

Wholesome Harvest CSA



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

Projects
Around the
Farm

FULL & HALF SHARE: WEEK 14 / GREEN SHARE: WEEK 10

We've got two big projects going on around the farm.

As fall rolls around, we are currently in the middle of two large improvement projects around the farm. We want to tell you a little bit about them.

It might seem sort of weird that we are undertaking two larger projects around the farm at this point in the season but this is actually a very good time to be starting. At this point in the season, there is a lot less planting that we do; plus other general maintenance decreases slightly as the field is not as full as when we are beginning the season. There is not that much difference but enough to allow us to start some projects.



The first project that is being undertaken is putting solar panels on the roof of the packing shed. This project idea got its roots during "one of those weeks." If you remember, one of the first newsletters explained some situations that happened to start piling up on us that made it just "one of those weeks" on the farm. One of those situations was the melting of some electrical wires because there was not a sufficient amount of power in the electrical set up we had at the time. This caused some major problems like the cooler going out and the water shutting off. After that happened and countless higher energy bills, Chris decided to start looking into a cheaper and more sustainable energy source and saw that solar panels were a great option.

As of about two weeks ago, we have had electricians and other workers around the farm and up on the roof (as seen in the picture above). They have been installing new electrical boxes, connecting electrical wires and are now getting around to installing the solar panels on the shed roof. We are hoping to have it done in a week or so. This is an exciting and needed project for us because it is a more sustainable energy source that will lower our electrical bills in the long run.

The second project is the building of another greenhouse. Greenhouses are very useful agricultural tools as they allow farmers to have a controlled growing environment. We have had some great success with tomatoes and other vegetables that have been grown in the greenhouses so the idea to expand that operation was pretty straightforward.

This project is just getting underway as we are still working in the first stage. This includes Chris and some other crew members clearing the land plot on which the greenhouse will sit and then leveling the ground so that we can move to the next step which involves digging holes for the posts.



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: Do you have animals on your farm? If not, have you ever considered getting some and adding an egg or honey share, etc.?

A: At this time, we actually don't have any farm animals per say but we do have some family dogs. In the past, we had a few chickens with the hope to hatch more ourselves and offer an egg share but unfortunately it didn't work out at the time. It is definitely not out of the question for the future though!

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:

- * Greens Mix
- * Lettuce Mix
- * Curly 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
- * Cherry Tomatoes
- * Orange OR Green Bell Pepper
- * Yellow Bell Pepper
- * Cucumber
- * Greens Mix
- * Lettuce Mix
- * Kohlrabi
- * Spaghetti Squash
- * Small Sun Jewel Melon
- * New Red Potatoes (possibility)



Red Cherry Tomatoes



Yellow Cherry Tomatoes

Veggie of the Week:

Cherry Tomatoes

Bell peppers are another staple in households, not only in the United States, but all over the world. Bell peppers can be used in all sorts of dishes, ranging from salads to stir-fry to salsa. Though we associate peppers with "hotness," bell peppers actually do not contain much of the nutrient that causes it and, hence, are not very hot compared to their cousins like the Jalapeno pepper.

How to store: Unripe cherry tomatoes (not to their full vibrant color yet) can be stored at room temperature out of the sunlight for 3-4 days or until ripe. Ripe cherry tomatoes should be used within a day or two and should be stored in a dry place at room temperature. Only fully ripened cherry tomatoes can be stored in the refrigerator but it will affect their flavor.

Preparation: As is a good practice with all fresh vegetables, a quick rinse under the water would be good before preparing your cherry tomatoes. After washing them, they can be eaten whole or cut up to put in salads, cooked with a stir fry, or many other countless cooking techniques.

Health Benefits: Cherry tomatoes are a healthy snack or part of a bigger dish that is low in sodium, saturated fat, and cholesterol. Cherry tomatoes are also a great source of several vitamins and minerals including Vitamin E, B6, A, C, and K plus Potassium, Thiamin and Copper.

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

Recipes

Slow-Roasted Cherry Tomatoes: A Simple Summer Appetizer

Recipe courtesy of <http://www.simplebites.net>

Ingredients

Cherry Tomatoes
Pinch of Salt and Pepper
Drizzle of olive oil
Fresh herb like cilantro, parsley, basil, etc.

Directions

Slice cherry tomatoes in half, drizzle with olive oil, season with coarse salt and fresh ground pepper, and top with a fresh herb. Then leave them in a slow oven for many hours, during which time they partially dry out, but not nearly so much as a sun-dried tomato.

PASTA WITH ROASTED CHERRY TOMATOES

Recipe courtesy of www.cooks.com

Prep & Cook Time: 2+ hours

Yield: --

Ingredients

pasta
cherry tomatoes
olive oil
garlic
basil
parsley

Directions

1. Halve cherry tomatoes, enough to cover the bottom of a large roasting pan. Toss tomato halves and several cloves of unpeeled garlic (at least 6) with enough olive oil to make tomatoes glisten.
2. Place tomatoes, cut side up, and garlic into large roasting pan and bake in slow oven, 250°F, for about 2 hours. Tomatoes should be caving in, but not completely mushy. Amount of time doesn't matter too much as long as they have dried out enough to concentrate the tomato flavor.
3. When tomatoes are done, set aside and put 1 pound spaghetti on to boil. Angel hair is good, but any pasta would work.
4. Heat a good amount of olive oil in skillet, enough to coat pasta when it's done, about one half cup. Sauté a few more freshly chopped cloves of garlic and then add the roasted garlic (peeled and mashed). Don't let garlic burn.
5. When pasta is ready, remove a cup of pasta water from pot. Drain pasta well. Throw the pasta into the hot oil and toss. If it sticks together, add pasta water (about 1/2 cup, if needed), enough so the pasta separates.
6. At this point, add a handful of chopped basil, some chopped parsley, and some grated Parmesan cheese and toss well. Gently fold the tomatoes and any drippings from the pan into the pasta.
7. Sorry that amounts aren't precise. I think this recipe is so simple that you should add ingredients in amounts to suit your taste. I have tried adding cubed mozzarella, which didn't add to the dish at all. I think Kalamata olives would be good in this, also.

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!

EGGPLANT-ALMOND ENCHILADAS

Though it doesn't use many of the veggies in your box this week, a great tasting recipe to try out from a fellow member!

Ingredients:

1 tablespoon olive oil
 1 cup minced onion
 6 cups diced eggplant
 1 teaspoon salt (possibly more, to taste)
 Black pepper to taste
 2 tablespoons minced garlic
 1 medium-sized bell pepper (any color), minced
 1 cup minced almonds, lightly toasted
 1 packed cup grated jack cheese
 12 corn tortillas
 Mexican Red Sauce ([recipe follows](#))

Directions:

1. Heat the olive oil in a deep skillet or Dutch oven. Add onion, and sauté for about 5 minutes over medium heat.
2. Add eggplant, salt, and pepper, and mix well. Cover and cook for about 10 minutes over medium heat, stirring occasionally, until the eggplant is soft.
3. Add garlic and bell pepper. Stir and cook 5 minutes longer, or until the pepper is tender. Taste to correct salt.
4. Remove from heat; stir in almonds and cheese.
5. Preheat oven to 350°F. Moisten each tortilla briefly in water then place approximately 1/4 cup filling on one side and roll up. Gently place the filled enchiladas in a baking pan, and pour a full recipe of Mexican Red Sauce over the top. Bake uncovered for about 30 minutes, or until heated through. Serve hot, with beans, rice, and green salad.

Mexican Red Sauce

1 to 2 tablespoons olive oil
 1 cup minced onion
 1 Anaheim or poblano chili, minced
 1/2 teaspoon salt (possibly more, to taste)
 2 teaspoons ground cumin
 1 tablespoon chili powder
 3 tablespoons minced garlic
 3 cups chopped tomatoes (canned OK)
 1 cup water or tomato juice
 Black pepper and cayenne to taste (optional)

1. Heat the olive oil in a medium-sized saucepan. Add the onion, chili, and salt, and sauté over medium heat for 5 minutes, or until the onion becomes transparent. Add cumin, chili powder and half the garlic, and sauté for about 3 minutes longer.
2. Add the tomatoes and water or juice. Bring to a boil, partially cover, and turn the heat down as low as possible. Simmer for 30 minutes, adding the remaining garlic, and optional black pepper and cayenne to taste during the last 5 minutes or so.

NOTE: You can leave the sauce in chunky form, or smooth it out by puréeing it in a blender. (I like to use a hand-held immersion blender for this. Be careful not to splash!)

POT LUCK

When: Saturday, September 15th

Where: W818o County Road C, Fort Atkinson, WI 53538

What to Bring: Dish to pass, chairs for you to sit on, your own drinks

Check out the email that was sent out on Sunday, September 9th!!!

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!