

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 16: Sept. 30th/Oct. 2nd

2014 Pot Luck

We just want to say thank you to all of our members for this 2014 season!! To the members who made it to the pot luck this past Saturday, thank you very much for coming to visit the farm! It was beautiful weather which made it a great day to just relax at the farm and eat some delicious food for an hour or so.

We had a wonderful meal followed by a tour led by Chris Zastrow, the owner of Wholesome Harvest. Though we were sad to have our annual hay fort fall through due to lack of hay bale sources, the chickens were enjoying themselves while they got to bask in all the attention (and eat lots of tomatoes!!).

It was a very enjoyable day here at the farm and we just want again say a sincere thank you to all of you who came to visit!



Chris showing the now empty greenhouse.

This is definitely the most people we have ever squeezed into the chicken shed 😊



The chickens were extremely grateful (and didn't want to share) for the extra tomatoes some of our younger members gave them!



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

- * Carnival Squash
- * Napa OR Savoy Cabbage
 - * Pepper Variety
 - * Broccoli
- * Tomato Variety
 - * Asian Radish
 - * Greens Mix
- * Onion Variety
- * Gold Potatoes

Greens Share

- * Greens Mix
- * Kale OR Swiss Chard

What are all these veggies in my box?

Onion: You will all receive one onion in your box this week. We are at a crossover week where it could be either white, yellow, or red.

Carnival Squash: This will be the brightly colored, fun looking vegetable in your box this week ☺ Carnival squash can range in size of 2-3 pounds or slightly bigger ones at 6-7 pounds. These carnival squash are a smaller variety and will be closer to 2-5 pounds. They can be stored and cooked like other varieties of squash.

Tomatoes: We have some of several types of tomatoes this week due to the plant season coming to an end. You will receive either paste/Roma tomatoes, slicing tomatoes, cherry tomatoes, or a mixture of heirlooms.

Napa OR Savoy Cabbage: Savoy cabbage looks similar to the normal green ball of cabbage you can find at most grocery stores. However, the main difference is its leaves have a crinkly texture to them. Savoy cabbage is thought to be the most sweet and tender of all the cabbage varieties. It does not store as long as the green cabbage so plan on eating it sooner rather than later. Napa cabbage, also known as Chinese cabbage, is a more crunchy cabbage variety. This cabbage is white stemmed with the light green/yellow texture of the vegetable coming off of the white stems. This type of cabbage also does not store as long so eating sooner rather than later is a good idea.

Broccoli: We are excited that we have been able to get a fall harvest of broccoli this year along with the numerous spring/summer ones. You will all be receiving a nice head of broccoli in your box this week!

Pepper Variety: Like our tomatoes, the pepper plants that did survive this year are finishing up so we have some different varieties from all of our plantings. You will receive either a conical pepper, bell pepper, or a few Lunchbox peppers.

Asian Radish: This radish variety is a longer, more slender variety than the normal salad radish delivered earlier. This skin of this radish is a light to dark red tone with a little bit of white on the end. It is a sweet radish but has a kick too ☺

Potatoes: The potatoes this week will be the gold variety. You might see a few “holes” or “scars” on them. This is quite typical and you can still eat the skin like you normally would. Remember, though we give our potatoes a very good bath before we deliver them, it would be beneficial to scrub them one more time before using them!

Greens Mix: This is the same greens mix that we had in the spring/early summer. It is an array of mustard and other greens. It is great for salads or on sandwiches!

Sautéed Savoy Cabbage with Scallions and Garlic

Ingredients:

- 1 bunch scallions
- 2 garlic cloves, chopped
- 3 tablespoons olive oil
- 1 pound Savoy cabbage, cored and thinly sliced (8 cups)
- 1/4 cup water

Preparation:

1. Chop scallions, reserving white and dark green parts separately.
2. Cook scallion whites and garlic in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until garlic is pale golden, about 3 minutes. Stir in cabbage, 3/4 teaspoon salt, and 1/4 teaspoon pepper and sauté 1 minute. Add water and cook, tightly covered, until cabbage is wilted, about 3 minutes. Add scallion greens and cook, uncovered, stirring, until most of water has evaporated and cabbage is tender, about 2 minutes. Season with salt and pepper.

Servings: 4; Adapted from epicurious.com

Chicken Stuffed Carnival Squash

Ingredients:

- 1 carnival squash (about 1 pound 7 ounces)
- 1 tablespoon butter
- 2 teaspoons brown sugar
- 2 chicken legs, poached
- 1 teaspoon olive oil
- 1 cup chopped red onion
- 2 cloves garlic, chopped
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- salt and pepper to taste

Preparation:

1. Preheat oven to 375 degrees F (350 degrees F with convection) and wash the squash thoroughly.
2. Cut the squash in half and scoop out the seeds. Place cut side down in a dish and fill with 1/2" of water. Bake for 30 minutes. While it's baking, hand shred the chicken. Set aside.
3. Remove from the oven and flip over. Put 1/2 tablespoon of butter in each squash half and sprinkle with brown sugar. Bake for another 15 minutes. Set each squash half (open side up) on a plate.
4. Heat a small saute pan with olive oil. Add onions and garlic and stir around until softened. Add chicken, chili powder, and cumin. Season to taste. Divide in half and fill each squash half. Serve.

Servings: 2; adapted from foodmayhem.com

Napa Cabbage Slaw

Ingredients:

- 1 lime, juiced
- 3 tablespoons rice vinegar
- 2 tablespoons Asian chili oil
- 1 tablespoon mayonnaise
- 1 tablespoon soy sauce
- 3 cups finely shredded napa cabbage
- 1 red bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1/2 cup thinly sliced snow peas
- 3 scallions, thinly sliced
- Salt and freshly ground black pepper

Preparation:

1. Whisk together the lime juice, vinegar, chili oil, mayonnaise and soy sauce in a large bowl. Add the cabbage, peppers, snow peas and scallions and toss to combine. Season with salt and pepper, to taste. Refrigerate for at least 30 minutes to allow flavors to meld.

Servings: 4-6; adapted from foodnetwork.com