

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

SALUTE TO THE CREW

Aug. 27th/Aug. 29th --- Full/Half Shares: Week 11
Aug. 27th/Aug. 29th --- Greens Shares: Week 7

It's all about the crew this week! Where would we be without them?? It's safe to say that most people understand the hard, physical labor that conventional farming entails but CSA vegetable farming is quite different. CSA vegetable farming is sort of like having a garden, multiplied by 100!! Add organic growing practices in there and you have a ball full of weeds, intense labor, long hours, and fun! ☺ To say we, and you, depend on the Wholesome Harvest crew is an understatement. We throw weeds, rain, mud, heat, humidity, heavy crates, and much more at our crew in order to bring you, the members, fresh veggies each week. In a tribute to the crew, we thought we would "survey" them with some questions and share some of their answers with you!



Question 1: What is your favorite veggie?

Answers:

"Onion." Plain and simple!!

"Green Beans - could eat them right off the plant - yummy!!"

Question 2: What is your favorite job around the farm?

Answers:

"Picking cherry tomatoes because you can see all your hard work, i.e. pruning, hanging string, tying tomato plant, etc., paying off."
"Cutting onions."

Question 3: What is your least favorite job around the farm?

Answers:

"Making boxes because the wax coats up on your hands, yuck!"

"Picking squash because it is so sticky."

Question 4: Which do you like more, picking beans or weeding? (This was supposed to be one of those sarcastic questions because both picking beans and weeding are time and labor intensive ☺ and are probably not considered that fun but we don't think we explained that well ☺.)

Answers:

"Either one - you get to be outside and enjoy nature -relaxing."

"Weeding - it's fun ☺ while beans take too long!"



Some of our wonderful crew hoeing next year's strawberries!

These were just some of the questions we asked the crew to see what they thought about working for Wholesome Harvest. It was a day full of laughs when we discussed these because it's always interesting to see what the crew thinks! We are thankful every day for the crew members we have as they come each and every morning to a job where they will most definitely sweat, get tired, and ache by the end of the day. We wouldn't be Wholesome Harvest without them!

Quick Reminder

This serves as a quick reminder to all members that winter storage shares are still available!! The winter storage share can consist of fall, root type veggies like carrots, potato varieties, onion varieties, squash varieties, beets, radishes, and even some greens plus more! If you wish to sign up for one, please send in a new enrollment form with payment or just include your name, site, and a note about wanting to purchase a winter storage share on a piece of paper with payment. Don't hesitate to email if you have any questions!!

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WHAT'S IN THIS WEEK'S BOX???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- Carrots
- Cherry Tomatoes
- Cipollini Onion
- Cone Cabbage
- Cucumbers
- Green OR White Bell Pepper
- Jalapeno Pepper
- Slicing Tomatoes
- Watermelon
- Sun Jewel Melon OR Eggplant

The Onion

Onions are one of the most used vegetables around the world. Full of great phytonutrients and micronutrients, onions are a great source for your health. They contain a specific phytonutrient called allyl propyl sulfoxide which is responsible for making you cry as you are cutting them up! All those tears are worth it however because the stronger that chemical, the more full the onion is of health promoting nutrients!! Now that's something worth tearing up about 😊

Tearing Up Over Onions!

Storing Onions

Onions are great storage vegetables if stored correctly. Different varieties of onions will store differently. The more pungent the onion, like yellow or red onions, the longer they will store. White onions along with spring/summer varieties of onions will not store as long usually. The best place to store onions is in a cool, dark place that is away from the light. Let them air out by NOT putting them in a bag or sealed container. Do not store uncut onions in the fridge. Unused parts of a cut onion should be stored in a sealed container in the crisper section of the fridge.



Source: *the world's healthiest foods* by George Mateljan

Preparing Onions

After peeling the outer most layer (the one with the dirt) off the onion, it is best to do a quick rinse. Whether you are preparing soup or a main course using your onion, it is best to cut the onion as evenly as possible so it cooks evenly. After cutting your onion, let it sit for 5 minutes or so which allows some of the important nutrients to be released in the most health promoting manner. If your eyes are really bothered by the onions, don't hesitate to open some windows or chew some bread while cutting the onion.

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RECIPES!!!

Each week we are scavenging Facebook, Pinterest, blogs, books, and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe, or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

Sauteed Carrots

This quick and easy recipe calls for only 5 ingredients and should only take 10-15 minutes.

Ingredients:

- 2 pounds **carrots**
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter
- 1 1/2 tablespoons chopped fresh dill or flat-leaf parsley

Method:

1. Peel the carrots and cut them diagonally in 1/4-inch slices. You should have about 6 cups of carrots. Place the carrots, 1/3 cup water, the salt, and pepper in a large (10 to 12-inch) saute pan and bring to a boil. Cover the pan and cook over medium-low heat for 7 to 8 minutes, until the carrots are just cooked through. Add the butter and saute for another minute, until the water evaporates and the carrots are coated with butter. Off the heat, toss with the dill or parsley. Sprinkle with salt and pepper and serve.

This recipe can serve 6.
Adapted from Foodnetwork.com

Grilled Potatoes and Onion

Who doesn't like Potatoes and Onions together??

Ingredients:

- 4 potatoes, sliced
- 1 red **onion**, sliced (any color will suffice)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 tablespoons butter

Method:

1. Preheat grill for medium heat.
2. For each packet, measure out 2 or 3 squares of aluminum foil large enough to easily wrap the vegetables, and layer one on top of the other. Place some of the potatoes and onion in the center, sprinkle with salt and pepper, and dot with butter. Wrap into a flattened square, and seal the edges. Repeat with remaining potatoes and onion.
3. Place aluminum wrapped package over indirect heat, and cover. Cook for approximately 30 minutes, turning once. Serve hot off the grill.

This recipe's ingredients serve 4.
Adapted from allrecipes.com