 Green Cabbage
- 🍅 Greens Mix
- 🍅 Lettuce Mix
- 🍅 Romaine Lettuce
- 🍅 Scallions
- 🍅 Yellow Summer Squash
- 🍅 Zucchini

### Greens Only Share

- 🍅 Lettuce Mix
- 🍅 Greens Mix
- 🍅 Romaine Lettuce

What's in the box??

Fennel



**Ingredients:**

- 3/4 cup mayonnaise
- 1 lime, zested
- 2 teaspoons fresh lime juice
- 1/2 teaspoon rice vinegar
- 2 cloves garlic, minced
- 2 teaspoons sweet chili sauce
- 2 teaspoons white sugar
- 3 tablespoons finely chopped fresh cilantro
- 1/4 red onion, finely diced, or more to taste
- 4 cups shredded green cabbage, or more to taste

**Method:**

Whisk mayonnaise, lime zest, lime juice, rice vinegar, garlic, sweet chili sauce, and sugar in a large bowl, stirring to dissolve sugar. Mix cilantro and red onion into dressing. Stir cabbage into dressing mixture, about 1 cup at a time, until all cabbage is coated.

Serves: 7 Total Time: 25 Min.  
Adapted from allrecipes.com

## Green Beans with Citrus &amp; Pecans

**Ingredients:**

- 1 shallot, diced
- 3/4 cup olive oil
- 1 tablespoon orange zest
- 1/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/4 cup cane syrup
- 2 pounds green beans
- 2 oranges, sectioned
- 1/2 cup chopped toasted pecans

**Method:**

Whisk together first 6 ingredients. Add salt and pepper to taste.

Cook green beans in boiling salted water to cover, stirring occasionally, 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.

Pat beans dry with paper towels. Place beans and orange segments in a zip-top plastic freezer bag; add vinaigrette, and seal bag. Turn bag to coat beans and oranges. Chill 2 hours. Sprinkle with pecans before serving.

Serves: 6-8  
Adapted from myrecipes.com

**Ingredients:**

- 2 tablespoons olive oil
- large fennel bulb (about 1 1/4 pounds), cut into 1/2-inch slices
- teaspoons dried rosemary, crumbled
- 1/2 teaspoon salt
- 1/2 cup canned low-sodium chicken broth or homemade stock
- boneless, skinless chicken breasts (about 1 1/3 pounds in all)
- 1/4 teaspoon fresh-ground black pepper
- 2 cloves garlic, minced
- 2 tablespoons chopped flat-leaf parsley

**Method:**

In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat. Add the fennel, 1 teaspoon of the rosemary, and 1/4 teaspoon of the salt. Cook, stirring frequently, until the fennel is golden brown and almost done, about 12 minutes. Add the broth and bring to a boil. Cover, reduce the heat and simmer until the fennel is tender, about 3 minutes. Remove the fennel and the cooking liquid from the pan.

Wipe out the pan and heat the remaining 1 tablespoon oil over moderate heat. Season the chicken with the remaining 1/4 teaspoon salt and 1/8 teaspoon of the pepper. Add the chicken to the pan with the remaining 1 teaspoon of rosemary and cook until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes longer. Add the garlic; cook, stirring, for 30 seconds. Add the fennel and its cooking liquid and the remaining 1/8 teaspoon pepper. Bring to a simmer. Cover the pan and remove from the heat. Let steam 5 minutes. Stir in the parsley.

Serves: 4  
Adapted from foodandwine.com

Week 5 marks the start of the Greens Only Share. Since there could possibly be Greens Only shares at your site, we wanted to include this picture to remind everyone which share size is which.

FULL SHARE  
1 and 1/9 BU.  
NO Farm Logo on box.

HALF SHARE  
3/4 BU.  
Farm Logo on box.

GREENS ONLY SHARE  
1/3 BU.  
NO Farm Logo on box.

