

# Wholesome Harvest

News Letter 8/10/09



## This Week on the Farm

Hello to all members.

Wow this week we finally got our first real rain shower of the season. It seems some summer heat has finally sort of arrived. Hopefully the summer crops, which have been sitting idle for weeks, will make a late push of growth. We have been watching our tomatoes, sweet corn, and melons stagger along in growth without much progress. They all have fruits that have been small and not ripening. Today we finally saw the first few tomatoes turning a bit to red. They may be small but they still look and taste great.



We spent a ton of time this week working on weeding after the rain showers. It is always much easier to weed after a good soaking rain. We also started to make a new compost pile to re-nourish the soil in spring for next year's crops.



It always is so rewarding to look at a block of plants after it

has been weeded.

This year we are asking the members if any of them would like to contribute to our composting efforts. If anyone is interested in adding to the composting we would be interested in grass clippings, leaves, produce scraps, etc. Please contact us if you are interested.

Can you believe that it is week 10 already? There have been some challenges and some rewards. We would first and foremost like to thank each of you members for your support of Wholesome Harvest. Your support is what allows us to keep the farm going. We have met many of you and look forward to meeting more of you during the remainder of the year. We also appreciate the feedback and encouragement that we get from our members it is always helpful.



Have a good week

*Chris Zastrow*

## Frequently Asked Questions

This section is intended to address questions that are brought to our attention by our members. It is our hope to answer most of these questions in the newsletter helping us to better communicate to all members.

**None this week**

## Get to Know Your Produce

### Giant Kohlrabi



This year we have a new variety of Kohlrabi this season. The characteristics of this variety are similar to that of the standard variety with the exception that it gets much bigger than the standard. So don't mistake this for an overgrown species.

### Leeks



Looking like a giant **SCALLION**, the leek is related to both the garlic and the onion, though its flavor and fragrance are milder and more subtle. It has a thick, white stalk that's cylindrical in shape and has a slightly bulbous root end. Refrigerate leeks in a plastic bag up to 5 days. Before using, trim rootlets and leaf ends. Slit the leeks from top to bottom and wash thoroughly to remove all the dirt trapped between the leaf layers. Leeks can be cooked whole as a vegetable or chopped and used in salads, soups and a multitude of other dishes.

## This Weeks Recipes

We thank are members who have submitted some of their favorite recipes. We do not have room for all recipes in the newsletter but we will work on pulling together a recipe file that we can share with the members at the end of the year. If you have a recipe you would like to share please e-mail a copy to us. Hope you enjoy.

### Kohlrabi & Root Vegetable Stew

2 giant kohlrabi, with leaves from one  
olive oil  
2 sweet onions, chopped  
2 dozen baby carrots, halved  
2 potatoes, peeled and cut into chunks  
6 easter-egg radishes, cut into chunks  
4 cups water  
1 Tbl boullion, chicken or vegetable  
1 bay leaf  
1 tsp dried oregano, crushed  
2 tsp salt  
1/2 tbl dijon mustard  
1/2 tbl molasses  
1 15-oz. can crushed tomatoes

Peel kohlrabi bulb and cut into chunks. De-rib leaves and chop; set aside.

Heat oil in large stockpot on medium heat; saute onions in oil until tender.  
Add everything except tomatoes and kohlrabi leaves. Bring to a boil, then reduce heat, cover and simmer about 15 minutes.  
Add tomatoes and kohlrabi leaves and simmer covered for 10 minutes more. 6 hearty servings.

### Quick Egg Plant Parmesan

- 1 egg
- 1 tablespoon water
- 1 small eggplant, cut into 3/4 inch thick slices
- 1 cup dried bread crumbs, seasoned
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup spaghetti sauce
- 1/4 teaspoon crushed red pepper flakes
- 3 tablespoons grated Parmesan cheese

### DIRECTIONS

1. In a small bowl beat the egg and water together. Place the bread crumbs in shallow dish. Dip eggplant slices in egg mixture then in crumbs, being sure to coat thoroughly.
2. Heat oil in a large skillet over medium-high heat until hot. Add eggplant slices and reduce heat to medium. Cook for 3 to 4 minutes per side or until golden brown and tender. Sprinkle mozzarella cheese over eggplant during last minute of cooking to melt.
3. While eggplant is cooking, combine spaghetti sauce and pepper flakes in a microwave-safe measuring cup. Cover with plastic wrap and cook at high power for 2 minutes or until heated through.
4. Top eggplant with sauce and Parmesan cheese and serve.