

Wholesome Harvest CSA



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

Transitioning
To
Fall

FULL & HALF SHARE: WEEK 16 / GREEN SHARE: WEEK 12

As the season changes, so do things around the farm.

As we have probably all noticed, fall is here (first official day was September 22nd). The weather is starting to cool down and leaves are starting to slowly fall off the trees; not to mention that the days are getting shorter and shorter. As the weather changes outside, there are changes happening around the farm as well.

The first thing most of us notice here at the farm as fall begins is the extra needed sweatshirt, pants, hat, and gloves in the morning. As of right now, we only need these for a couple of hours but pretty soon we will need them all day! We also know the weather is changing when there is frost on the ground in the mornings. According to us, we have had two, if not three, frosts already! It is definitely getting colder around here.

Another big change that comes with the changing of the season, which you have probably noticed, is the different types of veggies that are being harvested and delivered. This is the time of the season when root crops are ready to be harvested. Some of these root crops, like potatoes and onions, have been in the ground all season and are finally ready to go. You have already seen some onions earlier in the season however because of the weird weather's effect on their growth. As the season finishes up, you will continue to see different types of root vegetables so make sure you pay attention to the weight of the box; they will usually be quite heavy.

As some veggies are finally ready to go, some veggies are ready to stop. The tomatoes are almost done growing (we are hoping for one or two more weeks of them) and the peppers are on their last straw. These two veggies had wonderful crops this season and did very well in the high tunnels which was a huge bonus. In the coming weeks, we will be cleaning those two crops out of the tunnels and preparing the ground for next year.

There is definitely a different feeling around here as we prepare for the last weeks of the season. Though the season ends soon, the preparations for winter and next spring are already taking place!



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: Have you considered adding flowers to your farm?

A: My parent would love that! They do and always have loved flowers so we have talked about it. Unfortunately, right now we do not have the land or the resources to start and maintain a flower share right now. It definitely is not out of the question though as I'm always trying new things!

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:
- * Kale
 - * Swiss Chard
 - * Bok Choy
 - * 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!

- * Yukon Gold Potatoes
- * Sweet Potatoes
- * Lettuce Mix
- * Red Turnips
- * Red Radishes
- * Kale
- * Red Bok Choy
- * Butternut OR Acorn Squash
- * Bell Pepper (variety of colors)
- * Kohlrabi

Veggie of the Week:

Sweet Potato



Bok Choy

Also known as "yams," sweet potatoes are the lesser known relative of the potato. However, a sweet potato and a similar Yukon gold potato are not even part of the same vegetable family. The sweet potato is actually one of the few vegetables that is harvested and eaten in our country that originated here also.

How to store: Whether you are using them right away or saving them for another time, sweet potatoes store best in a cool, dry place. When stored like this, they can last up to several weeks. Do not refrigerate.

Preparation: Sweet potatoes can be very dirty when they arrive at your kitchen. It is best to give them a good wash and scrub right before you want to use them. It is not recommended to do this if you are not going to use them right away.

Health Benefits: Sweet potatoes are full of beta-carotene and are actually one of the most unknown sources. Sweet potatoes are so full of different nutrients that it is hard to put them all down. They aid in inflammation and blood sugar regulation and are full of anti-oxidants.

Look on Page 3 for recipes!

Recipes

Very Easy Recipe

*****A FARM FAVORITE.*****

Recipe courtesy of Wholesome Harvest

Prep & Cook Time: 40-50Min. Yield: --

Ingredients

Sweet Potatoes
Butter
Olive Oil
Salt and Pepper

Directions

1. Preheat oven to 350 Degrees. Cut the sweet potatoes into pancake like slices. Spread them out on cookie sheets so they are not overlapping.
2. Mix butter and olive oil with salt (and pepper if you want). The amount depends on how many sweet potatoes you are going to be making :D {For 3 sweet potatoes, we used about a half a stick of butter and 1/8 cup of olive oil and a pinch of salt.}
3. Brush the sweet potatoes with the butter and oil mixture.
4. Bake sweet potatoes in oven for 30-40 minutes or until soft. After they have become soft, turn your oven to broil and bake for another couple of minutes or until sweet potatoes are more crispy!

Val's Secret Southern Sweet Potato Fries

Recipe courtesy of Velery Baerwolf in A to Z Cookbook

Prep & Cook Time: - Yield: -

Ingredients

Sweet Potatoes (peeled)
Vegetable Oil
Cinnamon
Nutmeg
Sugar

Directions

1. Peel sweet potatoes and slice them into fry like pieces.
2. Fry them in vegetable oil until golden brown (not to brown). They are ready when they float to the surface.
3. Mix cinnamon, nutmeg, and a little white sugar in a bag.
4. Sprinkle mixture over hot fries.

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 Salad

Delicious recipe sent to us that uses the Box Choy in this week's box!

Salad:

1 bunch of Napa Cabbage

1 head of box choy

3 green onions

Directions: Chop above ingredients and set aside in large salad bowl.

Topping:

2 pkgs of oriental ramen noodles, crumbled

2-3 oz. slivered almonds

¼ cup sesame seeds

1/8 cup butter (optional)

Directions: Option 1 → Toast above ingredients; drain on paper towel. Option 2 → Toast above ingredients without butter. Option 3 → Combine crumbled ramen noodles, almonds, and sesame seeds – no toasting.

Dressing:

1 cup oil

½ cup sugar

¼ cup cider or red wine vinegar

2 T soy sauce

2 T sesame oil

Packets of seasoning from ramen noodles

Directions: Blend above ingredients.

Toss the salad, topping and dressing just before serving.

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!