

Wholesome Harvest CSA



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

Packing
Your
Veggies

FULL & HALF SHARE: WEEK 8 / GREEN SHARE: WEEK 4

Part 3 of a 4 part series that will explain how we get the veggies to you!

So far we have explained a little about how we get the veggies that are ready to be eaten harvested and washed. These are by far the most time and crew consuming tasks that involve getting the veggies to you. However, the next two might be the most basic, yet the most fun.

Packing days for us are the same as delivery days: Tuesdays and Thursdays. These days usually start around 6:30-7:00AM. We begin by emptying the cooler of the fresh veggies we had harvested the days before (unless we have to pick one more veggie that same morning, then it starts at 5:30 or 6:00AM).

Now, we don't get all the veggies out at once; we get a few crates of each so the rest can stay in there and cool. As you can see in the picture, the crates full of the veggies needed to be packed are in the front, where the crates that are empty begin to be stacked behind the full ones (hence, the large stacks of crates). The different veggies are also set up in an order that allows us to pack easily and keep the veggies prone to damage on top as much as possible.



After the veggies are ordered and ready to go, the first person in line begins putting the boxes on the roller line (as you can see in the picture). We begin by packing the site that will be dropped off last so that our delivery driver is all set up to go and the truck is packed according to delivery schedule. The boxes we use are built up the day before by a couple of the crew (you can see the tall stack of boxes in the uppermost right hand corner of the picture). As we go through packing and we get done with one site's half shares, we grab some full share boxes and fill that particular site's full share needs also. This allows a smooth and quick transition from packing to efficient delivery.

Packing is fun for us because it means we get to see all of our hard work pay off. We see all the veggies we planted, harvested, and washed go to you, the members. Packing is also a very serious time for us as we want to make sure to not miss anything and pack the boxes as equal as possible.

Next week's: Delivering.



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: How do you pick what varieties of veggies you pick?

A: This is actually a really great question. Unfortunately, it has a more detailed and long answer than I can describe here so my best answer right now is wait for more later! 😊

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

- * Beet Greens
- * Kale
- * TBD

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!

- * Bell Pepper
- * Cantaloupe
- * Green Top Carrots
- * Red Beets
- * Red Cabbage
- * Tomatoes
- * Yellow Beans
- * Yellow Onion

Veggie of the Week:

Carrots



Green Top Carrots

Carrots, like onions, are no mystery to the people of the United States and actually to most people throughout the world. Though carrots can be found throughout the year at most grocery stores, summer and fall are perfect times for ripe, fresh carrots. **How to store:** Both the carrot itself and the green tops can be eaten and stored. It is best to detach the two from each other as the tops will suck moisture away from the carrot. Carrots and the tops are both best preserved in the refrigerator wrapped in paper towel and in a sealed bag. The carrot itself should last about 2 or more weeks (unless frozen) while the green tops wilt much faster and must be used as soon as possible. **Preparation:** Though organically grown carrots do not have to be peeled, it does not hurt to peel them. Washing is always good and should be done before enjoying the carrots. There are also many ways to prepare the carrots depending on the recipe. **Health Benefits:** Carrots are probably most well known for their beta-carotene abundance which is a very beneficial nutrient but it is also full of many other nutrients that help the cardiovascular system, the eyes, and to fight off the development of cancerous cells.

Sources: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=21>

Look on Page 3 for recipes!

Recipes

Carrots with Honey Mustard Sauce

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 5 Min Yield: 2 Servings

Ingredients

- 1 lb carrots
- 1 tsp Dijon mustard
- 2 tsp honey
- 2 TBS extra virgin olive oil

Directions

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut carrots into 1/4-inch slices.
3. Steam carrots for 5 minutes.
4. Combine mustard, honey, and olive oil.
5. Remove carrots from heat and toss with honey mustard mixture.

Minted Carrots with Pumpkin Seeds

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 15 Min Yield: 6 Servings

Ingredients

- 6 medium-sized carrots peeled and cut in turned pieces
- 1/2 TBS fresh chopped parsley
- 1 TBS fresh chopped mint
- 1 TBS coarsely chopped pumpkin seeds
- 2 TBS lemon juice
- extra virgin olive oil to taste
- salt and cracked black pepper to taste

Directions

1. Bring lightly salted water to a boil in steamer with a tight fitting lid.
2. Steam carrots in basket until al dente (slightly crunchy inside).
3. Chop rest of ingredients and toss with carrots when done.

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!

Don't forget to email any
of your favorite recipes!!