

Wholesome Harvest CSA

Week 20
October 20th/22nd

Last week of the 2015 CSA regular season...

This week is the LAST WEEK of pickups for all HALF, FULL, GREENS ONLY, and SUMMER EGG Shares!

As we start this final week of the 2015 regular shares season, we have been reflecting back on what has been a wonderful and blessed year! There have been some great memories like harvesting multiple sweet corn crops and starting up a pork share. There have also been some not-so-great memories like the big delivery truck's brakes going out on it....again ☺...and the cucumber crop underachieving to say the least. Through it all, we feel truly blessed for the whole season and we know the CSA would not be what it is without a few groups of people we need to thank.

Thank you to our members! For returning members who have been with us 2, 5, and even 10 years, thank you for your continued support to our farm. For new members who joined us this year, thank you for joining us this year and thank you for your support. We appreciate all of you and your interest in eating local and supporting smaller farms which lets the CSA concept flourish.

Thank you to our site leaders! To our site leaders and all who help them, thank you for volunteering your home or workplace and your time for the CSA to run smoothly. We truly appreciate all the help you have given us this year.

Thank you to our wonderful crew! You all put in long hours of hard work at all times of the day in all types of weather. You make it possible to do what we do and deliver the veggies each week. We are extremely grateful for all your hard work this season!

As we wrap up this final week of the 2015 CSA regular shares season, we are in full winter prep mode including much needed office work to wrap up this season and get the next one off to a great start!

Thanks to all ☺

Box Description

- You should see a variety of cabbage in your box this week. The varieties that are ready to go are green, red, and sweetheart. You should find one of these in your box this week.
- We have russet, red, and Adirondack red potatoes. You will find one of these three varieties in your box this week. Remember, the Adirondack red potatoes have the red/pink inside flesh.
- The new root crop of the week is the daikon radish. The daikon radish is one of the bigger varieties of radish around. These radishes are elongated, pearl skinned, and huge! These radishes can get quite large though most of what you will see in your box will be the shorter radish as that is this particular variety. These radishes should be stored in the fridge if not used right away.
- We are excited that one of our Brussels sprout crops came up this year! Though not everyone may see some in their box, we are hoping enough made it! The Brussels sprouts will be on their stem in which case you will pluck off the sprout from the stem! For those of you who might not see Brussel sprouts, kohlrabi will take its place.
- This last week will feature carrots once again. Remember, these carrots have not tops and can be stored in the fridge if not being used.
- You will find good hearty dinosaur kale in your box this week. The kale are the large, green leaves towards the top of your box.

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

- 🌱 Cabbage Variety
- 🌱 Potato
- 🌱 Daikon Radish
- 🌱 Brussels Sprouts OR Kohlrabi
- 🌱 Carrots
- 🌱 Kale
- 🌱 Onion Variety
- 🌱 Green Tomatoes

Greens Only Share

- 🌱 Swiss Chard
- 🌱 Kale
- 🌱 Spinach OR Lettuce Mix

What's in the box??

Ingredients:

- 1 pint brussels sprouts (about a pound)
- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar

Method:

1. Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Adapted from cooking.nytimes.com

Roasted Daikon Radish, Carrots, and Peppers**Ingredients:**

- 1 bunch daikon radishes (3 daikons), scrubbed and sliced into ¼-inch rounds
- 4 carrots, peeled and cut into ¼-inch rounds
- 1 red bell pepper, thinly sliced
- 1 shallot, thinly sliced
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste
- ¼ cup balsamic vinegar

Method:

1. Preheat the oven to 400 degrees. Combine the daikon, carrots, red peppers, shallot and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice until tender.
2. Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes. Toss well and then transfer to a serving bowl.

Serves: 4

Adapted from sarahscucinabella.com

Ingredients:

- Green Tomatoes
- Eggs
- Water
- Panko Bread Crumbs (or other variety)
- Salt and Pepper
- Optional: Other seasonings
- Ranch Dressing

Method:

1. Slice tomatoes 1/2-1/3 inch thick. You want them thick enough to hold their shape while frying.
2. Prepare eggwash with 1 egg and 2 Tablespoons of water. This will cover 2 tomatoes, 4 slices each. For more tomatoes, add more egg and water.
3. Prepare breading with panko bread crumbs and seasoning of choice. I used a salad sprinkle seasoning that's versatile with all vegetables.
4. Prepare oil in med-high skillet. I used canola oil. You don't want it smoking, but hot enough to quick fry. Toss a little breading in the pan and when it immediately sizzles, the oil is ready.
5. Dip slices in to the eggwash, the breading, then the pan. These cook about 2 minutes per side. When they get brown around the edge, turn them over and let them finish. Remove and place on paper lined plate. Salt and pepper and serve with Ranch dressing.

Adapted from katrina-runs.com

Pictures from around the Farm

Help! What to do with Green Tomatoes!

You will be receiving green tomatoes in your box this week. Please, do not be afraid ☺ These are perfectly healthy and edible tomatoes!! But why green?

As the weather changes and fall moves along, the tomato plants begin to slow their maturation and production until eventually they cannot produce at their usual capacity and turn red anymore. Once this happens, all that is left are green tomatoes. Every year we have a bountiful crop of these green tomatoes that we do not want to waste. Because of this, green tomatoes are a classic in one of the last boxes of the season and this year is no exception. Farmer's markets, grocery stores and CSA boxes all share in this green tomato phenomenon around this time of the year!

What can you do with these green tomatoes? The most tasty and classic way to use these tomatoes up is to fry them up!! Check out page 2 for a Quick Fried Tomato recipe!



Left:

A full brussels sprouts plant in the growth stage. You will find a whole stem of Brussels sprouts in your box. You will take the brussels sprouts off of the stem and then cook them however you desire.

Below:

Daikon radishes, washed, and ready for packing into your box. If storing, please remove the leaves to retain moisture in the radish.

