

Wholesome Harvest CSA



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

Halftime!

FULL & HALF SHARE: WEEK 10 / GREEN SHARE: WEEK 6

Week 10 marks the half-way point in the season!

We are at week 10 of the season which means we are half way through the 2012 CSA season! A lot has changed since the quarterly report 5 weeks ago and we want to tell you a little bit about it.

Things have definitely changed around here in recent weeks (for one, Chris isn't up all night trying to water) since we finally got our first substantial rainfall in the last three months. It is hard to express the struggles that go on internally during the course of a season such as this. All of us at the farm, and especially my family and I, care deeply about the commitment of providing you with the best box we can each week. The range of emotions this season has went from exuberance, to concern, to frustration, to sadness, and then back again. Humanly, you always feel like you are in control; we have tons of equipment, irrigation, and other gizmos and gadgets we use to grow the vegetables effectively and efficiently. The problem is: mother nature creeps up on you slowly but steadily until you reach the point of knowing you are not in control. We feel like Noah must have felt, watching the water recede and the Red Sea opening; finally taking a deep breath as we watch the water recede (even though we are actually finally watching it come)!!

With that being said, while the damage of the drought and heat cannot be reconciled within the course of this season, we are grateful that we have been able to continue on with providing fresh produce. While not up to our standards, we still feel very blessed. Things around here have been going at a feverish pace as the rains have given us added vigor. We have been planting flats to grow in the greenhouse, sowing seeds with the tractor, and transplanting youthful vegetables; plus continuing with the general harvesting, washing, packing, and delivering. The vegetables we have been planting include lettuce, carrots, beets, turnips, kohlrabi, cabbage, and many others.

As I am sure you have noticed, especially summer crops like peppers and tomatoes (and finally some beans), have been coming in full force and will hopefully continue. Though yields have been greatly reduced, we are still thankful to see some nice looking produce. As the season rolls into September, you should start to see some of your favorite fall crops such as potatoes, winter squash, and sweet potatoes. Even the grass is finally green enough around the farm so that we can start to plan our yearly potluck.



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!

Any questions for Farmer Chris, don't hesitate to ask!!

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

- 2-3 of the following:
- * Collards
 - * Greens Mix
 - * Kale
 - * Swiss Chard
 - * Head Lettuce

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
- * Green Beans
- * Lettuce Mix
- * Green Pepper
- * Jalapeno Pepper
- * Purple OR White Bell Pepper
- * Carrots
- * Yellow Onion
- * Cherry Tomatoes OR Eggplant
- * Greens Mix

Veggie of the Week:

Ovation Greens Mix



Greens Mix

Greens mix is a great way to enjoy many types of greens in one. The type of greens mix that will be in the box this week is called Ovation. Ovation greens mix is a great combination of both mild and spicy ingredients and includes Red Mustard, Mizuna, Tatsoi, Kale, and Arugula.

How to store: Lettuce or mixes of any kind should always be kept in a cool dry place in the refrigerator. The best place would be in your refrigerator's crisper if it has one. It is best stored in a plastic bag and almost dry.

Preparation: Prior to using any variety of lettuce, it is always best to WASH it! Any type of lettuce or mix, especially straight from the farm, will have more dirt residuals found on it. To avoid a more gritty taste on your lettuce, it is best to wash lettuce varieties and mixes at least twice, or more, before use. It is also recommended to use a salad spinner if possible so the leaves can become dry and not soggy.

Health Benefits: Lettuce by itself can be very nutritious if you take care and eat the right varieties but greens mixes like Ovation can be even more nutritious because of the variety of different greens. Greens mix has some of the well-known nutrients like Vitamin A and C but also lesser known nutrients like Folate.

Look on Page 3 for recipes!

Recipes

10-Minute Fruit & Cheese Salad

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 10 Min Yield: 2 Servings

Ingredients

1/4 cup green seedless grapes
 3 fresh apricots, cut into eighths
 3 dried figs, sliced medium thick
 1/2 lb mixed salad greens
 2 TBS fresh lemon juice
 salt and cracked black pepper to taste
 extra virgin olive oil to taste
 3 oz goat or gorgonzola cheese
 optional: 1/4 lb sliced, precooked turkey breast, cut into bite-size pieces

Directions

1. Toss all ingredients, except cheese, together. Top with goat or gorgonzola cheese.

Healthy Chef's Salad with Walnuts and French Dressing

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 10 Min Yield: 1 Serving

Ingredients

4 cups mixed salad greens
 4 oz sliced turkey breast
 4 oz low-fat cheddar cheese
 1/4 cup cucumbers, sliced
 1/4 cup fresh ripe tomato, diced
 1/4 cup celery, diced
 3 TBS walnuts, chopped
 1 TBS French Dressing
French Dressing Ingredients:
 1/2 cup extra virgin olive oil
 1 TBS onion, chopped fine
 4-1/2 tsp red wine vinegar
 2 tsp tomato paste
 1 tsp mustard powder
 2 TBS honey
 1 tsp paprika
 1/2 tsp celery seeds
 salt and pepper to taste

Directions

1. Place greens on a plate and top with the rest of ingredients.
2. Top with dressing.

French Dressing Directions:

3. In a blender, blend all ingredients, except olive oil and salt and pepper until smooth.
4. With blender running, slowly pour in the olive oil until emulsified.
5. Season to taste with salt and pepper.

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!

EASY Green Bean Ham Stew

Here is a recipe from a fellow member. It looks to be delicious, quick, easy, and uses many of the veggies in the box this week!

Ingredients:

- 1-26oz. can Cream of Chicken Soup (or 3 small cans)
- 2 C. Water - more or less to desired thickness
- 2 C. Green Beans - cut to 1" pieces
- 1 C. Cubed Ham
- 1 C. Celery - chopped
- 1 C. Carrots - sliced
- 1 C. Potatoes - cubed
- 1/4 C. Onion - diced
- 1/2 tsp. pepper

Directions:

Mix all ingredients in large soup pot. Bring to boil. Then lower heat and simmer until veggies are tender. Stir regularly. 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!