



Full Harvest Farm, LLC
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Box #18
Even Week
21 October 2015

Contents

Beets: Chioggia and/or Red and/or White
Cabbage: Green
Carrots: Orange and Yellow
Kale: Red Curly or Red Russian
Kohlrabi: Kossak
Lettuce: Mixed
Peppers: Green and Red Carmen
Winter Squash: Butternut

New Stuff: white beets, butternut squash

White beets are very different from any of the other types/colors: they are very mild, hardly tasting like a beet at all. Don't get me wrong—I love the way they taste, just don't get your taste buds set for "beets".

White beets are excellent raw, in salads, coleslaw, with dip, as a snack, etc.

You can cook them, but they cook quickly: **2 minutes**, no more, or they lose most of their delicate flavor.

This makes them ideal for the last item you put into your stir fry.

White beet greens should be treated the same as the roots: raw in salads, cooked 2 minutes only.

Store white beets in a plastic bag in your vegetable drawer in the frig. To enjoy their best flavor, use them within the week, altho the roots will last longer.

Butternut squash is one of the best winter squash there is. The flesh has a moist, fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. Winter squash is high in vitamin A, potassium, fiber and complex carbohydrates. Store winter squash at room temperature and it will keep for at least a month. If you have a cooler spot (50-55 degrees) that's also dry, store it there. Check any squash you want to keep for damage. If you find any, you'll likely see that spot start to deteriorate first, so plan to use damaged squash soon.

Kale & Butternut Squash

Into a Dutch oven over medium heat, put:

2 Tbsp. olive oil

1 small butternut squash, peeled, seeds removed, cut into ½" pieces, about 3 cups

-Cook, stirring occasionally, until squash starts to soften, 10-12 minutes.

Add: 1 cup chicken or vegetable broth
1 Tbsp. whole-grain, brown mustard
¾ tsp. Kosher salt
¼ tsp. freshly ground pepper

-Stir ingredients to combine.

Add: 1 bunch kale, washed, thick stems removed, cut into ½" slivers

-Cook, stirring occasionally, until kale is tender but still bright green, 10-15 minutes.

If you use a potato peeler to remove the squash skin, be sure to take off **all** of the beige skin down to the orange flesh, or you'll have some tough chewing.

You're going to get a few very large carrots in your bag this week. The yellow ones could also be a bit knobby. You still only need to scrub the skins, not peel them—they'll be sweet.

Honestly, if you haven't tried that recipe for cabbage with shrimp and cream in newsletter #12, you've gotta try it. It's quick, easy and delicious.

The kohlrabis are HUGE. This cultivar, Kossak, is supposed to be able to grow to this size and still be tender. Another advantage to Kossak is that it will store for months, uncut, and still taste great.

If we make a mistake on your kohlrabi and give you one that is, indeed, woody, just let us know and we'll replace it with one that is less mature.

Have you tried mashed kohlrabi yet? The recipe is in newsletter #14. What a treat you have in store.

This is a perfect box to make Full Harvest Farm coleslaw with, newsletter #9. Grate a quantity of kohlrabi into it to make up part of the 8 cups.

Carmen is a sweet, Italian-style pepper, no heat to this one. How did you like those Beaver Dam peppers?

Field Notes

Oh, yes, it was frosty at the farm this weekend: 26 degrees Saturday morning, 21 degrees Sunday morning, despite the prediction that Sunday would be warmer—Ha!

The frosts killed the peppers, eggplant, tomatoes, hoophouse cucumbers and any chard that wasn't covered (which was most of it, sadly). The kale, cabbage, collards and Brussels sprouts sailed thru, while we saw minor damage on the broccoli, cauliflower and parsley. The covered lettuce looks great, as do the beets.

We only have 2 more boxes to deliver—one more, if you're an Every-Other-Weeker—so now is the time to be sure to get those wax boxes back to your pickup site, especially if you have several knocking around your garage. Dropping them off this week or next will

ensure we pick up the bulk of the boxes when we deliver box #20 on November 4th. This helps us and your site manager.

Chuck and I haven't been able to finalize the Winter Storage Box quite yet, but we hope to have that finished by the end of this week. If things go as planned, I'll email you with the final items and amounts then.

However, there's still plenty of information to give you, as well as some "get ready" steps.

The Winter Storage Box will be delivered Wednesday, Nov. 18th. Most of our pickup sites will be available on that day. Some of the pickup sites are inside or enclosed, and others have garages warm enough so the vegetables won't freeze, but not all. Right now, we will not be delivering to Almost Eden Nursery in Somers, but will have boxes at the Racine pickup site at 838 Hayes Ave. We'll let you know which other pickup sites won't work at this time of year.

Here is a list of vegetables that will probably be in our Winter Storage Box: beets, Brussels sprouts, cabbage, carrots (orange and yellow), celeriac, collard greens, kale, leeks, onions (red and yellow), potatoes (red and white), buttercup and butternut squash.

To order a Winter Storage Box, the first thing you need to do is register. If you haven't already, here's how:

Registering in Member Assembler:

- go to our website: www.fullharvestfarm.com
- click on "About CSA"
- click on the link near the top of the page to sign up.

This takes you to Member Assembler.

- click on the brown button that says "Member Login"
- fill in the email address you used when you signed up for our CSA
- click on "Forgot your password?"
- Member Assembler sends an email with a link to your email address.

- Click on that link, type in the email address you used when you signed up for our CSA, your chosen password (twice), click the button and you're signed up! You can now log in using your email address and password anytime. Just repeat the first 5 steps above. Once you've registered, you can go into Member Assembler to look at your account, or order a Winter Storage Box when they become available.

What are your favorite winter recipes?

We're certainly enjoying this Indian summer weather. Have a great week!

Terry & Chuck