

## This Week on the Farm

Hello to all,

### Rain, Rain, Rain

I have never seen so much rain at one time in my life as we received this past Thursday and Friday. Here at the farm we received about eight inches of rain in a 12 hour period. We were traveling home from our last delivery of the day in Janesville when the worst of this past set of storms hit Thursday. It was quite an awesome sight as we witnessed the biggest funnel cloud that either of us had saw passing over our the area where our farm is located and rolling down highway twenty six straight toward us. We were forced to turn around and seek shelter back in Janesville. This latest set of storms is just a continuation of the extremely wet year we have had up to this point. Fortunately we were blessed to receive very little damage to our crops from the rain itself. However this will again make it extremely hard for us to plant for many days again.

### Squash

This years squash and zucchini crops have been unbelievable. We had no idea that using blue mulch would create these kinds of results. We don't want to inundate you with squash each week but the plants are very healthy and continue to produce quality fruits. It looks like there will still be several weeks off of this first planting. It is a great blessing that this first planting has produced so well as both our second and third planting died in the greenhouse as a result of not being planted in the field on time because of all the rains we continued though have this spring and early summer. Remember you can always grate and freeze your zucchini for use through out the year. You can also make some super stir fries with all the varieties of squash in your box. Bigger patty pans are awesome for making stuffed squash recipes.

### Fruit Shares and Peaches

The fruit in the fruit shares thus far has been super. The flavor, consistency, and quality have been excellent. I ate so many cherries from our first fruit share delivery that we only had a couple of extra pounds left over. They were that addicting. We will be sending out another order form with this email for the next fruit order. This order will include nectarines, plums, raspberries, and blackberries. This will be the last order for a while as tomato season will be starting soon and we need to focus on harvesting all those toms.

A few things to remember with the fruit share. The quality and flavor is so great because it is harvested and packed only a few days before you receive it. It is also totally ripened on the tree or vine so it is at its peak of flavor and nutrient density. It is very perishable because there is no preservatives used on it what so ever. We have done our best to work with local growers that are doing their level best to produce either organic fruit or fruit that is raised as cleanly as possible to still produce a good crop.

The peach order has been pushed back to next week as the Michigan weather conditions have delayed ripening ever so slightly. We will be delivering peaches next week rather than this week along with the items on the next fruit order.



## Pot Luck Event

We want to invite all of you to our first event of the year on Sunday August eighth. The event will start at 3:00 P.M. and end whenever. All we ask is that you bring your selves and immediate family as well as a dish to pass of any type as well as your own drinks and chairs. We will try to eat around 4:00. I will be giving a short tour around 3:10 before we eat. We hope that you can join us for a gathering of all those involved with Wholesome Harvest for some good food and conversation as well as seeing exactly where your food is grown.

## This Weeks Box

**Cucumbers-** This years cucumber crop has been wonderful. The plants have produced very well and the flavor of these cucumbers has been great.

**Zucchini-** If you are looking ways to use your zucchini we recommend grating it and freezing it for use throughout the winter in breads, cakes and other recipes.

**Summer Squash-** We have been grilling and stir frying a bunch of yellow squash this year. It tastes great on a shishkabob with the variety of squash in your box.

**Patty Pan Squash-** The flying saucer shaped squash in your box. They can range in size from 3” to 7” in diameter. We love to make stuffed patty pan squash out of larger sized patty pans.

**Scallions-** We have had several weeks of scallions thus far this season. This may be the last week of them for this year as onions there bigger and longer growing brothers are just about ready to be harvested. . They work great for fine chopping and flavoring the dish of your choice.

**Carrots-** These are the first carrots of the season. Fresh carrots like this simply can't be beat for flavor. You will certainly notice a difference from those bought in a store.

**Cabbage-** This week's cabbage is green tender sweet. It is great for fresh eating and follows its name sake on sweetness.

**Beets-** This years beet crops do not have the best looking green tops but the flavor and quality of the beets have been great. Smaller beets are awesome on fresh salads or for fresh eating. Medium size beets are great for classic boiling and peeling. Beets are one of the healthiest vegetables that we can eat. The nutrient levels in beets are exceptionally high and your body is able to absorb them readily.

**Eggplant-** Our egg plant planting is just starting to produce for this season. Its time to dig out that egg plant parmesan recipe.

**Bell Peppers-** This is the first of many weeks of green peppers to come your way in your csa boxes. The first peppers of the year usually signal tomatoes will be on the way shortly.



My father as well as several worker members harvesting green cabbage.



Transplanting cucumbers