

Wholesome Harvest CSA



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

Delivering
Your
Veggies

FULL & HALF SHARE: WEEK 9 / GREEN SHARE: WEEK 5

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

We have spent the past three weeks explaining how the veggies travel around the farm so that they get to your box. We started with harvesting the veggies which is a time consuming and laborious part of the whole cycle. Then we moved on to washing which all happens in the packing shed and is similar to harvesting in that it is time consuming and more laborious. The third step of the cycle, Packing, is an interesting and fun part. It is also tedious as we try to pack the boxes in the best possible way.

After all of those steps, the boxes are now ready to be delivered to your pick up sites. The pick-up sites and delivery route are chosen with careful decision making and usually take hours upon hours during the off-season to determine. Once we have those determined though, we are off to the races come the season.

Delivery days are Tuesdays and Thursdays. Like I mentioned before, we pack the boxes in a specific order so as the deliveries can go smoothly and efficiently. The boxes go on to this half semi box truck. It is a blessing to have a truck this large that allows us to fit many boxes on it and save us trips and gas. The truck is used for deliveries to pick-up sites that are all in close proximity.

For the few pick up sites that are not located on the truck's delivery route, we are blessed to be able to use one or two of the family cars. We use either our little Jeep Liberty, which we call our "GO-Kart." We also use our family's "mommy van" to deliver the bigger loads because it can fit close to 75 boxes in it where the Jeep can only fit 25 or so. It is great we can use these vehicles as it allows us to keep the boxes in an air conditioned space after we take them out of the cooler.

Delivery is the "easy" part as we think of it but it is also very rewarding because it means we are delivering, excuse the cliché, the fruits of all our labor!!



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: Any update on having a pot luck at the farm again?

A: We are actually still in the process of deciding what we want to have as an activity this year. We are leaning towards a pot luck again but are not 100% positive on that. No matter what we do, it would be a little later in the season. That way it will be a little cooler hopefully!

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

- * Green Leaf Lettuce
- * Collards
- * Lettuce Mix

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!

- * Tomatoes
- * Yellow OR Green Beans
- * Lettuce Mix
- * Green Peppers
- * Banana Pepper
- * Purple Bell Pepper
- * Carrots
- * Red Onion
- * Chioggia Beets OR Eggplant OR Melon



Green Beans



Yellow Beans

Veggie of the Week:

Beans

Beans come in all shapes and sizes. There are kidney beans, garbanzo beans, snap beans, string beans, and many other ones less known. Beans are actually one of the most common vegetables around the world and is one of the most eaten in the United States.

How to store: Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days. Beans can also be frozen if desired.

Preparation: Just prior to using the green beans, wash them under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.

Health Benefits: Beans, like most vegetables are full of health benefits. Beans are most known for their antioxidant properties. They are full of antioxidants and other nutrients that specifically are helpful to the cardiovascular system and help with anti-inflammatory problems.

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

Sources: <http://whfoods.org/genpage.php?tname=foodspice&dbid=134#healthbenefits>

Recipes

Marinated Bean Salad

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 25 Min Yield: 4 Servings

Ingredients

2 TBS minced onion
 3 medium cloves garlic, pressed
 2 cups fresh green beans cut into 1-inch lengths
 2 cups or 1 15 oz can (BPA-free) lima beans, drained and rinsed
 2 cups or 1 15 oz can (BPA-free) kidney beans, drained and rinsed
 1 large ripe fresh tomato, chopped
 2 TBS chopped fresh basil (or 2 tsp dried basil)
 1 TBS chopped fresh oregano (or 1 tsp dried oregano)
 1 TBS chopped fresh parsley (or 1 tsp dried parsley)
 3 TBS fresh lemon juice
 2-3 TBS extra virgin olive oil
 salt and cracked black pepper to taste

Directions

1. Mince onion and press garlic and let sit for 5 minutes to bring out its health-promoting benefits.
2. Fill the bottom of a steamer with 2 inches of water.
3. While steam is building up in steamer cut green beans.
4. Steam for 5 minutes. A fork should pierce them easily when they are done.
5. Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water.
6. Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. Keep on hand for a quick meal.

5-Minute Green Beans

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 8 Min Yield: 2 Servings

Ingredients

1 lb green beans
 2 tsp fresh lemon juice
 2 medium cloves garlic, chopped
 3 TBS extra virgin olive oil
 sea salt and pepper to taste

Optional:

3 TBS goat cheese
 2 TBS sliced almonds
 4-5 drops soy sauce
 1 TBS sliced sun dried tomatoes
 2 TBS roasted red bell peppers
 1 TBS chopped basil

Directions

1. Chop garlic and let sit for at least 5 minutes to bring out its health promoting properties.
2. Fill the bottom of a steamer pot with 2 inches of water.
3. While steam is building up in steamer, cut ends off green beans.
4. Steam for 5 minutes. A fork should pierce through them easily when they are done.
5. Transfer to a bowl. For more flavor, toss green beans with the remaining ingredients while they are still hot.

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!

This might not be a member favorite but it is one of our new favorites! We were looking up recipes to use some of the green beans and found this one and loved it! It's called Kentucky Wonder Beans.

It is from allrecipes.com. It serves 4. It takes about 20 minutes for total cooking time!

Ingredients:

4 cups trimmed heirloom green beans (such as Kentucky Wonder Beans)
1 slice bacon
1 clove garlic, minced
1 teaspoon olive oil, or as needed
1/2 teaspoon sea salt
1 pinch coarsely ground black pepper to taste

Directions:

1. Pour about 1 inch of water into a saucepan; add green beans, bacon, garlic, olive oil, sea salt, and pepper. Bring the water to a boil, reduce heat to medium, and place a cover on the saucepan. Cook beans until tender, 7 to 10 minutes. We cooked our bacon first also.

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!