

# Wholesome Harvest CSA



A family farm focused on providing organically grown produce to surrounding communities!

Your  
First  
Box

FULL SHARE AND HALF SHARE: WEEK 1

## You are picking up your first box, what should you do now?

The day is finally here! First, all of us here at Wholesome Harvest would like to say Thank You! Your interest and membership in our CSA is greatly appreciated and we hope that our farm will be a blessing to all involved!

So, in a day or two, you will be driving, walking, scooting, biking, boating or somehow getting to your pick up site. Once you get there and see the boxes, you will reach for one like a kid on Christmas morning. You will then run from the pile of boxes, get back on, in, to your mode of transportation and head home. Now what???

I want to be completely honest, a CSA box takes work. Since many members might be new to the concept of a CSA, I thought I would give you some thoughts about unpacking your box.

**It is important that when you receive your box you unpack it as soon as possible!**

We wash and cool most of the vegetables you receive each week. To best keep veggies fresh, they go from our field to your hands in generally 2 days or less. We take them into our packing shed at a temperature of 85 degrees, wash them, hydro cool them, and then refrigerate them to a temperature of 35 degrees. When you take your box home each week, that process is already begging to reverse itself. Even a couple of hours out of refrigeration and the temp of those veggies is beginning to rise. Most vegetables will even sweat a bit as they warm up. That is why it is so important to open your box soon after you get it! It is then best to sort and rinse your vegetables and place them in the correct refrigerator compartment. You don't want to put a semi warmed box with a wide variety of sweating produce in your refrigerator. When you get them back out to eat them, another wash would be ideal. Your veggies should then be ready to be enjoyed!

After you have unpacked your box, sorted, and rinsed your veggies, you are almost done. We want to recycle and reuse the boxes so after you are done your box should be broken down and returned the following week at your pick up site. We have provided some steps with pictures on Page 4 to help you take apart your box without ripping any of the flaps.

Like all things, membership in a CSA will be a little bit of a learning curve. As you go through the season, you will hopefully learn more about vegetables, agriculture, health, cooking, and Wholesome Harvest.

Get ready to get those creative juices flowing. Be willing to step out of your eating comfort zone. Educate yourself. And Have Fun with it!



## Chris' Corner

Got a question for Farmer Chris about veggies or the farm? Submit questions to [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) with the subject name Chris' Corner and Chris will answer a few questions each week!

**Q:** Will Wholesome Harvest have strawberries this season?

**A:** Unfortunately, Wholesome Harvest will not have strawberries this year. Most of our strawberries were destroyed by "winter kill." This means the winter weather wreaked havoc on the strawberries and they did not survive the winter. Luckily, we are offering a fruit share this season which will hopefully have some different fruit options.

Look on Page 2 or our website for the contents of this week's box!

# What's in your box?

A tentative list of the luscious veggies you will be receiving in your box. The final list will be on our website's home page by late Monday.

- \* Arugula
- \* Bok Choi
- \* Greens Mix
- \* Kohlrabi
- \* Radishes
- \* Romaine Lettuce
- \* Scallions

## Veggie of the Week:

### Lettuce



Romaine Lettuce

There are many kinds of lettuce grown around the world making it one of the most popular vegetables around! Most people hear of iceberg or romaine lettuce but other lettuces are becoming more popular. Mixes of different lettuce type greens are also becoming more popular. Lettuce should be a staple in the diet and can be added to many recipes, not to mention the sort of salads that can be prepared using all the different kinds. Here are some tips that I found about storing and preparing your lettuce plus some health facts about lettuce.

**How to store:** Wash thoroughly, pat dry and refrigerate with a damp paper towel in a plastic bag for 3-5 days. This crisping process is essential before serving, as lettuce loses moisture in transit. Do not allow lettuce to soak to long, as the water tends to soften some leaves.

**Preparation:** Remove any brown leaves. Rinse the lettuce and place in a lettuce spinner or colander to remove excess water. Pick or cut lettuce leaves off and use as desired.

**Health Benefits:** Lettuce is considered a dark green which is a good source of Vitamin C, beta-carotene, iron, calcium, folate, and dietary fiber. The darker the lettuce the more nutritious usually.



Greens Mix

Look on [Page 3](#) for recipes containing lettuce!

# Recipes

## *Salmon Grilled Between Romaine Lettuce Leaves*

Recipe courtesy of Bob Blumer on Food Network

Prep Time: 30 Min      Level: Easy      Yield: 4 Servings

### Ingredients

4 (3-foot) pieces of twine, or other non-flammable natural fiber  
 4 (6-ounce) salmon fillets  
 8 large outer romaine lettuce leaves  
 2 teaspoons olive oil  
 3 lemons, 2 juiced, 1 sliced thinly  
 Salt and freshly ground black pepper  
 4 teaspoons capers  
 8 sprigs fresh dill

### Directions

Soak twine in hot water for 5 minutes.

Rinse salmon in cold water and pat dry with towel.

Repeat the following for each salmon steak: Rinse 2 romaine leaves in water, shake off excess water. Drizzle 1/2 teaspoon of oil over the inside (concave) side of leaves.

Place salmon fillet in the center of 1 leaf (concave side up).

Pour the juice of 1/2 lemon over salmon, trapping the drippings with the leaf. Season with salt and pepper. Top with 1 teaspoon capers, 2 sprigs of dill, and 1 lemon slice.

Place the second leaf, concave side down, over salmon. Fold the ends of the bottom leaf up to keep juices trapped, and wrap the string around the leaves to seal. Tie string in a knot.

Preheat oven to broil. Set rack in the highest position.

Broil romaine-wrapped salmon for 5 minutes per side. The lettuce will blacken—this is a good thing. Cooking time will vary according to the exact thickness of the fillet. (Salmon can also be grilled over direct heat for 5 minutes per side).

To serve, instruct guests to cut string and remove top leaf. Yes, they can eat the blackened lettuce.

## *Romaine Lettuce Soup*

Recipe courtesy of M.S. Milliken & S. Feniger, 1997 on Food Network

Prep Time: 1 Hr. 10 Min      Level: Easy      Yield: --

### Ingredients

Ingredients

3 tablespoons olive oil  
 1 large onion, sliced  
 1 1/2 teaspoons salt  
 1 teaspoons freshly ground black pepper  
 2 garlic cloves, sliced  
 5 tomatillos, husked, washed and roughly chopped  
 1 to 3 jalapeno chiles, stemmed  
 2 quarts chicken stock or water  
 1 large or 2 small heads Romaine lettuce, cored, cleaned and roughly chopped  
 1 bunch cilantro, leaves and stems, chopped  
 1 cup plus 2 tablespoons heavy cream  
 2 teaspoons anchovy paste

### Directions

In a heavy stockpot, over medium heat, heat the olive oil. Sauté the onions with the salt and pepper until translucent, 5 to 7 minutes. Add the garlic, tomatillo and jalapeno(s) and cook another 5 minutes. Pour in the chicken stock or water. Bring to a boil, reduce to a simmer and cook 20 minutes. Stir in the lettuce and cook 10 minutes longer. Add the cilantro to the soup and bring to a boil. Remove from the heat, and puree in a blender or food processor. If you want a more elegant soup, pass through a strainer. Bring back to a boil before serving. Beat 1 cup of the heavy cream until soft peaks form. In a small bowl, mix the anchovy paste with the remaining 2 tablespoons cream until smooth. Fold into the whipped cream and beat a few more strokes. Serve the soup hot with dollops of the anchovy cream garnish.

## How to Unfold Your Box



**Step 1**

Remove all veggies from the box.



**Step 2**

Fold flaps on top of the box down and flip box over. Grab one of the shorter flaps and fold to release it from its tab.



**Step 3**

Repeat Step 2 with the other short flap.



**Step 4**

Pull the longer flaps up so that all flaps are unfolded and released.



**Step 5**

Pick the box up by the longer flaps and fold the box in on itself. **Return box to the pick-up site the following week!**

## Member Favorite

Got a great recipe that uses the featured veggie of the week or one that is just too delicious to hide? Submit your recipes at [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) with the subject **Member Favorite** and your recipe could be featured here!

## Different Boxes??



If you look at the picture above, you will see two different size boxes. These different sizes correspond with full and half shares.

The box on the left in the above picture is a 1 and 1/9 bushel box. This is the Full Share box. In the other picture to the right, you can see 1(1/9) BU. on the upper right hand corner of the box.

The box on the right in the above picture is a 3/4 bushel box. This is the Half Share box. In the picture to the right, you can see 3/4 BUSHEL on the upper left hand corner of the smaller box.



**Make sure you pick up the right size box!**

Any questions, concerns, feedback, ideas, thoughts, etc., don't hesitate to contact us by calling 920-675-6113 or emailing us at [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com)!