

Wholesome Harvest CSA



Wholesome
Harvest:
The Beginning

Now that you have all gotten your feet wet as 2012 members, and as I am sitting on a straw bale in one of our five high tunnels, we thought it might be time to tell everyone a little more about Wholesome Harvest.

As Chris says, the roots of Wholesome Harvest were put down years ago when he couldn't get enough of farming and agriculture as a young boy. He would spend countless hours at both grandparents' farms working, playing, and learning about different crops, animals, and machines. Finally, in 2003, Wholesome Harvest had become a reality. Around that time we received a blessing from one of our family members: an option to rent land. At first, the idea of a CSA was not part of the equation. Our plan was to grow different vegetables and sell them, along with some other organic products, at our small, organic food store in our hometown. After a season or two, managing both the store and the farm had become too large to manage together, so we concentrated on the CSA portion and it took off from there. That first year of Wholesome Harvest CSA, we had 6 members, to whom we are very thankful, farming on 7 acres of land.

We have definitely grown through the years and have enjoyed the experiences we have had and the people we have worked with and served. We are truly blessed and are very thankful to all the people that are involved with Wholesome Harvest and help make us what we are today.

CHRIS' CORNER

Got a question for farmer Chris? Email us at veggies@wholesomeharvestcsa.com with the subject title Chris' corner and he'll answer one or two each week.

Q: What sort of peppers can we expect to see this year?

A: Bell peppers, Jalapenos, and Sweet Banana Peppers. We have planted a variety of bell peppers including purple, green, orange, yellow and white. Peppers take a lot of care because they are a more Mediterranean crop meaning they like heat. We are experimenting this year with growing some of the peppers in one of our high tunnels to simulate the Mediterranean environment. It might also allow us to combat some of the pepper diseases.

What's in the box?

A TENTATIVE list of the luscious veggies you will see in your box this week. The final list can be found on the homepage of our website by Monday night.

- Green Leaf Lettuce
- Kohlrabi
- Radishes
- Scallions
- Sugar Snap Peas
- Salad Turnips
- Zucchini

VEGGIE OF THE WEEK: KOHLRABI

Kohlrabi is one of those veggies that are not very common. Most people in the United States have probably only eaten it a few select times in life. However, that doesn't mean it isn't delicious or beneficial. The name Kohlrabi actually comes from two words, one that means cabbage and one that means turnip, making a simple description of it as a mix between cabbage and turnips. Below are some tips on storage, kohlrabi leaves, and health benefits.

Kohlrabi Leaves: The leaves of the kohlrabi are edible. Once trimmed and washed separately, the leaves can be used with certain recipes but must be stored separately and used quickly.

Storage: The kohlrabi bulbs should be stored in a sealed plastic bag that goes in the refrigerator. You do not need to wash the bulbs before you store them but once you are ready to use them, washing is preferred.

Health Benefits: Kohlrabi is rich in Vitamin A, K, and certain B-complexes. It is also rich in dietary fibers and different minerals including calcium and iron.

Sources: <http://www.nutrition-and-you.com/kohlrabi.html>; <http://www.care2.com/greenliving/how-to-use-kohlrabi.html>



Green Kohlrabi

Creamy Kohlrabi Soup

Courtesy of AllRecipes.com

Yields: 4 Servings Prep Time: 15 Min. Cook Time: 35 Min.

Ingredients

2 tablespoons butter
1 onion, chopped
1 pound kohlrabi, peeled and cut into 1/2-inch dice
2 1/2 cups vegetable broth
2 1/2 cups milk
1 bay leaf
1 pinch salt and ground black pepper to taste
1/4 cup uncooked orzo pasta

Directions:

1. Melt butter in a large stockpot over medium-low heat. Cook and stir onion in melted butter until soft, about 10 minutes. Add kohlrabi; cook and stir another 2 minutes. Pour vegetable broth and milk over the onion mixture. Add bay leaf. Bring the mixture to a boil, place a cover on the pot, and reduce heat to low; cook at a simmer until kohlrabi is tender, about 25 minutes.

2. Remove and discard bay leaf; allow the soup to cool slightly. Pour the soup into a blender, filling the pitcher no more than halfway. Pulse the blender a few times before leaving on to puree. Work in batches until all soup is blended. Return pureed soup to stockpot; season with salt and pepper. Sprinkle orzo pasta into the soup; cover the stockpot and simmer until the orzo is tender, about 10 minutes.

Seared Sugar Snap Peas

Courtesy of Elise at SimplyRecipes.com

Yields: 4-6 Servings Prep Time: 15 Min. Cook Time: 10 Min.

Ingredients

2 tbsp olive oil
1 pound sugar snap peas, strings removed
3-4 scallions or green onions, sliced on the diagonal
Salt
A pinch of sugar
Zest of a lemon
3 Tbsp chopped fresh mint
Black pepper to taste
Lemon juice to taste

Directions:

1. Heat a large sauté pan on high heat for 1 minute. Add the olive oil to the hot pan and heat it until it shimmers, about 1-2 minutes. Add the sugar peas and toss to coat with the oil. Sprinkle salt over them and toss again. Allow to cook, undisturbed, for 1 minute.

2. Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook untouched again, this time leaving everything undisturbed for 2 minutes.

3. Turn off the heat, mix in the lemon zest and mint, then add black pepper and lemon juice to taste. Serve at once.