

Wholesome Harvest CSA



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

*A Week
In The
Life...*

FULL & HALF SHARE: WEEK 12 / GREEN SHARE: WEEK 8

...Of the Wholesome Harvest Crew

It's always fascinating to think about the phrase "walking in someone else's shoes"; to go where they go, do what they do, think about what they think about. It is one of those heart wrenching and mind boggling questions that make us really think. Well, we thought we would give our members a glimpse of what it would be like to "walk in someone else's shoes," specifically the shoes of the Wholesome Harvest crew.

The typical Wholesome Harvest work day starts around 7:00 AM. There are occasional days where we must start at 6:00AM because either we have to harvest something quickly before packing or because we know it will be a long day and we want to get a head start. Then there is Friday, where sometimes the start time moves back to 8:00AM to get a little extra rest. Friday is the usual maintenance day which includes weeding, occasional planting, possible harvesting, and just doing general maintenance around the farm (this is farmer Chris' day to put a dent in some of the bigger projects going on around the farm).

A typical week is split into two packing days and two harvesting days. These are the most work intensive days and all crew members are involved and stay busy. Mondays and Wednesdays are the big harvesting days. On these days there are typically 2-3 crew members harvesting the veggies that will appear in the box that week and another 2-3 washing and preparing the veggies that the harvesters bring in. Some veggies are simpler to get ready for packing but others are more time consuming. For example, it probably takes the harvesters an hour or two to pick up the carrots after Chris has dug them up but then it takes the washers another two to three hours to give them a rinse wash and pack them in the cooler. The crews just communicate with each other with where they are at which allows us to be efficient as possible. The harvesting crew is almost always done before the washing and preparing crew so they either help wash and prepare or move on to some general maintenance like weeding or planting.

Tuesdays and Thursdays are packing and delivery days. Usually all the crew members scheduled for that day are in the packing shed working on the assembly line and packing the boxes that need to be delivered that day. One or two members of the crew are sometimes working in the fields though either harvesting veggies for the next delivery day (if it is a Tuesday) or doing some general maintenance work. Once we are done packing (usually around 10AM but later on Thursdays), the crew splits and works on either different packing around the farm or general maintenance work (or more harvesting if it is Tuesday to get ready for Thursday).

It's not a detailed "walk in our shoes" but hopefully it gives you a little glimpse in the typical week of the Wholesome Harvest crew.



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: Tell us about the winter storage share?

A: We are still offering winter storage shares but we are about full, so sign up now if you are interested! The winter storage share typically includes two bulk deliveries of vegetables like beets, onions, potato varieties, squash varieties, turnips, radishes, carrots, and some other ones (like always, this list is dependent on weather and growth). It is a great share for members who like fall vegetables and/or like to can or freeze some veggies!

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
 - * Arugula
 - * Lettuce Mix
 - * Kale

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
- * Beets
- * Lettuce Mix
- * Yellow OR Orange Bell Pepper
- * Jalapeno Pepper
- * White Onion
- * Carrots
- * Green Cabbage
- * Collard Greens (possibility)
- * Greens Mix (possibility)

Veggie of the Week:

Jalapeno Pepper



Jalapeno Pepper

Jalapeno peppers are one of those veggies that using gloves while picking them or preparing them does not sound weird. Jalapeno peppers contain a chemical called Capsaicin, which is the chemical that makes them hot, hot, hot! Even touching the skin of a Jalapeno and then rubbing your eye could cause unwanted pain. A high pain tolerance and a slight love for the spicier things in life help when eating Jalapenos.

How to store: Jalapenos can be frozen, dried, pickled, roasted, or canned. If you wish to use them right away, the best option would be to put them in the cooler part of the fridge and use them as soon as possible.

Preparation: Jalapenos, like all veggies, should be washed before you eat them. Once washed, it is recommended to put on gloves if dicing or cutting them up. Any contact with the Jalapeno can cause pain if you touch some sensitive area like the eyes or ears with your hands.

Health Benefits: It may be surprising but Jalapeno Peppers are some of the most nutritious vegetables you could eat. Jalapenos contain not only Capsaicin but also other chemicals and nutrients that help prevent headaches and sinusitis plus fight and prevent cancer and inflammation. A powerful punch in one small Jalapeno!

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

Recipes

Veronica's Hot Spinach, Artichoke and Chile Dip

Recipe courtesy of www.allrecipes.com

Prep & Cook Time: 40 Min Yield: 10 Servings

Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup mayonnaise
- 1 (4.5 ounce) can chopped green chiles, drained
- 1 cup freshly grated Parmesan cheese
- 1 (12 ounce) jar marinated artichoke hearts, drained and chopped
- 1/4 cup canned chopped jalapeno peppers, drained
- 1 (10 ounce) box frozen chopped spinach, thawed and drained

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix together the cream cheese and mayonnaise in a bowl until smooth. Stir in the green chiles, Parmesan cheese, artichokes, peppers, and spinach. Spoon the mixture into a baking dish.
3. Bake in preheated oven until slightly browned, about 30 minutes.

Quesadilla Jalapeno Spread

Recipe courtesy of www.allrecipes.com

Prep & Cook Time: 15 Min Yield: 6 Serving

Ingredients

- 1/4 cup mayonnaise
- 2 teaspoons diced canned jalapeno peppers
- 2 teaspoons juice from canned jalapeno peppers
- 1/2 teaspoon ground cumin
- 3/4 teaspoon sugar
- 1/2 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon garlic powder
- dash salt

Directions

1. In a blender or food processor, mix together the mayonnaise, diced jalapenos, jalapeno juice, cumin, sugar, paprika, cayenne pepper, and garlic powder. Blend until smooth and jalapeno is completely pureed, about 1 minute. Season to taste with salt, as needed.

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!

Colorful Salad

A member tried this recipe last week to use the peppers and tomatoes in last week's box and enjoyed it!

Ingredients:

- 1 - 2 bunches of cilantro
- 1 large tomato or 1 box of Wholesome Harvest cherry tomatoes
- 1 cucumber
- 1 can black olives
- 1 can garbanzo beans
- 1 pkg feta cheese
- 1/4 cup nuts (sunflower, almonds, pecans)
- 1 bunch green onions
- 1 apple
- 1 pear
- 3 peppers, each a different color

Directions:

Cut and chop cilantro, veggies and fruit. Place in large bowl and add canned ingredients and feta. Whisk salad dressing together and pour over salad. Mix well.

Salad Dressing:

- 1/4 cup lemon juice
- 2 T olive or grape seed oil
- A pinch of salt
- 1/4 to 1/2 tsp pepper
- 1 clove minced garlic

IMPORTANT INFO

Emails:

We wanted to give everyone a heads up that Lindsay (who handles most of the communication) will be going on vacation from August 29th till September 10th (this Wednesday till the following Monday). Emails will rarely be looked at and most likely not answered. If there is any immediate question or concern over that time period, the best option would be to call Chris at 920-675-6113. He will try to help you as soon as possible but he is outside most of the day and cannot always get to his phone.

POTLUCK:

Put it on your calendars! We are shooting for Saturday, September 15th for our seasonal pot luck at the farm! More information will become available as we get closer.

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!