

Wholesome Harvest CSA



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

Harvesting Your Veggies

FULL & HALF SHARE: WEEK 6 / GREEN SHARE: WEEK 2

Part 1 of a 4 part series that will explain how we get the veggies to you!

Before we get into the process of harvesting your veggies, we just wanted to say a quick, yet very sincere, THANK YOU!!!! We have had many comments through email, phone, and face-to-face that were not only positive but were uplifting and understanding. You may not think about it as you send it but when we get positive feedback, it makes our day and we are truly grateful!!

Many times we forget that there is a process that takes place to get your veggies to your hands so we wanted to break down the steps that we take as a farm to get your veggies to you. If we really wanted to get technical, the first step of this whole process would be planting the seeds but since that is the longest and most unique step, we will leave that one out (and probably come back to it later in the season). As this is the case, we are actually going to consider harvesting as the first step.

Each week, Chris spends countless hours and takes many trips up and down the rows of vegetables to decide which ones are ready for harvest that week. As you may have noticed, this is not a very easy and predictable venture and many times results in last minute harvests as veggies can grow a lot in a short period of time, plus weather has a huge effect.

Once Chris declares which veggies will be ready for the week, Monday and Wednesday are the big harvest days. Some vegetables can be harvested earlier and stay fresh stored but most of the time, we pick them the day before so they are the freshest possible. On Mondays and Wednesdays, half of the crew grabs some crates (see picture to the right). You will see these all over the farm as they are what we transport the veggies in. The harvesting crew then begins harvesting the mature veggies and places them in the crates for transport. Most of the time, the Kaboda is used for transporting the full crates back to the packing shed. The picture below shows two crew members harvesting and filling the Kaboda with full crates.



Harvesting can be a tiring, hot, and itchy job but is also very rewarding when we get to see the fruition of all the planting, watering, and weeding that had to be done before we could harvest the wonderful produce. Keep praying for rain (we did get 3/10 of an inch this weekend but it was more of a tease!) and a little cooler weather.

Next week's: washing.



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: Just curious if you guys were selling at the farmer's market? With such a shortage I would assume all is going to the shareholders?

A: We actually do sell at the Janesville Farmer's Market! We were there almost every week in the spring but with this weather, you are right, we do not have too much extra and cannot go every week. We usually go with the crops that can and have to be harvested bi- and tri-weekly, like zucchini, because we do not want them to go to waste.

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 Tuesday at noon.

Greens Share

- * Kale
- * Lettuce Mix
- * Green Leaf Lettuce
(variety 1)
- * Green Leaf Lettuce
(variety 2)

Full and Half Share

When you see OR, that means you will either get the first item OR the second item in your box this week!

- * Fennel
- * Green Cabbage
- * Green Leaf Lettuce (variety 1)
- * Green Leaf Lettuce (variety 2)
- * Cucumber OR Zucchini
- * Scallions
- * Tomatoes OR Cherry
Tomatoes

Veggie of the Week:

Fennel



Fennel

Fennel is a probably close to a perfect example of one of those veggies you get in your CSA box that awakens your taste buds to something completely different and new. Fennel is actually much more popular in European nations like France and Italy than here in the United States. Over here it is probably best known for its smell, which is very similar to that of black licorice or anise.

How to store: It is best to store your fennel in the crisper section of your refrigerator where it can stay fresh for about 4 days. However, like most fresh produce, the sooner you eat it the better as the flavor gradually is lost as it sits around.

Preparation: The bulb of the fennel plant is probably the most edible but all three parts are actually edible: bulb, stalks, and leaves. If you are cutting up the bulb, it might be beneficial to remove the harder center part before cutting or dicing. While the bulb will be used the most, the stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning.

Health Benefits: While most vegetables have strong anti-oxidant and anti-inflammation properties, many also have strong phytonutrients that protect against cancer. Fennel is no exception. It has one particularly strong phytonutrient that is known to deter the occurrence of cancer. Fennel is also a great source of Vitamin C and fiber, two crucial health benefits.

Look on Page 3 for recipes!

Recipes

15-Minute Braised Fennel Salmon

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 15 Min Yield: 4 Servings

Ingredients

1-1/2 lbs salmon fillet, cut into 8 pieces, skin and bones removed
1 TBS + 1/4 cup chicken or vegetable broth
1 large fennel bulb sliced thin, save 1 TBS chopped green tops to use for garnish
2 TBS fresh squeezed lemon juice
salt and white pepper to taste

Directions

1. Season salmon with a little salt and white pepper. Set aside.
2. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté fennel bulb in broth over medium heat for 1 minute stirring constantly.
3. Add 1/2 cup broth, lemon juice, pinch salt and pepper, and place salmon on top.
4. Reduce heat to low and cover. Cook for about 5 minutes. Do not overcook fennel, or it will lose its flavor. Sprinkle with chopped green fennel tops. Adjust seasoning to taste and serve.

Fennel Green Beans

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 12 Min Yield: 2

Ingredients

3 cups thin green beans
1/2 cup sliced fennel bulb
1/2 medium onion, sliced
1 fresh tomato, seeds and excess pulp removed, chopped
2 TBS fresh lemon juice
1 TBS extra virgin olive oil
salt and cracked black pepper to taste

Directions

1. Slice onion and let sit for 5-10 minutes to bring out its health-promoting properties.
2. Bring water to a boil in a steamer with a tight fitting lid.
3. Cut ends off beans and cut into 1-2 inch pieces. Slice fennel and onion.
4. Steam beans and onion together for about 3 minutes, and add fennel. Steam for another 2 minutes. Drain well and pat with paper towel so any excess water does not dilute taste.
5. Toss with rest of ingredients.

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 though might not use many of the box vegetables this week, sounds delicious and creative!

"I think the key to this zucchini pizza boat, without missing the taste of the crust is to be generous with your favorite ingredients...mine are pepperoni, sausage and sauce! and of course cheese ---i do live in Wisconsin!"

Zucchini Pizza

Zucchini (as many as you have people to feed)
 Fresh Basil or Purple Basil
 1 bunch - Green Onions
 1 small green pepper
 1 pkg. of thinly sliced pepperoni
 1 pkg. of mild pizza sausage-cooked
 1 pkg. of spicy pizza sausage-cooked
 Mozzarella Cheese -shredded
 Cheddar - Jack mixed cheese - shredded
 1/2 t. each of: dried basil, oregano, salt and pepper
 2 cans of tomato paste
 1/4 C. coconut oil -melted (not the kind that smells like coconuts though!)
 1-2 T. Fresh garlic minced
 1/2 C. of Water (maybe more)

Directions:

First Step...

1. preheat oven to 350 F (line your pan with tin-foil...makes for easy clean-up)
2. Slice zucchini lengthwise, in half or into three pieces, depending on size of zucchini.
3. Scoop out the seeds (except for the middle piece if you cut your zucchini in three)
4. Brush each Zucchini with Coconut Oil
5. Add fresh garlic to each Zucchini
6. Bake for 20 minutes

Second Step...

7. While the Zucchini is cooking, cook up the sausage together, mixing the spicy and mild flavors
8. Heat the tomato paste and water. Mix in the dried basil, oregano, salt and pepper. you want this thick, but not too thick... add more water if needed (thicker than normal pizza sauce)
9. Chop the green pepper, green onions, purple basil and any other prep work

Third Step...

10. Once zucchini is done, take out of the oven and increase the oven temperature to 400 F.
11. Place ingredients on... this is the way i do it but feel free to mix it up... I first smear on tomato paste, than i lightly sprinkle mozzarella cheese, place as many pepperonis that will fit (definitely overlapping the pepperonis!) Place sausage on top of the pepperoni, sprinkle with a little bit of green peppers and than smother with the cheddar/jack shredded cheese mix
12. Place back in the 400F oven, for 5-10 minutes. Until cheese just starts to brown/bubble

Fourth Step...

13. Once Zucchini is out of the oven, sprinkle with Purple Basil and Green Onions

Final Step...

Enjoy!!

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