

# Wholesome Harvest CSA

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## A Salute to the Crew

Every year the season seems to be flying by and this 2014 season is no different. We are already one week away from the halfway point of the regular share season! Each year we know that we would not get to the point we are at without the help of our wonderful crew members who work at the farm so we never hesitate to shine a little spotlight on their hard work.

Vegetable farming is quite different from large acre, one or two crop farming. That is quite difficult in its own right with large quantities, weeds, and machinery in play. However, CSA vegetable farming takes a lot of hands on labor. Many times our crew members are out in the fields kneeling, bending, standing, etc. for large stretches of time doing various activities including planting, weeding, pruning, and harvesting. Not to mention they sometimes have the occasional rain storm, heat wave or weed crop to attend with. Although it is a very physically demanding job, our crew jumps right in and despite the long, draining days, the stories they get to tell as they are weeding the four hundred foot rows of carrots or the laughs they get when spending hours upon hours picking beans are great to see!

The crew members employed at the farm come from various backgrounds. Many of the crew members are about to complete their summer duties and then head back to college while others give us 20-30 hours a week while maintaining another part time/full time job at the same time. We feel greatly blessed to be able to have the crew we have and are extremely grateful for all their hard at the farm this season helping us bring fresh veggies to you!!

## 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

- \* Yellow Beans
  - \* Red Cipollini Onions
  - \* Yellow OR White Onion
    - \* Cherry Tomatoes
    - \* Red Slicing Tomatoes
    - \* Heirloom Tomato
      - \* Carrots
      - \* Green Bell Pepper
      - \* Green Zucchini
  - \* Yellow Zucchini OR Patty Pan Squash
    - \* Melon Variety
- ### Greens Share
- \* Dinosaur Kale
  - \* Green Leaf Lettuce



Left: It's all smiles for some of the crew after a long day harvesting onions.

Above: Various crew members take a quick break from harvesting beans to smile for the camera!

## What are all these veggies in my box?

**Yellow Beans:** We are excited our yellow bean crop made it and that we are able to give you some this week! These are very similar to the normal green beans we are all used to though the taste will be slightly different. You can cook and store them the same way you would green beans.

**Red Cipollini Onion:** These are the same as the gold cipollini onions you found in your box last week except the variety is a red variety of onion. The taste will be slightly different but they can be used in the same ways as the gold variety.

**Onion:** You will receive either a yellow or white variety of onion this week. These are the some of the firsts of our onion crop and are quite delicious!

**Carrots:** These carrots come from another planting in a different field than last week. They are all different sizes with most of them being average size. 99.9% of them will have their green tops on them if you wish to use those too!

**Cherry Tomatoes:** You might see red, yellow, or the orange variety or a mixture of them all in your box.

**Tomatoes:** Everyone will be receiving the normal red slicing tomatoes in your box this week. In addition, everyone will receive either an heirloom tomato or a mixed container full of small heirlooms/grape tomatoes.

**Bell Pepper:** You will see a luscious green bell pepper in your box this week. These are from our outside crop of peppers as we continue to wait patiently for our hoop house crop to produce.

**Zucchini:** We have green zucchini, yellow zucchini, and patty pan squash plants all producing this week. You will all receive a mixture of these three types of summer squash. The patty pan squash is a disc shaped squash with yellow and/or green coloring and can be used in the same manner as zucchini.

**Melons:** We have several different types of melons planted for this season including sun jewel melons, watermelon varieties, and cantaloupe. The first of these melons will be in your box this week. The sun jewel melon is probably the least known of the above mentioned melons. This is an elongated yellow melon that weighs anywhere from 2-7 lbs. It is not as sweet as watermelon and is closer in taste and texture to the green honeydew melon we are used to seeing in grocery store or

### *Zucchini and Patty Pan Squash Sauteed in Herb Butter*

#### **Ingredients:**

- 3 tablespoons unsalted butter
- 2 cups (about 1 pound) zucchini, stems removed and cut in half lengthwise
- 2 cups (about 3/4 pound) small yellow patty pan squash, trimmed and cut in half crosswise (could use yellow zucchini with, or instead of, patty pan squash)
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup (about 16 leaves) fresh basil, torn and loosely packed
- 1/2 cup (about 32 leaves) fresh mint, loosely packed

#### **Preparation:**

1. In 10-inch heavy skillet over moderate heat, melt butter. Add zucchini and patty pans and sauté, stirring occasionally, until tender, 7 to 8 minutes. Transfer to large serving dish, sprinkle with salt and pepper, add basil and mint, and toss to combine.

Servings: 8; Adapted from epicurious.com

# Marinated Cherry Tomato Salad

## Ingredients:

- 4 cups halved cherry tomatoes
- 1/4 cup vegetable oil
- 3 tablespoons cider vinegar
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 1/2 teaspoons white sugar

## Preparation:

1. In a small bowl or cup measure, mix together oil, apple cider vinegar, herbs, salt, and sugar.
2. Pour dressing over cherry tomatoes in a serving dish, and gently stir to coat. Chill for at least 2 hours. Gently stir from bottom to top, coating all tomatoes, before serving.

\*\*\*Farm Note: We used olive oil instead of vegetable oil and it turned out to be quite delicious still!\*\*\*

Servings: 7; Adapted from allrecipes.com

# Marinated Yellow Beans and Mushrooms

## Ingredients:

- 1 1/4 lb (625 g) yellow wax beans
- 2 tbsp (30 mL) extra-virgin olive oil
- 2 cups (500 mL) sliced cremini mushrooms or white mushrooms
- 1/2 tsp (2 mL) salt
- 3 cloves garlic, thinly sliced
- 1 tsp (5 mL) dried oregano
- 1 tbsp (15 mL) balsamic vinegar
- 1 tbsp (15 mL) white wine vinegar
- Pinch pepper

## Preparation:

1. In large pot of boiling salted water, cook beans until tender-crisp and colour deepens, about 3 minutes. Drain and chill under cold water, drain and place in bowl.
2. In large skillet, heat oil over medium-high heat; cook mushrooms and salt until softened and no liquid remains, about 3 minutes. Stir in garlic and oregano; cook for 1 minute. Remove from heat. Stir in balsamic vinegar, white wine vinegar and pepper, pour over beans and toss to combine. Cover and marinate for 3 hours at room temperature. *(Make-ahead: Refrigerate for up to 24 hours.)*

Copied from Canadianliving.com