



Full Harvest Farm, LLC
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Box #11
Odd Week
7 September 2016

Contents

Basil
Beets: Red
Cantaloupe: [Limited Amounts](#)
Cauliflower
Cucumbers
Garlic
Green Beans
Onions: Yellow, some Red, Storage Types
Peppers: Green and/or Orange Bell
Tomatoes: Mix of Juliets and Slicers

New Stuff: green beans

Finally, finally, those tiny, bush, green bean plants have grown large enough to produce beans we can pick. There were lots of flowers on the plants, and lots of tender beans as well. Most of you will receive these bush green beans. A few of you will get large, flat, Italian pole beans (my personal favorite). The flat green beans grow on strings in our hoophouse, making them easier to harvest, in theory. I find many of them growing near the ground, requiring lots of stooping and standing as we work our way down the rows. The flat, Italian beans will require a little longer cooking time. Store green beans in your crisper drawer, in the refrigerator, in the bag they come in.

A simple way to cook green beans is to steam them. Another method is to cook them in a little salted water. I prefer Terry's Favorite Way To Cook Any Vegetable: butter, salt and pepper, low heat, covered, cook until slightly *al dente*. For extra flavor, add some onion and garlic.

The beets in your bunches are large, some are VERY large. Do not be afraid of the large beets. They are tender and delicious, especially roasted. They will NOT be woody or bitter.

We do not have enough cantaloupes for everyone to get one this week. The melon harvest has been inconsistent this year, and we'll give you all we can. Next year, Chuck and I have a plan in place to cultivate early and often, and that should help.

Braised Cauliflower

In a Dutch oven large enough to cover the cauliflower with a little to spare, on high heat, put:

3 Tbsp. olive oil
Add: 1 Lg. onion, coarsely chopped
-sauté until the onion just starts to brown, stirring constantly.
Add: 3-4 garlic cloves, coarsely chopped
1 tsp. chili powder
1 tsp. paprika/smoked paprika
4 anchovies, chopped *optional*
1 tsp. capers *optional*
-sauté until the garlic just starts to brown, stirring constantly—this won't take long.
Add: 25 oz. can chopped tomatoes (3 cups)
1 Tbsp. red wine vinegar
1/3 cup Kalamata olives, pitted and halved
1/4 cup chopped basil or parsley
Kosher salt and freshly ground pepper to taste
-stir to mix, then add:
1 whole head cauliflower, core removed
-ladle some of the sauce over the cauliflower. Turn the heat to low, cover, and simmer until the cauliflower is tender, 30-40 minutes.
The onions in your box this week are probably the largest amounts you'll get this year. The remainder of that patch is buried in weeds, so the onions have had to fight for survival with the lamb's quarters, miner's lettuce, Canadian thistle, quack grass, etc., etc. We'll be going thru that field to harvest whatever we can and put those onions in our box. There're both red and yellow onions. Expect them to be small.
The bell peppers are beginning to mature. This means they're turning yellow, orange or red: the walls get thicker and the taste becomes sweeter. We picked mostly in the orange pepper patch, but a few yellow ones snuck in there. One pepper will be orange or somewhat colored, the other will be green.
We are starting to harvest a LOT of very nice tomatoes, many suitable for canning. We'll be offering extra tomatoes for sale in an email later this week, with delivery next Wednesday and the Wednesday after that. The email will include instructions on how to order thru Member Assembler. Tomatoes are easy to freeze. This is my method: wash, freeze, bag. Let me explain, briefly: I wash the tomatoes, place them on a half-sheet pan, put the pan in my freezer. When they're frozen, I dump them into a large, reclosable freezer bag. Done.
The beauty of this method, besides being quick, is that you can peel a frozen tomato simply by putting it under running water—the skin splits immediately. Since the tomato is still mostly frozen, it's easier to chop up. If you have a recipe that requires only a small amount of tomato, this works perfectly.

Field Notes

It's been generally lovely weather this past week, and dry. Monday was hot and getting humid, Tuesday was rather miserable (especially in the high tunnels) with high humidity and intermittent showers. Wednesday it's supposed to rain, which is welcome. Personally, I'm looking forward to a cool-down so I can turn off the air conditioners and leave the windows open all day.

The creative grandchildren of our Sussex pickup site manager Nancy, put this sign together to help our CSA members find their site. Didn't they do a lovely job?



Chuck and I have scheduled Farm Day for Sunday, October 2nd. The Packers are not playing, and the weather is still likely to be reasonably warm. Farm Day is your chance to come out to our farm and see how your vegetables are grown. We encourage you to bring your family and friends, and enjoy an afternoon in the country.

We usually start at 2pm with apple picking. Then we head for the barn to clean and cut up apples so they can be ground then pressed into cider. Everyone who comes is welcome to take home a quart of unpasteurized, fresh apple cider—bring your own container. We'll have cups so you can taste the cider, hot off the press!

After cider-making, Chuck will take you around the fields for a tour. We usually dig carrots or potatoes with the kids, we might tie cauliflower or . . . ? This is your chance to look around this 40-acre square we call home. And work.

Have a good week everyone!

Terry & Chuck