

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 8: August 5th/7th

A “Typical” Harvest Day on the Farm

As we have quickly progressed through the regular share season, the farm is starting to fall into a pretty typical routine. Monday is harvest day. Tuesday is packing and delivery day. Wednesday, repeat Monday. Thursday, repeat Tuesday. Friday, maintenance day. Saturday and Sunday, maintenance and catch up days. Though these days are pretty typical, we are always ready for that non-typical day too!!

Monday and Wednesday are harvest days around the farm during the regular share season. Monday is spent harvesting veggies for packing on Tuesday morning while Wednesday is spent harvesting for Thursday deliveries. A few varieties of veggies are sometimes harvested a day earlier than the normal harvest days. Otherwise harvest days are jam packed with crew members all over the farm doing various harvesting activities like cutting, pulling, packing, transporting, washing, cleaning and many others. There are many pepper and tomato varieties being harvested for this week’s box. In the pictures below, you can see two members of the crew working hard to fill up the black crates with peppers. After they have the correct number harvested, they load those crates on one of several different transport vehicles (see far right picture) and bring them to the packing shed. Once the crates have arrived at the packing shed, there are more crew members waiting to properly clean/wash the veggies accordingly and then store them in the cooler.

Though harvesting days can be quite hectic and busy, they are very fulfilling as we see all the different vegetables that are growing around the farm and work on getting them ready for delivery 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

- * Gold Cipollini Onion
 - * Broccoli
 - * Carrots
- * Cherry Tomatoes
 - * Banana Pepper
 - * Zucchini
- * Red Slicing Tomato
- * Heirloom Tomato OR Grape Mix
- * Bell Pepper; Green & White
 - * Green Lettuce
 - * Green Beans

Greens Share

- * Kale Variety
- * Head Lettuce Variety



Some of our wonderful crew members in Field B harvesting bell peppers!

A crate full of freshly harvested white bell peppers!



Several crates of banana peppers loaded and ready for transport to the packing shed.

What are all these veggies in my box?

Green Lettuce: This summer crisp variety of head lettuce you will find in your box this week is quite tasty. Gentle texture and taste are the mark of this variety and is great for salads and sandwiches.

Gold Cipollini Onion: These are the white/yellow, flat looking disc, onions you will find in your box. Cipollini onions have a more mild and sweet taste compared to the normal onions we use more often. Be patient while peeling off their outer skin as it is quite fine. They taste great caramelized!

Broccoli: We have been blessed this year with some great crops of broccoli. This broccoli is from a different part of the farm and has produced some smaller to large heads.

Carrots: Carrots are a mainstay vegetable in almost any household which is why we grow lots of them! You should be receiving many more throughout the season.

Cherry Tomatoes: Our cherry tomatoes have been showing great signs of growth this season which is why they are slightly larger than the typical grape/cherry tomatoes you find in the store. 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.

Peppers: Our hoophouse peppers are just starting to mature but our outside crop is already there. We lost some to different diseases but were able to grab some different varieties for this week's box. Everyone will receive green and white bell peppers (see picture above if you've never seen a white bell pepper!). Banana peppers were also ready to go this week so you should receive one of those also!

Zucchini: The summer squash patch is still growing which is a great blessing so you will be receiving some nice zucchini in your box this week.

Green Beans: The crew has been putting in some long hours for bean harvesting as the crop is now maturing at full force!

Honey-Glazed Carrots

Ingredients:

- 1 lb carrots
- 2 tablespoons honey
- 1 tablespoon butter or margarine
- Ground nutmeg, if desired

Preparation:

1. In 2-quart saucepan, place carrots in 1 inch of water. Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until tender. Drain well.
2. Add honey and butter to carrots in saucepan. Cook, stirring frequently, until butter is melted and carrots are glazed. Sprinkle with nutmeg.

Adapted from bettycrocker.com

Honey Roasted Cipollini Onions

Ingredients:

- 15 cipollini onions (pay attention to serving size)
- Extra-virgin olive oil
- About 1/3 cup balsamic vinegar
- 1/3 cup honey
- 1/2 bunch thyme, leaves removed
- Kosher salt and freshly ground black pepper

Preparation:

Preheat oven to 325 degrees F.

Add the onions to a large bowl, cover with hot water and allow to sit for about 5 minutes. This is to help make peeling the onions much easier. Strain onions and peel.

In a small bowl, whisk together the 1/4 cup oil, vinegar, honey, thyme, salt and pepper until combined. Put the onions in a large bowl, pour the dressing over them and toss well to coat.

In a large saute pan over medium-high heat, add about 2 tablespoons olive oil and heat. Once hot, add the onions. Next place the saute pan into the preheated oven and roast for 18 to 20 minutes until the onions are soft and slightly caramelized.

Servings: 4-6; Adapted from foodnetwork.com

Lemony Green Beans With Almond Breadcrumbs

Ingredients:

- 1/2 cup blanched and slivered almonds
- 6 tablespoons extra virgin olive oil, divided
- 1 garlic clove, minced
- 1/2 cup breadcrumbs
- Zest and juice of 1 lemon
- 2 tablespoons finely chopped flat-leaf parsley
- Flaky sea salt
- Pepper
- 1 1/2 pounds green beans, trimmed

Preparation:

1. Lightly toast almonds in a skillet over medium heat. Let cool, then transfer to a food processor and grind to the consistency of breadcrumbs.
2. Heat 2 tablespoons of olive oil in a skillet over medium heat. Add almonds, breadcrumbs, garlic, and lemon zest and cook, stirring constantly, until fragrant and golden. Remove from heat and stir in parsley. Set aside.
3. Place lemon juice in a small bowl and slowly whisk in the remaining olive oil. Season to taste with salt and pepper. Set aside.
4. Bring a large pot of salted water to a boil. Add green beans and cook until tender, about 5 minutes. Drain green beans, return to the pot, and toss with the lemon juice and olive oil vinaigrette.
5. To serve, arrange green beans on a platter, drizzling with vinaigrette left at the bottom of the pot. Sprinkle almond and breadcrumb mixture on top.

Servings: 6; Adapted from thekitchn.com