



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #6
Even Week
3 August 2016

Contents

Basil
Cabbage
Carrots: Orange
Garlic
Lettuce: Green Leaf or French Crisp
Onions: Yellow and/or Red
Sweet Corn
Swiss Chard

New Stuff: cabbage, carrots

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled or pickled, we do love our cabbage.

Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium. Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.

Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest. The cabbage is small this week—we rescued it from the weeds in an early-planted field. When it's small, cabbage has a milder flavor.

When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.

Besides their beta carotene, carrots are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot:** the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be

peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

As this is our first carrot harvest, you'll find small to medium sizes in your bunches. Small carrots are very tender. We've also included some "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. In later boxes, the carrots will be bigger as this patch continues to grow. This year, Chuck is trialing white and red/purple carrots. For the fall, we also like a few yellow carrot varieties.

Full Harvest Farm Coleslaw

Serves 6-8 as a side dish

Dressing:

½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura/Sucanat sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
salt and freshly-ground pepper to taste
-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/Sucanat sugar looks like round, brown granules. It does not dissolve as easily as other sugars, so you may need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules, 10-15 minutes may be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar.

Vegetables:

8 cups shredded green and/or red cabbage, carrots, celeriac, kohlrabi, fennel bulb, radish, rutabaga, turnip, etc.

½ cup onion, minced

-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for 30 minutes so the flavors meld. Serve.

Our basil plants are now large enough to produce bunches for your boxes. These won't be big enough for pesto, but if your own plant is big enough to supply what you need, here's our basic pesto recipe:

Basil Pesto

makes approx. 2 cups pesto

In the bowl of a food processor, put:

2 cups, packed, fresh basil leaves, washed and spun/dried

4 medium cloves garlic, chopped coarsely

1/2 cup extra-virgin olive oil

1/2 tsp. salt

1/2 tsp. freshly-ground pepper

1/4 cup almonds, walnuts, pine nuts, etc.

1/4 cup grated Parmesan cheese

Process all ingredients just until uniform in size. Add more salt, pepper, etc. to suit your taste. You can also freeze this pesto, altho the flavor and texture are better if you leave out the cheese. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 1 Tbsp. per serving, taste, then increase the amount, if desired. Pesto can be frozen easily. I buy a package of the 1/2 cup containers and put the finished paste in those. To thaw, take a container out of the freezer the night before and put it into your refrigerator. Do NOT try to thaw it in the microwave: it'll turn black. Basil oxidizes easily, so always cover it when you're not actually spooning some out. If you can, pour a thin film of olive oil over the top of the paste to protect it from the air.

“Pesto” simply means “paste”. You can make pesto with other herbs besides basil. People often substitute parsley when they're a bit short on basil for this recipe. I've made delicious herb pestos using tarragon, thyme, parsley, fennel, cilantro, sage, lovage, oregano, rosemary, marjoram, Summer savory and sorrel. Use one quarter to half as much of the stronger herbs: sage, rosemary and lovage.

This is the last of our sweet corn. It's not much, but all our patch gave us this season.

Chard with Walnuts and Feta

Wash: 1 bunch Swiss chard

Cut off chard stalks near the base of the leaves and chop into 1/2” pieces. Cut large leaves in half, stack, and chop into 1/2” pieces.

In a large skillet over medium heat, heat:

2 Tbsp. olive oil

Add: chard stems, chopped

1/4 cup walnuts

2 cloves garlic, thinly sliced

Cook, stirring, until garlic is golden, about 2 minutes.

Add: chard leaves, chopped

1/2 tsp. Kosher salt

1/4 tsp. pepper

Cook, stirring, until the chard ribs are just tender, 2 to 3 minutes.

Sprinkle with: 1/2 cup crumbled feta

Serve immediately. Makes about 4 servings. This is also excellent with kale instead of chard.

Field Notes

We got another inch or so of rain last week—enough to make harvesting on Friday a muddy job.

The chard bed has fully recovered from the harvest of 2 weeks ago and is producing nice, big leaves. We had to throw some of them on the ground because the heavy rain ripped thru some, leaving big holes. Wash your chard thoroughly: the rain splashed quite a bit of water onto it.

The pepper patch is going great guns: lots of flowers, a small number of early fruits, lots of nice, protective leaves to keep the fruit from being sunburned.

The Jalapeños are actually ready to pick. I've never seen them this early before. In the past, just about the time Chuck starts to despair of our Jalapeños ever producing any peppers and is talking about mowing them down, they start to flower. The peppers don't take too long to reach a decent size after that, and they produce a lot. This year, Chuck planted a Jalapeño that doesn't develop “stretch marks”, but stays smooth and green. He brought one into the kitchen the other night—kinda spicy, this variety, altho cooking toned it down a lot. Looks like a winner.

Do you have a favorite coleslaw recipe? Or one with cooked cabbage? Send it along and I'll put it in the newsletter.

Thursday sounds pretty brutal, so stay as cool as you can and drink plenty of water. We're planning an early start and an early end to the day for our field workers.

Take Care,

Terry & Chuck