

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

It's finally here....

....Your first box!!

June 18<sup>th</sup>/20<sup>th</sup> --- Full/Half Shares: Week 1

## .....Now what do you do?

It is always an exciting part of the CSA summer season when the day arrives and you get to pick up your first box! For the next couple of months, you are going to receive a box full of fresh, nutrient dense vegetables from our farm every week. This whole process is going to be quite different than your usual method of receiving, preparing, storing, and eating vegetables. You are not receiving a head of lettuce, or a bundle of kale, or a bunch of carrots where the actual vegetables are grown and packaged to have a longer shelf life. You are receiving a fresh, organically grown head of lettuce, or bundle of kale, or bunch of carrots that are picked one or two days before, hydro-washed, packed in your box, and delivered soon after (probably with some of the original Wholesome Harvest dirt still clinging to them☺!!).

Because of this unique way of receiving veggies, which is one of the main aspects of a CSA, this whole new process can be a little overwhelming at first, especially for newcomers to the CSA concept. That is why we feel it is a very good idea to give some important tips and hints that will hopefully help on pick up day! Take a look at the helpful hints/tips below:

Hint/Tip 1: Get to your pick-up site within the allotted time slot!

Hint/Tip 1a: Keep your excitement in check and drive, walk, bike, bus, or scoot safely home ☺

Hint/Tip 2: Get your box to a cool, dry place asap! If you are unable to take your box home right away, do not put it in your car or in a hot, stuffy space. Store it in the coolest, driest place possible.

Hint/Tip 3: As soon as you get home, unpack your box!

Hint/Tip 4: Any vegetables that are subject to wilting, such as all kinds of lettuce and certain types of green vegetables like cabbage, should be given a cold, hydro bath. This means they should be rinsed under very cold water. Let them dry for a period of time and then get them into your fridge asap!

Hint/Tip 5: Put other vegetables in appropriate places. Never store any vegetable in a warm, moist place. Some may be able to go in the fridge while others can be left in a dry, cool place on the counter.

Hint/Tip 6: Wash, wash, and wash your veggies! Though we put the veggies through a washing cycle, it is always a good idea to wash your veggies 2 or 3 more times just to make sure there is no Wholesome Harvest dirt left.

Hint/Tip 7: Eat veggies that are subject to faster spoiling first.

Hint/Tip 8: Break down your box (check out the bottom of the page for step-by-step instructions of how to do just that) and put in a safe place for returning the following week.

Hint/Tip 9: GOOGLE! One of the most entertaining parts of being a member of a CSA is learning about and being creative with the vegetables you receive. Everyone knows how much information is out there, whether through the internet, in books, or on TV....don't be afraid to use it!

Hint/Tip 10: Enjoy the unique, fresh experience that encompasses a CSA membership. Use this opportunity to learn, teach (kids are a great audience when food is involved), cook, share, and step out of your vegetable eating comfort zones!

Now that you have these great hints/tips you can feel confident when picking up your box for this first week and all boxes thereafter! Being a member is a unique experience that only a handful of people actually have the chance to be a part of. It is one of the least known but special sectors of agriculture because it brings veggie eaters (you!) in direct contact with veggie producers (Wholesome Harvest!). What follow are the great elements of a CSA including fresher food, healthier lives, a boost to the farm and community, and many others! We here at Wholesome Harvest are truly thankful you decided to embark on this season with us and hope that the vegetables, and the farm as a whole, will have an impact that will bless all involved!!!



Step 1  
Tip your box upside down.



Step 2  
Grab short end flaps and fold at crease.



Step 3  
Open all flaps.



Step 4  
Bend box in on itself to flatten.

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## What's in this week's box???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- Bok Choy
- Broccoli (most likely)
- Cucumbers
- Lettuce Mix
- Oak Leaf Lettuce
- Red Radishes
- Romaine Lettuce
- Scallions
- Spinach
- Strawberries

Each week we will put pictures, with descriptions, of some of the veggies so you can see some of what will be in your box!

### Bok Choy

Not very common in western cuisine, Bok Choy, also known as Chinese Cabbage, is very delectable and nutritious. It contains good amounts of Vitamin A, Vitamin C, and calcium. It is delicious in salads, stir fries, soups, and many other dishes!



### Lettuce Mix

Lettuce mix is exactly what the name portrays, a mix. It is a variety of different greens that, when put together, make a great combination of flavor and nutrients. Great for salads or sandwiches!



### Oak Leaf Lettuce

Oak leaf lettuce is a type of butter lettuce with weirdly shaped leaves that look like lobes. Oak Leaf lettuce can be used in almost any salad recipe, on any sandwich, or even as a garnish!



### Quick notes:

Lettuce is abundant around this time of year, hence, the variety of lettuce in your box this week! Salads and sandwiches are great, easy options for all of these greens.

We are happy to give out broccoli this year but are sad to say it might be on the smaller side. Broccoli is very picky and if the weather is not right, broccoli begins to button, which simply means the heads grow smaller. Last year we lost it all to the heat after it buttoned but this year it survived! Unfortunately, just not to the extent we had anticipated. We still hope you enjoy it!

### WHICH BOX DO I TAKE?

Wondering what size box corresponds with either your half share or your full share? There is a difference in the boxes depending on what you purchased. **A full share is a 1 and 1/9 bushel** while a **half share is a 3/4 bushel**. Check out the picture to the right to see the difference in the sizes between the half share and full share! →



The **FULL SHARE** box is the one on the left when looking at the picture.

The **HALF SHARE** box is the one on the right when looking at the picture.

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## RECIPES!!!

Each week I will scavenge the web and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

### CHICKEN & STRAWBERRY SALAD

#### Dressing:

- 1 tablespoon sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

#### Salad:

- 4 cups torn **romaine lettuce**
- 4 cups arugula
- 2 cups quartered **strawberries**
- 1/3 cup vertically sliced red onion
- 12 ounces skinless, boneless rotisserie chicken breast, sliced
- 2 tablespoons unsalted cashews, halved
- 1/2 cup (2 ounces) crumbled blue cheese

#### Preparation:

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese. Drizzle about 4 teaspoons dressing over each serving.

Found on [myrecipes.com](http://myrecipes.com)

### MEMBER FAVORITE:

#### Baby Bok Choy with Cashews

#### Ingredients:

- 2 Tbsp olive oil
- 1 cup chopped **green onions** (also known as **scallions**), including green ends
- 3 cloves garlic, chopped
- 1 pound baby **bok choy**, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
- 1/2 teaspoon dark sesame oil
- Salt
- 1/2 cup chopped, roasted, salted cashews

#### Preparation:

1. Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)
2. Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked.
3. Gently mix in cashews.

Found by member on [simplyrecipes.com](http://simplyrecipes.com)