

Wholesome Harvest CSA

Week 6
July 14th/16th

What is with the OR...

Each year, as the CSA season comes to an end and the winter snow arrives, we begin the very important step of planning the next season. This includes planning what vegetables we will grow, where they will be planted, how much to grow, and many other items. We take this planning very seriously and work hard to make the plans come to fruition. Unfortunately, every year is different and there is always one thing we can't control: the actual production of the vegetable plants.

This simple unknown manifests itself each year in the word OR. The OR appears in weeks where a certain planting of a vegetable is in transition and/or when the specific vegetable crop is not producing like expected. Our cucumber crop this year is a perfect example of the latter. We planted tons of large and mature cucumber plants, watered and cared for them, and in the end, they just have not produced to the level we hoped. Instead of producing enough for what is needed each week, they are only producing about half or less. When this happens, we are always looking at other vegetables that might be in a similar situation to see if we can pair them together so everyone gets a vegetable, albeit a different one.

We do try to keep the ORs to a minimum so all members are getting the most similar CSA experience over the course of the season. When the ORs do come though, they have their advantages. First, everyone is getting more vegetables which is a very good and delicious advantage. The other advantage is that it allows us to minimize waste as much as possible. When we can use all the vegetables that are maturing at one particular time, and our members are getting more, we consider it a win-win situation!!

Box Description

- The caraflex cabbage you will find in your box this week is the large cone shaped green head of cabbage. It is similar in taste, texture, and use to the well-known green cabbage.
- The Chioggia beets in your box will have their leaves on them. These leaves can be used (added to salads, cooked, sautéed, etc.). If you do not want to use them make sure to remove them before storing your beets to ensure a longer storage period for the actual beet bulb.
- We are so excited for this first sweet corn crop. Sweet corn is in the top 5 for hardest crops to grow organically so it is a true blessing when a crop of sweet corn thrives and matures. The sweet corn this week is an early variety which does not grow to a very large size. Also, it is not uncommon to see one or two bugs or worms when you open the leaves of the cob. Just wash them off!!
- The green bean plants are thriving and producing more and more beans so you will see another bag of delicious green beans in your box again this week. To store, leave them in the bag and put the bag in the fridge.
- The basil you see in your box will be the green variety. If your basil is slightly wilted, just give it a quick cold bath or, better yet, put the stems into a glass of water for a couple hours.

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

- 🍅 Basil, Green
- 🍅 Broccoli
- 🍅 Caraflex Cabbage
- 🍅 Chioggia Beets
- 🍅 Curly Kale
- 🍅 Green Beans
- 🍅 Lettuce Mix
- 🍅 Red Leaf Lettuce
- 🍅 Sweet Corn
- 🍅 Zucchini OR Yellow Squash
- 🍅 Cucumber OR Eggplant

Greens Only Share

- 🍅 Lettuce Mix
- 🍅 Kale
- 🍅 Swiss Chard

What's in the box??

Ingredients:

- 3 pounds curly kale
- 4 tablespoons olive oil, divided
- 8 tablespoons finely grated Parmigiano-Reggiano, divided
- 2 teaspoons freshly ground black pepper, divided
- Fine sea salt, divided

Method:

Heat oven to 275°F with racks in upper and lower thirds.
 Line rimmed sheet pans with parchment or nonstick foil.
 Cut out and discard stems and center ribs from kale. Aim for 32 cups of leaves (use a 1- or 2-quart glass measure and pack leaves without crushing them). Wash leaves and dry well.
 Transfer half of kale to a large bowl. Toss with half of oil, rubbing leaves to make sure they are well coated, then toss with half of parmesan, pepper, and salt. Once the first half is in the oven, repeat with the other half of the kale.
 Working in batches, spread leaves in a single layer on lined sheet pans and bake, switching positions of sheets halfway through, until crisp, about 25 minutes. Transfer crisps with a metal spatula to baking sheets or platters to cool. Reuse parchment or foil for successive batches.

Serves: 18 cups
 Adapted from epicurious

Sweet and Easy Corn on the Cob

Ingredients:

- 2 tablespoons white sugar
- 1 tablespoon lemon juice
- 6 ears corn on the cob, husks and silk
- Removed

Method:

Fill a large pot about 3/4 full of water and bring to a boil. Stir in sugar and lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes.

Serves: 6
 Adapted from allrecipes.com

Ingredients:

- 8 Yukon Gold potatoes, cut in quarters
- 2 whole medium beets, boiled and cut into chunks the same size as the potatoes (you can boil it at the same time you are oven-roasting the potatoes)
- 1 1/2 tbsp coconut oil
- 1 tbsp extra virgin olive oil
- 1 tbsp olive oil
- 3/4 tsp sea salt, divided
- 1/4 tsp fresh ground pepper, divided
- 1 1/2 tsp fresh lemon juice
- 4 large cloves (or 6 medium) of garlic
- 8-10 sprigs of thyme
- Optional: fresh greens

Method:

Pre-heat the oven to 400°F. In an oven safe glass baking dish, mix together potatoes, olive oil, 1/4 tsp ground pepper and 1/4 tsp sea salt making sure all the surfaces of the potatoes are coated with oil. Add more oil if needed. Carefully position potatoes with the flesh down, not the skin. The skin is too precious to have to stick to the pan.
 Place in the oven for 15 minutes then turn the potatoes and bake for another 10-15 minutes until the corners and skin of the potatoes. Total baking time depends on the sizes of your cut potatoes.
 In your small food processor (or magic bullet), blend together extra virgin olive oil, coconut oil, 1/4 tsp salt, 1/8 tsp ground pepper, garlic cloves, and 1 1/2 tsp lemon juice. Add more salt and pepper to suit your taste I personally just add more pepper, because I like the flavor of the garlic and lemon to take center stage). Pulse until the dressing is smooth and uniform. Set aside.
 As soon as you take the dish out of the oven, toss in the thyme sprigs and dressing with the potatoes in the dish. Let it cool down before serving with the beets and greens.

Serves: 2-3
 Adapted from gourmeted.com

Pictures from around the Farm



Chioggia beets recently harvested.

Caraflex cabbage in full maturity.



Above: Rows and rows of delicious sweet corn.



Curly Kale.