

# Wholesome Harvest CSA

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## Over the Hill

It is always amazing to us when we reach this point in the season as we look back at all the happenings around the farm to see that we are already into the month of August and approaching the second half of the season. Where did the months of May, June, and July disappear?? To us, this tenth week represents the “Over the Hill” benchmark of the season.

Getting to this point has been quite the ride! We have been blessed with a fairly mild spring and summer season after everything unthawed from the very long, very cold winter. The rains have been infrequent over the past couple of weeks but we continue to irrigate to keep the vegetables thriving. Because of this weather, we have been able to harvest some great crops of veggies like beans, tomatoes, summer squash, and even one week of sweet corn!

The ebb and flow of the season has been quite normal to this point with a few deviations from the plan. Exhibit one: We planned to have 4-7 weeks of cucumbers (last year we had an extraordinary 10 weeks!). Unfortunately, our first round of transplants died shortly after they were planted and our second round died shortly after they began to mature. Exhibit two: We planned to have eggs coming along with the regular share season. We were able to finally deliver our farm fresh eggs, albeit 5 weeks later than planned.

Through all the ups and downs of the season, we are always grateful for where the farm is at and for the members we have! As always, we continue to hope and pray that the farm will be a blessing to you and your family!!

## 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 OR Green Beans
  - \* Watermelon Variety
  - \* Cantaloupe OR Honeydew Melon
    - \* Sun Jewel Melon
  - \* Zucchini OR Patty Pan Squash
    - \* Onion Variety
    - \* Cherry Tomatoes
  - \* Red Slicing Tomatoes
  - \* Heirloom Tomato
    - \* Pepper Variety
      - \* Leek
      - \* Carrots
- ### Greens Share
- \* Swiss Chard
  - \* Lettuce Variety



Above: Cabbage rows in full growth!

Right: Cherry tomatoes in varying stages of ripeness.

Far Right: One of several late summer sweet corn plantings.



## What are all these veggies in my box?

**Yellow OR Green Beans:** You will see more wonderful beans in your box this week. Some of you will see green beans while others will see yellow beans.

**Onion:** You will all receive onions this week. Some will receive a white onion, some will receive a yellow onion, and some will receive a red variety of onion called Tropea. Tropea is a long and more slender variety of red onion.

**Carrots:** Another great week of carrots! The green tops will be on 99.9% of them.

**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.

**Pepper:** You will see a colored bell pepper in your box this week. It could be a white pepper, green pepper, or other colored bell pepper. Jalapeno peppers are also a possibility in replacement of or in addition to the bell pepper.

**Summer Squash:** We have green zucchini and patty pan squash this week. Some of you will see the normal green zucchini while others will see the patty pan squash. Remember, the patty pan squash is the yellow-green saucer shaped squash.

**Leek:** The leek(s) you will find in your box looks like a really oversized version of the green onion or scallion we are used too. It is long and slender with a white bottom and large, thick green leaves continuing off the white bottom. Leeks are in the same family as onions and garlic and have a sweet, slightly onion taste. You could see varying sizes of leeks in your box.

**Melons:** All of our melon crops are starting to mature if they haven't been already. We have sun jewel melons again in addition to watermelon, cantaloupe, and others. We have red and yellow watermelon and all varieties do have seeds in them. You will see anywhere from one to all these different types of melons in your box this week. Please carry your heavy box accordingly.

## Melon Smoothie

### Ingredients:

1/4 cantaloupe - peeled, seeded and cubed

1/4 sun jewel melon - peeled, seeded and cubed

1/4 watermelon, seeds out

1 lime, juiced

2 tablespoons stevia

**\*\*Farm Note:** We used many different combinations of the above melons. We also use stevia to try to avoid the sugar but sugar would be a perfect substitute.\*\*

### Preparation:

In a blender, combine melons, lime juice and stevia. Blend until smooth. Pour into glasses and serve.

## Potato & Leek Soup Spinoff: Low Carb Cauliflower Leek Soup

### Ingredients:

- 2 tablespoons olive oil
- 3 tablespoons butter
- 3 leeks, cut into 1 inch pieces
- 1 large head cauliflower, chopped
- 3 cloves garlic, finely chopped
- 8 cups vegetable broth
- salt and freshly ground black pepper to taste
- 1 cup heavy cream (optional)

### Preparation:

1. Heat the olive oil and butter in a large pot over medium heat, and saute the leeks, cauliflower, and garlic for about 10 minutes. Stir in the vegetable broth, and bring the mixture to a boil. Reduce heat, cover, and simmer 45 minutes.
2. Remove the soup from heat. Blend the soup with an immersion blender or hand mixer. Season with salt and pepper. Mix in the heavy cream, and continue blending until smooth.

Servings: 12; Adapted from allrecipes.com

## Provençal Summer Vegetables

### Ingredients:

- 4 tablespoons extra-virgin olive oil, divided
- 2 cups thinly sliced leeks, rinsed and well drained
- 5 cloves garlic, thinly sliced
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/2 cup dry white wine
- 3 large tomatoes (about 1 1/2 pounds), sliced 1/4 inch thick
- 1 small summer squash or zucchini, sliced diagonally 1/4 inch thick
- 1 small eggplant, sliced 1/4 inch thick
- 1/3 cup finely shredded Pecorino Romano or Parmesan cheese
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried

### Preparation:

1. Preheat oven to 425°F.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add leeks, garlic, 1/4 teaspoon each salt and pepper and cook, stirring, until soft and beginning to brown, about 6 minutes. Add wine and cook, stirring, 1 minute more. Transfer the mixture to a shallow 2-quart baking dish.
3. Layer tomatoes, summer squash (or zucchini) and eggplant slices in an alternating shingle pattern over the leek mixture (they will overlap quite a bit). If you have extra vegetable slices, save them for another use. Sprinkle the vegetables with the remaining 1/4 teaspoon each salt and pepper and drizzle with the remaining 2 tablespoons oil.
4. Bake the vegetables for 1 1/4 hours. Sprinkle cheese and marjoram over the top. Continue baking until the edges are browned and the vegetables are very tender, about 15 minutes more. Let cool for about 5 minutes before serving.

Servings: 6; adapted from eatingwell.com