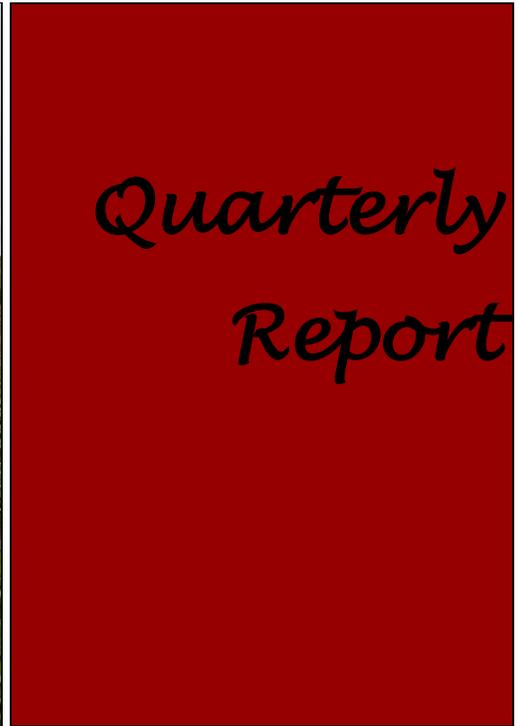




A family farm focused on providing organically grown produce to surrounding communities!



FULL AND HALF SHARE: WEEK 5 / GREENS SHARE: WEEK 1

A closer look on how the farm is doing!

Chris thought this would be a great week to do a quarterly report in order to update members about the farm. Recently, we have been asked by many family and friends how this drought and heat wave is affecting the farm. Our simple answer is usually just "Oh, it is not too bad but it is definitely a struggle." However, when we say that, we really mean "we are getting steamrolled, posterized, pulverized, lit up (you can probably guess that we played sports, hence the long line of sports analogies)" or whatever word you want to insert that means decimated. It's no surprise to everyone around the state, and even around the Midwest, that we are in a pretty harsh weather pattern that has been taking place this entire season. One of the greatest experiences of being a CSA member is being some part, big or small, of the dynamics of food, agriculture, and the farm. Unfortunately, some years those dynamics are harder to deal with than others. Because of this, we thought we would give everyone some information on how this weather pattern has been affecting the farm, the crew, and you, the members.

Weather affects by the numbers:

3/10 inch: At the farm, we have only recorded about 3/10 of an inch of rain. Fort Atkinson was cited as one of three cities to have recorded their lowest precipitation in history (<http://www.aos.wisc.edu/~sco/clim-watch/index.htm>).

800,000-1 Million: Estimated gallons of water pumped on average per week for irrigation. Let's just say our electricity bill is not pretty, hence the melted meter referred to in the last newsletter!

23: average number of hours the irrigation gun is running per day.

4: the number in straight days that we hit 100 degrees at the farm.

35%: estimated number of crops completely destroyed by the drought and heat wave.

85%: estimated number of crops adversely affected by weather conditions.

7: the number of times our lettuce mix crop has failed this season. **0:** number of times the lettuce crop as failed in the past.

6: The number of edible ears on our first two sweet corn plantings. **18,000:** estimated yield of edible ears of first two sweet corn plantings.

10: my anxiety level on a scale of 1 to 10.

Though we do not want to speak of just the dreary happenings (no pun intended) so far this season, with the weather being how it is, we wanted to report to members how the farm has fared this particular season so far. Although many of us might not think about it, the weird rollercoaster ride that is this season, really started back in winter. The winter around this part of Wisconsin was much more milder than usual with not much snow fall and not many harsh temperatures. Unfortunately, when there is a mild winter with little snow fall, the ground does not receive as much moisture and many pests and insects are not killed off that usually are by the harsher temperatures (those lucky little buggers).



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 one question each week!

Q: It sounds like you have a lot of pick up locations - how do you get the CSA boxes to all of them on time and then pick up the boxes?

A: Excellent question. This actually takes a lot of careful planning before the season begins. First, we try and solidify our pick up sites as early as possible. As soon as we know the pick up sites, I spend close to 100 hours carefully arranging a drop off schedule that works for both us and the members. Throughout the season, it usually stays the same but sometimes, like this past week, we change some things up for our delivery route so as to keep the veggies as cool and fresh as possible! The veggies are delivered via a 24 foot box truck and the boxes are picked up during deliveries each week.

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 early Tuesday.

Greens Share

- * Basil
- * Kale
- * Green Lettuce
- * Swiss Chard

Full and Half Shares

For this week, Tuesday and Thursday deliveries might get slightly different vegetables. The website will have the full list as soon as we know.

- * Basil
- * Beans
- * Cabbage
- * Purple Scallions
- * Red Romaine Lettuce
- Mini Head
- * Tomatoes
- * Zucchini

Veggie of the Week:

Cabbage



Cabbage; harvested and washed

The cabbage you will be receiving this week is actually “related” to some of the other veggies you have been eating. Cabbage is part of the Cruciferous vegetable family which also is home to kale, broccoli and other collards. It is actually one of the most plentiful vegetables around the world and is available all 12 months of the year. This is because cabbage is one of the most sturdy and least expensive vegetables on the planet. Let’s just say cabbage is a staple in many peoples’ diets around the world more than we might think.

How to store: Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate and use the remainder within a couple of days.

Preparation: Even though the inside of cabbage is usually clean since the outer leaves protect it, you still may want to clean it. Remove the thick fibrous outer leaves and cut the cabbage into pieces and then wash under running water. If you notice any signs of worms or insects, which sometimes appears in cabbage, soak the head in salt water or vinegar water for 15-20 minutes first. To preserve its vitamin C content, cut and wash the cabbage right before cooking or eating it. Since phytonutrients in the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife to cut.

Health Benefits: Along with containing an abundance of vitamins and minerals, cabbage is maybe most well know for its benefits in cancer prevention and even treatment. This is because it contains 3 types of nutrient richness: antioxidant richness, anti-inflammatory richness, and richness in glucosinolates.

Look on Page 3 for recipes!

Recipes

Chinese Chicken Cabbage Salad

Recipe courtesy of whfoods.com

Prep & Cook Time: 10 Min

Yield: --

Ingredients

- 4 cups cabbage, sliced thin
- 1 TBS extra virgin olive oil
- 1 TBS rice vinegar
- 1 tsp soy sauce
- 1 TBS minced ginger
- 1 medium clove garlic, pressed
- 2 TBS chopped cilantro
- 4 oz cooked chicken breast, shredded or cut into 1" cubes

Directions

1. Toss all ingredients together and enjoy!

MEMBER FAVORITE!!!

Zucchini Chocolate Cake

Recipe courtesy of a very generous CSA member!

Prep Time: 10+ Min Cook Time: 40 Min+ Yield: 1 cake

Ingredients

- ½ c. milk
- ½ t. lemon juice
- ½ c. butter
- ½ c. oil
- 1 ¾ c. sugar
- 1 t. vanilla
- 2 ½ c. flour
- 4 T. cocoa
- ½ t. baking powder
- ½ t. salt
- ½ t. cinnamon
- 1 t. baking soda
- 2 c. grated zucchini

Directions

1 Preheat oven to 325 degrees. Grease 9x13 pan. Mix together the ingredients.

2 Combine the following and sprinkle on top before baking:

- ½ c. choc chips
- 1/3 c. sugar

3 Bake for 40 minutes.

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!

Zucchini Pie

Here is a recipe from one of our generous members who loves it because it brings her back to her childhood summers so enjoy!

Cook & stir 4 cups of thinly sliced zucchini & 1 cup of chopped onion in ¼-½ cup butter for 10 min. Stir in ½ cup chopped parsley or 2 T parsley flakes, ½ tsp salt, ½ tsp pepper, ¼ tsp garlic powder, ¼ tsp basil, & ¼ tsp oregano. Combine 2 beaten eggs and 2 cups shredded mozzarella cheese. Stir in zucchini mixture.

Place crescent rolls in 10 in pie pan, press over bottom and sides to form crust. Pour veg. mixture into crust. Cover edges of crust. Bake for 20-30 min. or until center is set in 375 oven. You can take foil off edges for last 10min or so.

Continued from page 1:

Despite the milder winter, spring rolled around and we, like most vegetable farms around the state, were extra excited. It was a moist and mild weathered spring, perfect for getting vegetables in the ground and seeds to germinate. Let's just say we were pretty excited around here and there were many smiles on our faces! However, those smiles quickly faded as the rains started drying up and the often watched weather channel was not telling us what we wanted to hear, but instead was predicting high temperatures and very low precipitation. This is when we started to notice we were no longer on top of the mountain but closer to the bottom with no easy way back. The pump and the irrigation gun began to work overtime and still are. As the soil dries up, the vegetables need a longer, more intense watering to really revitalize them, otherwise the water is almost completely evaporated before it can be used. Dry soil also makes it much more difficult to plant more vegetables and weed the ones already growing. As this weather has dragged on, guess who decided to join the party again? Those pesky little pests! However, this time they are thriving with this heat and don't mind eating some helpless, vulnerable vegetables. As you have noticed and will notice, the perfect storm of elements have and will continue to affect the volume and diversity of your share. This weather has been very difficult to say the least, but our established infrastructure has thankfully allowed us to keep some things away from the color brown.

Unfortunately, we cannot undo what has been done or regain what has been lost but in spite of this weather causing a sort of snowball effect around the farm, we are still very blessed to report many positives. After taking a look around, the tomato and pepper crop in the high tunnels are looking good and healthy (those drip irrigation lines mentioned in newsletter 3 are very handy right now). Our outdoor onion crop is also looking very large and plentiful thanks to the hard work of tilling and weeding done by the crew in the past few weeks. Also, as we pray and patiently wait for rain, the crew is pushing the petal to the metal and planting as many seeds for the greenhouse as possible in hopes, with the help of some better weather, that a plentiful fall harvest will be produced. We can promise you though that the crew here is doing everything it can, whether it's getting up four times a night to water, re-seeding poorly germinated crops time and again, and planting three times the traditional crop in the greenhouse for the fall harvest.

Talk to you later!

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!