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Box #15  
**Odd Week**  
30 September 2015

### Contents

Parsley: Flat Leaf  
Beets: Red, loose  
Broccoli  
Fennel  
Kale: Meadowlark  
Onions:  
Peppers: Red and Green Jalapeños  
Potatoes: Red and/or White  
Tomatoes: Slicers, Juliets  
Winter Squash: Buttercup

**New Stuff:** Jalapeños, Meadowlark kale, buttercup squash

**Choice Box:** ???

Our Jalapeños are in the medium-spicy category, and small in size. Like most peppers with heat, the heat is in the seeds and especially the inner ribs of the pepper. Remove these, and you reduce the heat considerably. Jalapeños, like most peppers, start out green and mature to red. This changes the flavor profile somewhat, and is supposed to increase the spiciness. Another characteristic of Jalapeños is the lines they often have on their sides. I call them “stretch marks”, altho the plant experts call it “checking”. We usually find them on the larger peppers, but any size Jalapeño can “check”. We have a lot of mature Jalapeños, and you’ll get both green and red.

Meadowlark kale has an unusual shape for a curly green kale: it has a long, slender leaf, rather like the general shape of Lacinato. The flavor is milder than our usual green, curly kale. Use it in any recipe that calls for kale. Store it in a plastic bag in your vegetable drawer. Altho kale keeps fairly well, it’s best if used within a week.

Here’s a quick method of stripping the leaves from kale: hold the base of the stem in your right hand, with your left, make a circle with your thumb and forefinger around the stem just above where you’re holding it. Pull the kale stem thru that circle and the leaves strip right off. The stem tends to break at the point where it gets tenderer, so you don’t have to cut that out. Quick and easy!

### Kale, Broccoli and Feta

In a large skillet over medium-high heat, put:

3 Tbsp. olive oil

Add: 4 cups broccoli, cut into bite-sized pieces

1 bunch kale, thick stems removed, cut into bite-sized pieces

Salt and pepper to taste

Cook, stirring occasionally, until broccoli and kale are tender, about 10 minutes.

Add: 2 oz. feta cheese, crumbled

¼ cup Kalamata olives, pitted and slivered

Toss together and eat. Serves 4

Buttercup is a round, flattish winter squash with delicious, orange flesh. The texture is dry, so adding butter is recommended. Bake using the same directions as in last week’s newsletter: wash, cut off the stem, cut squash in half, leave the seeds in, and place cut side down on a pan covered with aluminum foil for easy cleanup. Bake at 350-400 degrees until the squash is soft when you poke it. Remove the seeds and enjoy!

### Field Notes

Rain overnight on Tuesday gave us about 1” and made harvest rather muddy.

The kale field looks wonderful. 5, different kinds of kale all growing side by side—the colors are lovely. The red, curly kale has turned from dark green with purple veins, to a dark mahogany red. I look forward to this color change every year—it’s sort of a harbinger of Fall.

A note on unfolding your boxes: please **slide** the bottom tabs out of the cutouts, DO NOT pull up on the tabs when unfolding your box. We’ve had to retire about 20 boxes recently because the bottom tabs were badly ripped. Most of the damage is on the Family box, the ¾ bushel. Many thanks for those of you who are carefully unfolding the boxes so the bottom tabs do not get ripped. We appreciate you!

Farm Day was a big success. We had about 50 people drive out on a cloudy but warm day—so unusual for this late in September. Everyone who brought bottles was able to take home some cider. We pressed so much, our members were able to fill their water cups and hiking bottles too!

There were plenty of acceptable apples in the orchard for cider, and everyone piled in to pick, wash, and cut apples. some members volunteered to operate the masher, and the kids all had a chance to fill the cheesecloth “patties” and pump the jack to press the juice from the stack. We must have pressed better than 10 gallons of delicious apple cider.

Then, Chuck took everyone out to the fields for a tour. He taught our members how to tie cauliflower, and the kids got to dig carrots and potatoes. At each station, Chuck had someone pick a name from the basket and gave away some produce from our farm, including a half gallon of freshly-pressed cider.



**Elena Umlauf & Julianna Duerst enjoy Farm Day.**

It was such a pleasure to meet all of you who were able to come to the farm Sunday afternoon! This is our only chance to see and talk with our CSA members, and we appreciate you coming out.

We hope to see you next year, too!

Take Care,

Terry & Chuck