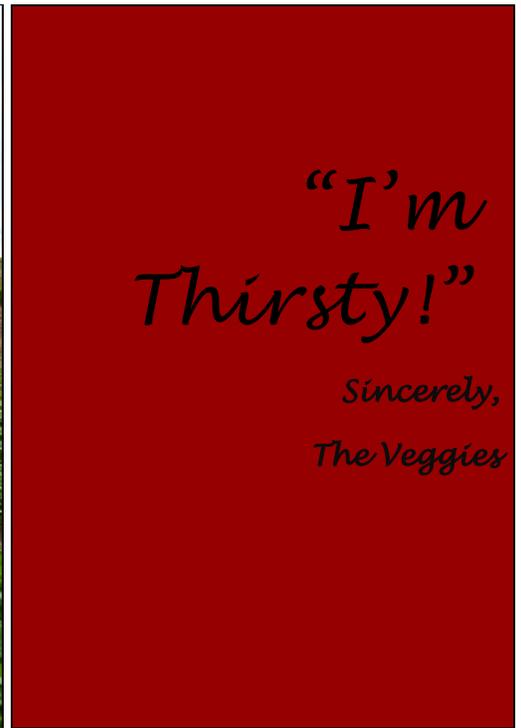


Wholesome Harvest CSA



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



FULL SHARE AND HALF SHARE: WEEK 3

Water is essential for growth, so how do we get it to the veggies?

It's no secret around this part of the state, and even throughout the whole Midwest, that we are in a trying time in terms of water. Chris thinks we have only received about 2/10 of an inch of rain over the past 8 weeks. As you can probably guess, this is not a good situation for small, non-conventional farms like ours. Because we are praying for rain and the veggies are waiting patiently, we thought this might be a good time to tell our members a little bit about how we irrigate the produce and how we are trying to combat this drought.

In the picture to the left, you can see our Irrigation sprinkler, also known as the Traveling Water Gun. Chris starts this on the end of the row, with the hose fully unraveled. The Gun is on a timer that is constantly pulling the Gun back by reeling the hose into another mechanism. This Gun will water about an acre and a half in one cycle. Chris has practically been running this for twenty-two hours a day these past weeks trying to stay up on watering.



Now the picture below is a look at how Chris keeps the high tunnels watered. If you look closely, you can see some black drip lines running along the base of the plants. These drip lines are attached to a main irrigation pipe. As water fills the main irrigation pipe, it flows into these drip lines which then provide a steady drip of water to the plants.



patiently waiting for a little rain.

These are the main two ways the produce is irrigated. We also use a normal garden hose to water the greenhouse 2-3 times a day. Suffice it to say however, we are struggling to keep up! The well is working overtime to get water to the veggies but it hurts when the water dries up almost as soon as it hits the ground! Chris says this is the first year since starting the farm that so much produce has been lost due to lack of water. We are working our hardest to keep things growing and are praying and



Chris' Corner

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

Q: What are the events you might hold at the farm this year?

A: As of right now, we are planning to do another pot luck at the farm. We have done this in the past and have found that members like being able to meet fellow members while getting a good look at the Wholesome Harvest farm.

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.

- * Basil
- * Green Leaf Lettuce
- * Greens Mix
- * Lettuce Mix
- * Purple Kohlrabi
- * Sugar Snap Peas
- * Turnips
- * Zucchini

Veggie of the Week:

Basil



Bunch of Basil

Basil is part of the herb family. It is closely related to peppermint. The term Basil actually means "royal" as in the past, Basil was an herb held in high esteem. Now a days, it is most known for its use in Pesto, along with pine nuts and parmesan cheese.

How to store: Fresh basil should be stored in the refrigerator wrapped in a slightly damp paper towel. It may also be frozen, either whole or chopped, in airtight containers. Alternatively, you can freeze the basil in ice cube trays covered with either water or stock that can be added when preparing soups or stews. Dried basil should be kept in a tightly sealed glass container in a cool, dark and dry place where it will keep fresh for about six months.

Preparation: Since the oils in basil are highly volatile, it is best to add the herb near the end of the cooking process, so it will retain its maximum essence and flavor.

Health Benefits: Basil is a very nutritious herb. It is well known for its anti-bacterial and anti-inflammatory effect. It is also well known for its use in cardiovascular health. As with many other herbs, it is full of many essential vitamins and minerals. Fresh basil is always superior to dried basil in flavor and health effects.

Sources: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=85#descr>

Look on Page 3 for recipes!

Recipes

Mushroom, Tomato, Basil Frittata

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 30 Min Yield: 2 Servings

Ingredients

1/2 medium onion, minced
 3 medium cloves garlic, pressed
 1 TBS +1 TBS chicken broth
 1 cup thinly sliced crimini mushrooms
 1/2 medium tomato, seeds removed, diced
 3 large eggs
 3 TBS chopped fresh basil
 salt and black pepper to taste

Directions

1. Mince onions and press garlic and let sit for 5 minutes to bring out their hidden health benefits.
2. Heat 1 TBS broth in a 10-inch stainless steel skillet. Healthy Sauté onion over medium low heat for 3 minutes, stirring frequently.
3. Add garlic and mushrooms and continue to sauté for another 2 minutes.
4. Add 1 TBS broth, tomato, salt, and pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning.
5. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

Mediterranean Pasta Salad

Recipe courtesy of www.whfoods.com

Prep Time: 25 Min Yield: 4

Ingredients

1/4 lb fusilli (corkscrew) pasta
 1 large bunch asparagus cut into 1-inch lengths, discarding bottom fourth
 1/2 medium onion, minced
 1/2 basket cherry tomatoes, quartered
 5-6 medium cloves garlic, pressed
 3 TBS chopped fresh basil (or 1 TBS dried basil)
 1 TBS chopped fresh tarragon (or 1 tsp dried tarragon)
 3 TBS fresh lemon juice
 1 TBS balsamic vinegar
 3 TBS extra virgin olive oil
 salt and cracked black pepper to taste
 *optional 4 oz goat cheese

Directions

1. Cook pasta according to instructions on package.
2. While pasta is cooking prepare rest of the ingredients. Place everything but asparagus in a bowl and set aside.
3. When pasta is about 3 minutes from being done, add asparagus to cooking pasta. (If asparagus is thick you may want to add 4 minutes before it's done. Or if it is thin, add 2 minutes before it's done.) Drain and rinse in cold water in colander when done. Make sure it drains well so it doesn't dilute flavor.
4. Toss with rest of ingredients, and season with salt and pepper.

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 with the subject **Member Favorite** and your recipe could be featured here!

Here is a wonderful recipe from a fellow member that uses some of the salad greens you will get in the box, plus you can use it for later when the tomatoes are ready!

"We never used to eat all our salad mix because we just aren't big salad people, but this recipe uses it right up. "Salad pizza" sounds weird, but it tastes incredibly good!"

Salad Pizza

2 plum tomatoes, cored and thinly sliced

1 pre-baked pizza crust

1/4 tsp. each salt and pepper

3/4 cup shredded Mozzarella cheese

3 Tbsp. grated Parmesan cheese

4 cups mixed salad greens

1-2 Tbsp. balsamic vinegar or vinaigrette

Directions: Heat oven to 450. Spread tomato slices on paper towels and let sit 5 minutes. Place pizza shell on large baking sheet. Top with tomatoes and sprinkle with salt and pepper. Bake 8 minutes. Top with cheeses and bake another 5 minutes. Meanwhile, toss greens with vinegar or vinaigrette. Remove pizza from oven; top with salad greens, and serve promptly.

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!