

Wholesome Harvest CSA



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

General Information

FULL & HALF SHARE: WEEK 18 / GREEN SHARE: WEEK 14

Some general info on where we are and the last couple of weeks.

With the 2012 Wholesome Harvest CSA season wrapping up, we thought it would be beneficial to give you all some general information regarding the end of the season. We have been getting quite a few emails asking about end of the season information so hopefully this will answer some of those.

This is currently the 18th week. As the information/enrollment form for this season stated, we tentatively are shooting to go 20 weeks. That means that, including this week, we have 3 weeks left and that the tentative days for the last deliveries are Tuesday, October 23rd and Thursday, October 25th. The Greens only shares will follow this same end of season dates. If this changes for any reason, we will let everyone know as soon as possible.

A couple things to remember as the season winds down:

1. Continue to check emails. Important dates and instructions will be emailed in the next couple of weeks regarding the end of the season so continue to check for those. If you feel like you are not receiving anything from us, please email us (most of the time we will not know you are missing anything until you tell us).
2. Remember to keep bringing back your boxes. We will keep reusing and recycling the boxes, so even if you have forgotten the last couple of weeks, don't hesitate to bring them back this week!
3. Keep checking the homepage of our website. If we have to get anything out there as soon as possible for everyone to see, we put it under the current news section in the right upper corner of the homepage.

Winter storage shares are still available and will be for another week or so. If you are interested in purchasing one, download the enrollment form, fill it out, and send it in along with payment. It is a great option if you love cooking and eating fall, root vegetables and if you like preparing and storing vegetables to use into the winter.

As always, email or call with any questions (sorry if email responses have been delayed; we have been very busy outside wrapping things up and continuing to harvest).



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: What are some of the least labor-intensive and least likely-to-fail vegetables for home gardeners to try growing in their gardens, based on your experience?

A: This is a hard question because a lot depends on the weather and soil around your garden. Also, weeding is a known labor activity that must be done no matter what vegetables are growing. Some easier ones though are potatoes, sweet corn, kale, beans (picking is labor intensive), lettuce varieties, radishes, and chard.

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
- * Lettuce Mix
- * 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!

- * Butternut Squash
- * Red Potatoes
- * Beauty Heart Radishes
- * Salad Turnips
- * Chinese Cabbage
- * Lettuce Mix
- * Purple Kohlrabi
- * Swiss Chard

Veggie of the Week:

Beauty Heart/Watermelon Radish

The beauty heart radish is a large round root vegetable. Radishes are usually included in the turnip and horseradish family and have a crisp texture and a mild to sweet peppery flavor. Radishes usually fall into two main categories: winter or spring. The beauty heart radish falls into the spring category and is usually smaller in diameter than some its winter counterparts.



Beauty Heart, or Watermelon, Radish

How to store: Place unused radishes in a plastic bag or wrap them in a damp cloth. Refrigerate no matter what you place them in. They can last for up to two weeks if stored properly. If you wish to use radish greens, they should be stored separately in a damp cloth placed in the cooler section of your refrigerator and used as soon as possible.

Preparation: As always, it is best to wash radishes right before using them. Radishes might contain quite a lot more dirt than usual because they are a root vegetable. A good scrub wouldn't hurt. Though the outer layer of the radish might look dirtier, it does not need to be peeled if you wish not too. Radishes can be cut and diced in many different ways depending on what the recipe calls for.

Health Benefits: Radishes have a more meek nutritional value. They are full of the usual dash of minerals and vitamins like potassium, phosphorous, and iron and Vitamin A, C, and different Bs.

Look on Page 3 for recipes!

Recipes

VEGAN FAJITAS ***MEMBER FAVORITE***

Recipe courtesy of a fellow member

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

Ingredients

- 1 batch gluten meat (recipe below)
- 2 bell peppers- sliced
- 1-2 medium onions- sliced into half rings
- 2 tsp fajita seasoning (recipe below)
- 2Tbsp oil

Directions:

1. heat 2 Tbsp oil in a large skillet.
2. add sliced gluten and fry until lightly browned in places, about 5 minutes.
3. sprinkle 1 tsp seasoning over gluten and fry for another 5 minutes.
4. add sliced peppers and onions, fry for 10 minutes, uncovered.
5. sprinkle over 1tsp seasoning, continue to fry until reaches desired firmness.

Ingredients

- gluten meat:
- 1c. vital wheat gluten
 - 1c. water

Directions

1. place the gluten powder into a bowl and stir in water until it becomes a wet sponge.
2. wrap gluten sponge in foil, covering all areas, but leaving room for the mass to expand (make a pouch with about 1" extra space on each end)
3. either pressure cook at 11# for 20 minutes, or boil in a pot for 25 minutes.
4. cool, unwrap, and slice into strips.

Ingredients

- fajita seasoning:
- 1/2 tsp seasoned salt
 - 1 tsp ground cumin
 - 1 tsp garlic powder
 - 1/2 tsp white pepper
 - 1+1/2 tsp dried chives OR 1/2 tsp onion powder + 1/2 tsp dried cilantro
 - 1 tsp pepper flakes (or any pepper flakes or powder to taste)

Directions

1. mix all spices together in an extra spice bottle.

NOTE: all of the spices and the gluten powder can be purchased cheaply at the Willy St Co-op in Madison, WI.

Watermelon Radish Chips with Cumin Salt

Recipe courtesy of <http://www.janespice.com/recipes/watermelon-radish-chips-with-cumin-salt>

Prep & Cook Time: 30-45 Min. Yield: 4-6 servings

Ingredients

- 4-6** watermelon radish
- 1** teaspoon coarse salt
- 1/2** teaspoon ground cumin
- 2** cups vegetable oil for frying

Directions

1. Peel the watermelon radish and thinly slice. If you have a mandolin, I would recommend using that as the slices would be uniform and cook evenly.
2. Heat two cups of vegetable oil in small pot. When hot, toss a handful of radish, making sure that you don't crowd the pot.
3. Fry for approximately 8-10 minutes until really brown. You'll be tempted to take them out earlier, but you need them to crisp up. They do take longer to crisp than potato chips.
4. Place a paper towel on a plate, take fried watermelon chips out and place in a single layer—this helps to dry and crisp up the watermelon radish. Season with cumin salt.
5. Continue until done. Season each batch separately and set aside.
6. To make cumin salt—add one teaspoon salt and half teaspoon cumin and mix in a small bowl.

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!

Caramelized Squash Salad with Pistachios and Goat Cheese

A recipe a member found in the October 2012 Better Homes and Gardens issue that sounds delicious and tasty.

Ingredients

1 cup orange juice
 3 Tbs pure maple syrup
 1 1/2 Tbs Dijon style mustard
 1 Tbs grated fresh ginger
 1 1/2 lb butternut squash, peeled, seeded, halved length wise
 and cut into 1/2" wide strips
 1/2 tsp salt
 1/4 tsp ground pepper
 1/3 cup olive oil
 6 cups mixed salad greens
 1/2 cup pistachios, roasted and salted
 3 oz goat cheese, crumbled (optional)*

Directions

1. For marinade, in a small bowl stir together orange juice, maple syrup, mustard and ginger. Set aside 1/2 cup of marinade for salad dressing. Place squash pieces in a large resealable plastic bag. Pour remaining marinade over squash, seal bag, marinate, refrigerated for 1 to 4 hours, turning occasionally.
2. Preheat oven to 400 F. Coat a large baking sheet lightly with non-stick cooking spray. Drain marinade from squash, discard marinade. Place squash on baking sheet, roast squash until tender and lightly browned in spots, 26 to 30 minutes.
3. For dressing, in a small bowl whisk together the reserved marinade, salt and pepper. Whisk in the oil. Drizzle 2 to 3 Tbs. of dressing over warm squash, toss to combine. In a large bowl combine the mixed greens and half of the pistachios. Toss with half the dressing. Gently toss roasted squash into salad, top with remaining pistachios and cheese. Makes 6 servings.

*I substituted feta cheese for the goat cheese- it was superb.

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!