

Wholesome Harvest CSA

Week 19
October 13th/15th

End of Season Reminders...

The current weather we have been having around the farm is throwing us for a loop ☺ Usually, the second to last week of the regular CSA season has us putting on winter hats, gloves, and coats for harvesting and packing the vegetables each day. We have enjoyed being able to move about comfortably in short sleeves as we head into week 19 of the season. If you remember, the regular share season runs for 20 weeks which means this week and next week are your last two pickups. We wanted to remind all members of a couple of items for the end of the season this week so next week is much smoother!

1. Please pay careful attention to any and all communication from the farm over the next couple of weeks. We will have end of season info including last pickup dates, when to bring back your box, and the end of the year survey.
2. You can still bring back any and all boxes you may have sitting around. We do store any box that still is in good shape for the following season to put them to good use as much as possible so don't hesitate to bring all boxes back.
3. If you are a full share, half share, summer egg share, and greens only share member, you will be picking up your last share(s) next week!
4. We still have winter egg shares and winter vegetable shares available. Pork shares are almost there as we only have one and one half hog left for sale. Meat chickens are sold out.

As these last days of warm weather and the regular share season wrap up, we hope that you all enjoy the produce in your box these last two weeks!

Box Description

- Butternut squash is the variety you should see in your box this week! Butternut squash is one of the most common and used varieties of winter squash. With a rich, smooth texture when cooked, butternut squash is arguably best cooked with butter or honey, brown sugar, and nuts of your choosing ☺ (As always, there could be a different variety of squash in your box depending on what is ready.)
- More onions this week! Everyone will see one variety of onion in their box this week. We have Cipollini onions, red onions, white onions, yellow onions, and tropea onions. You will see one of these varieties in your box this week.
- A new veggie that appears this week is the black Spanish radish. This radish gets its name from its outer skin which is a deep black color. When cooked, this skin is usually removed. The black Spanish radish is fairly unknown to most people but is actually one of the healthiest and most nutritional vegetables you could find! Store in fridge with tops removed if not using right away. Be aware of their kick also ☺
- You will find both beets and carrots in your box this week! The beets will have their tops on them while the carrots will not. Store both in the fridge if not using right away.
- A couple of different greens will be in your box again this week. Because of the cooler, yet still pretty warm, weather we have been having recently, many of our late green crops have produced wonderfully!

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

- 🍅 Butternut Squash
- 🍅 Onion Variety
- 🍅 Black Spanish Radish
- 🍅 Beets
- 🍅 Carrots
- 🍅 Swiss Chard
- 🍅 Lettuce Mix
- 🍅 Spinach

Greens Only Share

- 🍅 Swiss Chard
- 🍅 Spinach OR Lettuce Mix

What's in the box??

Ingredients:

- 2 large black radishes
- olive oil
- balsamic vinegar
- salt, pepper
- optional: other seasoning spices

Method:

1. Preheat the oven to 200°C (400°F). Grease a baking dish (unless it is non-stick).
2. Wash and scrub the radishes. Peel them with a vegetable peeler, leaving half of the peel in stripes if desired.
3. Slice the radishes thinly -- very thin slices will be more chip-like, slightly thicker slices will be moister -- and put the slices in the baking dish.
4. Pour a little olive oil and a little vinegar, and sprinkle with salt, and pepper. Toss to coat. Adjust the amounts so all the slices look comfortably dressed, but not drenched.
5. Put in the oven to bake for about 20 minutes, until the chips are golden and their edges start to crisp up. Serve warm, as an appetizer or a side.

Adapted from chocolateandzucchini.com

Swiss Chard with Tomatoes, Feta and Pine Nuts**Ingredients:**

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion , sliced
- 2 cloves garlic , finely chopped
- 1 bunch Swiss chard , stems and leaves chopped separately, divided
- Sea salt and ground black pepper
- 2 tablespoons low-sodium chicken broth, vegetable broth or water
- 1 cup halved cherry tomatoes or 1 tomato , cored and chopped
- 2 ounces feta cheese , crumbled
- 2 tablespoons pine nuts , toasted

Method:

Heat oil in a large, deep skillet over medium heat. Add onion, garlic and chard stems and cook, stirring occasionally, until softened, about 5 minutes. Cover and cook 5 minutes more. Uncover, add chard leaves, salt, pepper and broth and cook, covered, until chard leaves are bright green and tender, about 5 minutes more. Remove from heat and gently stir in tomatoes. Scatter cheese and pine nuts over the top and serve.

Serves: 4

Adapted from wholefoodsmarket.com

Ingredients:

- 2 tablespoons minced garlic, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon dried rubbed sage
- 1 (3 1/2-pound) roasting chicken
- Cooking spray
- 12 ounces red potatoes, cut into wedges
- 1 1/2 cups cubed peeled butternut squash (about 8 ounces)
- 2 tablespoons butter, melted

Method:

1. Preheat oven to 400°.
2. Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.
3. Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

Yield: 4 servings

Adapted from myrecipes.com

Pictures from around the Farm

Right:

This bed of swiss chard is mature and has a beautiful mix of colors that make up each individual stem. Swiss chard is great when paired with bacon.



Left:

This black Spanish radish is ready for harvest as it peeks out from beneath the soil. Black radishes can be round or elongated and can have quite a zip to them. Sometimes they are referred to tasting similar to horse radish.

Right:

As the season winds down, we always like to look back and reflect on the amazing work that goes on daily around the farm. These workers were in full force in early summer. These bees could be seen on almost every squash plant, which we are now harvesting, in the field.

