

Wholesome Harvest CSA



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

Wholesome Harvest Pot Luck

FULL & HALF SHARE: WEEK 15 / GREEN SHARE: WEEK 11

A recap of the Wholesome Harvest pot luck.

With all of us here at the farm only a few days removed from the pot luck, we thought it would be a nice idea to talk a little bit about what we did and recap a little for all members.

This annual pot luck is planned so that you, the members, have the opportunity to see the farm you are supporting and meet some fellow members (not to mention eat some amazing, delicious food). We hope those who came enjoyed it and learned a little more about the farm.

We don't know about you but I bet most of our "younger" members would vote for the hay fort as the highlight of the pot luck!! The picture below shows some of those enthusiastic younger members enjoying themselves on top of, in, and jumping off of the hay fort. It was fun to design and we know it was fully enjoyed and used!

Another aspect of the pot luck was a tour of the farm where members had a chance to ask questions. Chris showed the members the different areas of the farm, including the area where the new greenhouse is being built and the packing shed.

The final part of the pot luck was dinner!!! There were some very tasty dishes brought and there was plenty of food for everyone. We announced a winner for the recipe contest (recipe will be on page 3) but all the recipes entered, and those not entered, were delicious. Don't be afraid to send some of those in :D!! As people were eating and mingling, they were able to listen to some music from a current member. A special thanks to Joe Leonard and his band who gave us their time and talents to lighten the mood and bring some pizzazz to the pot luck.

We want to thank all those members who participated and hope you enjoyed the pot luck. We hope to continue this pot luck in years to come and hope to see some of you next year.



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 control weeds in your vegetable beds? Are you out weeding every day, do you use mulch and if so what's been most effective?

A: This is a good question because weeds are not as easy to control when farming with organic practices. We use about 10 different tools of machinery to try to control most of them. Mulch and plastic is another technique we use often. However, no matter how many other tools and techniques we use, the crew still spends some of the work week out in the field weeding.

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:

- * Arugula
- * 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
- * Yellow Bell Pepper
- * Arugula
- * Lettuce Mix
- * Butternut Squash
- * Turnips
- * Bok Choy
- * New Red Potatoes

Veggie of the Week:

Bok Choy



Bok Choy

Bok Choy's origins come from the Chinese food palate. You will most likely encounter some variety (there are lots) while eating a Chinese dish. Bok Choy is unfortunately not a very well-known vegetable in many parts of the United States. However, it is a very popular vegetable once consumed because of its light, sweet flavor which is mixed with a crisp texture. Bok Choy is most similar to cabbage in looks and texture.

How to store: Bok Choy can keep for a couple days after harvest. It is best stored in a plastic bag and then put in the crisper section of your refrigerator.

Preparation: It is best to chop the bottom, hard root section, of the Bok hoy before washing under cool water. Then chop or prepare in whatever manner suites the recipe.

Health Benefits: Bok Choy is loaded with nutrients but is most well-known for its Vitamin A and C content plus its calcium load. What makes it even better is the low calorie aspect of its nutrition value.

Sources: http://www.sparkpeople.com/resource/perfect_prod_detail.asp?ppid=15

Look on Page 3 for recipes!

Recipes

Bacon-y Bok Choy

A member favorite.

Recipe courtesy of www.allrecipes.com

Prep & Cook Time: 15 Min.

Yield: 4 servings

Ingredients

4 slices bacon, chopped
2 pounds baby bok choy
1 teaspoon olive oil
1/2 small red onion, chopped
1 teaspoon red pepper flakes
1 teaspoon minced garlic
salt to taste

Directions

1. Fry bacon in a large skillet over medium heat until crispy. Remove bacon and drain the fat, reserving one tablespoon of the grease in the skillet. Add the olive oil, onion, red pepper flakes and garlic. Cook and stir over medium heat until the onions are starting to be tender.
2. Add the bok choy, and place a lid on the pan. Let cook for 3 to 5 minutes. Remove the lid; cook and stir until the bok choy is tender but still crunchy, about 2 minutes. Stir in the bacon, and season with salt. Serve piping hot!

Chicken Stir-fry With Bok Choy and Garlic Sauce

Recipe courtesy of

<http://chinesefood.about.com/od/poultryrecad/r/bokchoyicken.htm>

Prep & Cook Time: 15 Min

Yield: 4 servings

Ingredients

- 3 medium chicken breasts, boneless and skinless
- 3 large bok choy stalks with leaves

Marinade:

- 1 TB Chinese rice wine or dry sherry
- 1 green onion, diced
- 2 tsp cornstarch

Sauce:

- 1/4 cup low-sodium chicken broth
- 2 TB water
- 1 tsp white rice vinegar
- 1/2 tsp black rice vinegar
- 1 clove garlic, finely chopped
- 1/4 tsp salt

Other:

- 1 teaspoon cornstarch
- 4 teaspoons water
- 4 to 5 TB peanut or vegetable oil for stir-frying, as needed

Directions

Directions for Chicken in Garlic Sauce:

1. Cut the chicken into thin strips about 2-inches long. Add the rice wine or sherry, green onion and the cornstarch. Marinate the chicken in the refrigerator for 30 minutes.
2. While the chicken is marinating, prepare the bok choy and the sauce. Separate the bok choy leaves and stalks, and cut both cross-wise into thin strips.
3. Combine the sauce ingredients and set aside. Combine the cornstarch and water in a small bowl and set aside.
4. Heat the wok and add 2 tablespoons oil. When the oil is ready, add the chicken and stir-fry until it turns white and is nearly cooked. (Stir-fry in two batches if necessary). Drain the stir-fried chicken on paper towels.
5. Clean out the wok and add 2 to 3 tablespoons oil. When oil is ready, add the bok choy stalks. Stir-fry briefly and add the leaves.
6. Push the bok choy up to the sides of the wok and add the sauce in the middle. Turn up the heat to bring to a boil. Give the cornstarch and water mixture and quick re-stir and then add it to the sauce, stirring rapidly to thicken.
7. Add the chicken. Mix through and serve 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!

Oriental Ramen Noodle Coleslaw

Delicious recipe that was the winner of the tasty recipe contest at the pot luck!

Base Ingredients:

- 1 lb Shredded Cabbage
- ½ Cup toasted almonds
- 1 cup sunflower seeds
- 1 bunch green onions
- 2 packages Oriental flavor ramen noodles (remove season packets and crush noodles)

DIRECTIONS: Mix above ingredients together in a bowl.

Dressing Ingredients:

- 1 Cup oil
- ½ Cup sugar
- 1/3 Cup Vinegar
- 2 Seasoning packets from ramen noodles

DIRECTIONS: Mix together until sugar is dissolved and pour over ingredients. Mix well and serve immediately.

Mix Up

Please notice that in the Week 14 newsletter that I was wrong in describing cherry tomatoes as bell peppers :D.

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!