

Wholesome Harvest CSA



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

Honey!

FULL & HALF SHARE: WEEK 17 / GREEN SHARE: WEEK 13

A brief discussion on honey bees.

A couple years ago we learned from a friend of ours who was a beekeeper that he would be willing to help us produce honey for the CSA. We thought of this as a great opportunity that was unique and helpful to the farm. Because of that initial opportunity, we are again able to offer honey this year. We want to tell you a little more about bees, honey, and the whole process.

One of the greatest advantages of having bees around the farm is pollination. There are many insects that play a crucial role in the spreading and production of seeds in many flowering plants. However, in general, bees are thought to be the most abundant and main pollinators. Crops like our squash, tomatoes, cucumbers, and eggplant are all examples of crops that produce seeds and continuously grow through the pollination of different insects. Pollination by bees of our crops is another great reason why we see organic practices as a good way to farm. Pesticides and other agricultural chemicals are actually killing bees at an alarming rate. These little bugs, though sometimes dangerous and annoying, are much needed insects around the world.



Honey is actually one of the healthiest and delicious natural sweeteners around so we are glad that it is ready to go. Recently, we retrieved the honey from our beehives here at the farm. Now, this can be quite an undertaking, so we left it up to our beekeeper and his knowledge and talent. He came out pretty good with only a few stings! After retrieving the honey, we bottled it and it is ready for consumption.



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: I know beet greens are edible, but can you only eat them early in the growing season?

A: Actually, beet greens are edible all season long. Beets are vegetables that can be grown earlier in the growing season and later in the season; a more late spring and fall vegetable. The beet's greens are edible at any time the beets are edible.

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
 - * Spinach

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!

- * Acorn Squash
- * Red Potatoes
- * Black Spanish radishes
- * White turnips
- * Sweetheart cabbage OR Red Cabbage
- * Spinach
- * Tomatoes OR Cherry tomatoes
- * Kohlrabi

Veggie of the Week:

Cabbage

Cabbage is one of those vegetables that have remained a staple in most people's diets around the world. It is usually abundant in most grocery stores and the varieties make it a delectable vegetable to use. Cabbage may be most well-known for its use in sauerkraut (when fermented) which helps to make great Rueben sandwiches!



Sweetheart, or Pointed, Cabbage

How to store: Putting cabbage in a plastic bag in the crisper section of your refrigerator should help it keep while also preserving its Vitamin C content. A partial head of cabbage should be rewrapped in plastic wrap, refrigerated, and used within a couple of days.

Preparation: Remove the thick, outer leaves and cut the cabbage into pieces and then wash under running water just in case the inner leaves are dirty. (If you notice any signs of worms or insects, which sometimes appear in cabbage, soak the head in salt water or vinegar water for 15-20 minutes first.) Cutting and washing cabbage right before use will preserve its Vitamin C content.

Health Benefits: Cabbage has abundant fiber components, that when the cabbage is steam cooked, will help to lower cholesterol. It is also loaded with Omega-3 fatty acids and other cancer deterring phytonutrients. Along with these main important nutrients, cabbage also contains many of the more well-known vitamins and minerals.

Look on Page 3 for recipes!

Recipes

German Red Cabbage

MEMBER FAVORITE

Recipe courtesy of a fellow member

Prep & Cook Time: 1 hour – 1.5 hours Yield: --

Ingredients

2 pieces of bacon, chopped
 1 red cabbage, shredded
 1 apple, chopped
 2 tbsp sugar
 2 tbsp vinegar
 3 or 4 whole cloves
 ¼ cup water
 1 beef bouillon cube
 Salt to taste (I usually don't add any)

Directions

In a large pot, cook the bacon until crisp. At that point, add the remaining ingredients. Cover, and simmer until tender (usually about an hour).

Note: This recipe also freezes well.

Spicy Cabbage Soup

Recipe courtesy of www.whfoods.com

Prep & Cook Time: 45 Min. Yield: 4 servings

Ingredients

1 medium onion, quartered and sliced thin
 3 medium cloves garlic, chopped
 1-2 tsp minced fresh chili pepper (serrano, or jalapeno)
 2 tsp ground coriander
 1 TBS dry mustard
 5 cups + 1 TBS chicken or vegetable broth
 2 TBS fresh lemon juice
 2 medium-sized red potatoes cut in 1/2-inch cubes (about two cups)
 1 15 oz can diced tomatoes
 3 cups thinly sliced Savoy or green cabbage (sweetheart should work)
 salt and black pepper to taste

Directions

1. Heat 1 TBS broth in a medium soup pot. Healthy Sauté sliced onion over medium heat for about 5 minutes. Stir in garlic and minced chili pepper. Continue to saute for another minute.
2. Stir in dried coriander and mustard. Add broth and the rest of ingredients except the cabbage, salt, and pepper. Simmer for about 20 minutes, uncovered, or until potatoes are tender.
3. Add cabbage, and cook for another 5 minutes. Season with salt and pepper to taste.

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!

Almost-Savory Cantaloupe Soup

Might not use any veggies you are receiving this week but is a unique and delicious recipe! It started out as an idea with experimentation so it is up for further experimentation as the members says.

Ingredients

1 cantaloupe, peeled, seeded, and cubed (approx. 12 cups)
1 quart buttermilk
1 tbsp curry powder
2-3 tbsp finely chopped parsley
3 cloves (or 1 large clove) garlic, pressed through garlic press

Directions

Puree cantaloupe in blender to yield 8 cups (pureeing will be easier if you squeeze the cubes as you put them in the blender). Pour into a large mixing bowl and stir in buttermilk. Add curry powder, parsley, and garlic and mix thoroughly.

Check out page 3 for another member favorite!

REMINDER:

Please bring your box back each week so we can recycle and reuse them.

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!