

# WHOLESOME HARVEST CSA



W8180 County Road C  
Fort Atkinson, WI 53538

## Communication is Key!

June 25th/27th --- Full/Half Shares: Week 2

We wanted to start off this week with a big thank you to everyone! It was a pretty great first week. We had a few issues with delivery and a few missed boxes but all in all, a very good week! As we have noticed every year, one of the keys to having a great first week, and a great season thereafter, is communication. Like we talked about in the newsletter for week 1, the CSA concept is unique in that it brings you (the eater ☺) in direct contact with us (the producer). Because of this direct link, communication is one of the most helpful and important aspects of the CSA that we are trying to improve each and every year. We want to tell you a little more about some of the modes of communication we are working on developing this year.

The first, and most important, mode of communication for us is e-mail. Since it is our main mode of communication to you the members, we have done a lot of research into what e-mail server would be best to use. We have researched, and even tried, bigger e-mail services like Constant Contact and such, but in the end we found none of those would work very well. With the young growth of our farm, we unfortunately just don't have the technological power behind us yet. We are using an average household computer and hard drive, plus a tight budget, which all limits our capacity to really amp up our e-mail process at this point. All of this research combined with our technology level has led us to keep our normal G-Mail address plus add two more this year.

G-Mail has an e-mail limit of 500 that when passed, shuts down our sending ability for 24 hours. This does not come in very handy when we need to send every single member some important e-mail right then and there. Because of this issue, we added two basic G-Mail accounts that were set up strictly for the purpose of sending out any mass e-mails. Though G-Mail is a wonderful service, using it for mass e-mailing can cause problems, mainly spamming/junking our e-mails to you. We never want any members to miss out on any communication so we want to share the 3 email addresses with you so that you can check your e-mail and make sure that these three e-mails are marked as non-spam addresses.

1. [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) - Our main e-mail address. **The one you should send any and all communication to.**
2. [lwholesomeharvestcsa@gmail.com](mailto:lwholesomeharvestcsa@gmail.com) - 1 of 2 extra e-mail addresses we added to be able to send out all mass e-mails at the same time.
3. [2wholesomeharvestcsa@gmail.com](mailto:2wholesomeharvestcsa@gmail.com) - 2 of 2 extra e-mail addresses we added to be able to send out all mass e-mails at the same time.

Please add all three of these addresses to your e-mail contacts to avoid any e-mails going to the spam/junk folder. As always though, if you at all think you are missing anything, please e-mail us at [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com)!

Now that we have the e-mail situation explained, we will briefly touch on some of the other modes of communication we are working on for this year. It's no surprise that in our technological age there are multiple social media services out there that are very popular and used by almost everyone at some point. No services are more prominent now than Facebook, Twitter, and Pinterest. Because of this simple fact, we knew we needed to take a step forward and utilize some of these mediums to better communicate with you as our members. We have just briefly started creating accounts on each of these sites and as the season moves forward, will be doing much more to fully utilize these. Here are each of the tags for the site:

1. Facebook: search for Wholesome Harvest CSA, WI.
2. Twitter: follow @WHCSAveggies
3. Pinterest: search Wholesome Harvest

All of these are just in the beginning stages of development but will be worked on each week as the season progresses. Check them frequently if you are interested to see ideas, news, and much more!

**We wanted to keep these breaking-down-your-box pictures one more week just in case anyone missed them.**



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.

- Cucumbers
- Green Leaf Lettuce
- Kohlrabi
- Lettuce Mix
- Red Radishes
- Scallions
- Spinach????
- Strawberries????
- Zucchini or Summer Squash????

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!

### Kohlrabi

A sort of unknown veggie jewel! A very nutritious veggie that can be eat raw like an apple or can be cooked and added to almost any dish. Kohlrabi has a very mild and sweet taste and is similar to broccoli in texture.



### Lettuce Mix

Another great week of lettuce mix! Our family had a ginormous salad on Friday with the lettuce mix and it was delicious! Remember to hydro-cool wash and then store in fridge. Eat asap!!



### Green Leaf Lettuce

Green Leaf Lettuce is used in most types of salads except Ceaser and in many types of sandwiches including a the famed BLT. Can also be used as a garnish! Can have a tinge of bitter taste if hit by heat for to long.



### Quick notes:

Remember, for those of you who signed up for Local Thyme you can check out their recipes and grocery list to supplement your meals for the week!

Also, for those of you that ordered the A to Z cookbook, there is a great recipe in it for sautéed kohlrabi! Go check it out!

**We also wanted to keep the Which Box Do I Take? picture up for one more week for those that might have missed 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!

### Kohlrabi Ham Bake

#### Ingredients:

- 3 Tbsp butter
- 4 **kohlrabi**, peeled and diced
- 8 ounces thick ham, diced
- 2 Tbsp fresh chopped parsley
- 3 egg yolks
- 1 cup heavy cream
- 2 Tbsp all-purpose flour
- Pinch of mace (can substitute ground nutmeg)
- Salt and freshly ground black pepper

#### Method:

1. Preheat oven to 350°F. In a large skillet, melt the butter on medium heat. Add the diced kohlrabi and gently cook for 8 to 10 minutes.
2. Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined.
3. Place half of the cooked kohlrabi on the bottom of an oven-proof casserole dish. Layer on the diced ham and parsley. Top with the remaining kohlrabi. Pour the sauce ingredients over the kohlrabi and ham.
4. Bake for 30-35 minutes or until lightly browned on top. Serve immediately.

Serves: 4.

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

### MEMBER FAVORITE: Spicy Thai Cucumber Salad

#### Ingredients:

- 2 lbs. **cucumbers**, peeled and thinly sliced
- 1/2 cup rice wine vinegar
- 1/2 cup sugar
- 1/2 cup water
- 1 teaspoon salt
- 1/4 cup chopped shallot or chopped purple onion
- 1 fresh hot chili pepper, finely chopped
- 1/4 cup dry roasted peanuts, crushed
- 1/4 cup fresh cilantro, chopped

#### Preparation:

1. Place sliced cucumber on platter or bowl.
2. Meanwhile combine vinegar, sugar, water and salt in a small saucepan and heat until sugar and salt are dissolved.
3. Remove from heat and allow to cool.
4. Place shallots and chili pepper in vinegar mixture and stir.
5. Pour mixture over cucumbers just before serving and sprinkle with peanuts and fresh cilantro.

Serves: 4.