

Wholesome Harvest CSA



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

One of
those
Weeks!

FULL SHARE AND HALF SHARE: WEEK 4

How to explain when it's just "one of those weeks?"

Everyone knows what it means to have "one of those days". It was like that for us this week because we had multiple "one of those days," which turned it into "one of those weeks!" Usually after one of those days though, you just have to sit back and chuckle because it's just part of life. We thought we would share with you, the members, what happened at the farm during "one of those weeks."

We knew it had potential to be "one of those weeks" on early Monday morning when one of the crew came in from the garage and said it smelled funny when she was in there. We didn't think anything of it until Chris came in the packing shed around noon and said the wires in the garage were melting! Not only is that a bad thing for the garage, and the house attached to it, but all the other devices that run on the same circuit like the well pump and packing shed outlets (which is where the refrigerator is)!!!!

So what happened when we lost power? We didn't have any running water anywhere, outside or inside. We also didn't have any power in the greenhouse, high tunnels, and the packing shed. All in all, we lost power for about 4 hours. Any longer and we could have started losing some valuable produce so we are thankful we could get it fixed. The little outage also allowed Chris to make some decisions to go with solar panels for the future, so that was a bonus.

By Tuesday morning, we were feeling better about the week, except for heat and lack of rain. However, on Tuesday evening when Pete, our awesome delivery driver, got back from deliveries, the truck was in serious need of repair. A belt in the engine had some troubles and took the truck out of commission. Long story short, we had two options: do a quick fix on it and get it back for Thursday deliveries or fix it good and get it back the following week. We chose to get it fixed for good but then we were without a large delivery truck for Thursday. In the end, it was a hectic but fun day as we were sending three different vans and/or trucks to do deliveries!

These two "one of those days" were only compounded by the high temperatures and lack of rain to make it "one of those weeks!" We got through it without too many blimps however and are still praying and waiting for rain because it is essential and we are seeing the effects of the lack of it on the growth of our produce!



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!

Hey Members, don't forget to send in any questions you might have regarding anything involving the CSA. No question is a bad question!!

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
- * Giant Kohlrabi
- * Lettuce Mix
- * Radishes
- * Scallions
- * Swiss Chard
- * Turnips
- * Zucchini

Veggie of the Week:

Swiss Chard



Swiss Chard

Though Swiss chard may be one of the most common vegetables in the Mediterranean, in the United States, it is unfortunately not as common. However, it is an extremely beneficial vegetable as many rank it as only second to spinach as one of the most nutrient rich vegetables.

How to store: Do not wash Swiss chard before storing as the exposure to water encourages spoilage. Place chard in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible. Wash thoroughly before serving.

Preparation: It is one of only three vegetables that are recommended to be boiled in order to help reduce its concentration of oxalic acid but it depends on the recipe. White stemmed varieties are a little softer than varieties with colored stems but are just as delicious and healthy.

Health Benefits: The amazing variety of phytonutrients in chard is quickly recognizable in its vibrant colors, including the rich, dark greens in its leaves and the rainbow of reds, purples, and yellows in its stalks and veins. These phytonutrients provide antioxidant benefits, anti-inflammatory benefits, or both. Swiss chard is widely considered one of the best vegetables in helping our body's blood sugar-regulating system.

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

Recipes

Basic Swiss Chard

Recipe courtesy of SimplyRecipes.com

Prep & Cook Time: 15 Min Yield: --

Ingredients

1 large bunch of fresh Swiss chard
1 small clove garlic, sliced
2 Tbsp olive oil
2 Tbsp water
Pinch of dried crushed red pepper
1 teaspoon butter
Salt

Directions

1 Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe. Roughly chop the leaves into inch-wide strips.

2 Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

Zucchini Bread

Recipe courtesy of www.whfoods.com

Prep Time: 10 Min Cook Time: 50 Min+ Yield: 2 loaves

Ingredients

2 eggs, beaten
1 1/3 cup sugar
2 teaspoons vanilla
3 cups grated fresh zucchini
2/3 cup melted unsalted butter
2 teaspoons baking soda
Pinch salt
3 cups all-purpose flour
1/2 teaspoon nutmeg
2 teaspoons cinnamon
1 cup chopped pecans or walnuts (optional)
1 cup dried cranberries or raisins (optional)

Directions

1 Preheat the oven to 350°F (175°C). In a large bowl, mix together the sugar, eggs, and vanilla. Mix in the grated zucchini and then the melted butter. Sprinkle baking soda and salt over the mixture and mix in. Add the flour, a third at a time. Sprinkle in the cinnamon and nutmeg and mix. Fold in the nuts and dried cranberries or raisins if using.

2 Divide the batter equally between 2 buttered 5 by 9 inch loaf pans. Bake for 1 hour (check for doneness at 50 minutes) or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

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!

A Few Reminders

1. Bring back your box each week to your pick up site. Everyone has been doing a good job but a reminder never hurts. Also, when you bring it back to your pick up site, please make sure it is broken down all the way and stack it as neatly as possible in whatever manner your site uses.
2. Let us know of any questions you have about the farm, CSA experience, agriculture in general, etc. so we can put it in the newsletter under Chris' Corner for everyone to see.
3. Give us any recipes that you have found to be a favorite so we can put them in the recipe section for a member favorite. If they are from Local Thyme, we cannot put them on here unfortunately.

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!