



Full Harvest Farm, LLC
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Box #7
Odd Week
5 August 2015

Contents

Fennel
Carrots
Cucumbers
Kale: Green Curly and Red Curly
Kohlrabi
Lettuce: Mixed
Potatoes: New
Zucchini

New Stuff: fennel, potatoes

Choice Box: zucchini (of course)

We're putting only a small amount of fennel, 1 bulb, in your box since it's not well known in this country, altho it is widely used in Europe. Many of the bulbs have put out baby bulbs. Now that's a happy plant. Fennel has been used for hundreds of years as an aid to digestion, is high in vitamin A, calcium, potassium and iron. The bulb and leaves have a mild, black-licorice flavor that is very good in salads, especially coleslaw, vegetable dishes and with fish. The frugal cook likes it because all of fennel is edible: bulb, stalks and leaves. To use, cut off the top of the root from the bulb, which is tough, and chop off the leafy stalks for use later.

Wash the bulb under cold, running water to get out any dirt that may have sifted down between the layers. Place the bulb flat on your cutting board and slice it in half. Set the cut side down on your board and slice lengthwise. Decide how small you want your pieces to be before slicing across the bulb. Cut the baby bulbs up in the same way.

Use the feathery leaves as a fresh herb. They lose some flavor each day, so go thru them as quick as you can. Or, add them to your next batch of pesto, or potato salad. You can dry fennel leaves on paper towels in your microwave. Store the dried, chopped leaves with your other herbs. If you make stock, the fibrous stalks are an excellent flavoring. One of our site managers cuts the stalks into 4" lengths and stores them in a jar of water in her fridge: it's one of her children's favorite snacks. Like sugar cane, they chew on the stalks to get all the tasty, tender bits, then spit out the fibrous part.

Making an infusion (think tea) is a way to use a small amount of something, and get good flavor out of it. Here's how you can do that with your fennel.

Fennel with Fish

Clean the fennel as described above, reserving some fronds to add later. In a 10" sauté pan, over medium heat, add:

2 Tbsp. butter

2 Tbsp. olive oil

1-2 fennel bulbs, cleaned and sliced thinly

- sauté just until the fennel begins to brown.

Add: ½ cup water, stock or dry white wine

-add the stalks, cut into 4" lengths (so you can remove them later), cover the pan, turn the heat to low, and cook the fennel until it is completely soft, about 15 minutes. While the fennel cooks slowly and flavors the liquid, snip off the rest of the leaves and chop them up. When the fennel is done, push the pieces toward the sides. You should have a thin layer of fennel-infused liquid on the bottom of the pan. If you don't, add more water, stock or wine. Scrape the bottom of the pan to loosen any stuck-on bits (this is called "de-glazing").

Add enough fish to fill up the area inside the cooked ring of fennel, season with salt, freshly ground pepper, and half of the chopped fennel leaves if you intend to turn the fish over. If you're using thin fillets, like Tilapia, you won't need to turn them over, so sprinkle all of the chopped fennel over the top. Cover the pan again, and simmer slowly, just until the fish is no longer transparent in the middle, but is still moist. The length of time will depend on the thickness of the fish. The best rule I've found is the simplest: Measure the fish at its thickest point, and cook it 10 minutes per inch, regardless of the cooking method. The fennel bulb is tender and delicious, but the stalk will be too fibrous for eating, so remove the stalks before serving.

Fennel Tapenade

Puree in blender:

1/2 cup pitted kalamata olives

1 small fennel bulb

1 small clove garlic, chopped—or a scape

1 Tbsp. red wine vinegar

2 Tbsp. red onion, chopped

1-2 Tbsp. olive oil (or flaxseed oil)

Spread tapenade on bread, toast or crackers as an hors d'oeuvres, or on sandwiches like mayonnaise.

These potatoes were dug on Tuesday, Aug. 4th, so they are very fresh and juicy. Your new, white potatoes come with a little dirt on them. No chunks, just a dusting some places. Dirt helps to preserve freshness, and protects them from sunlight.

New potatoes have a very thin skin, one that does not hold up under the usual scrubbing. To wash these and keep the skin [mostly] intact, hold a few of them in

your hands underneath cool, running water and roll them together. Another method is to brush them with a soft vegetable brush to remove the dirt. Store new potatoes in a paper bag away from sunlight, in a dry spot and at room temperature or a little cooler.

Exposure to sunlight causes potatoes to photosynthesize, or turn green. That green spot will taste bitter. If the potato is medium sized or larger, you can simply cut the green part off. If the potato is small, throw it away. When we bag your potatoes, we try to sort the ones with green spots out, but we may have missed a few.

Here's something delicious you can do with kale. Chuck and I love this one. Tahini is available at most supermarkets in the Asian foods aisle.

Kale & Lentils with Tahini Sauce

In a small saucepan, put:

- 2 cups water
- 1 cup lentils, picked over and rinsed
- ¼ tsp. turmeric
- ¼ tsp. ground coriander

-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.

While the lentils are cooking, whisk together in a large bowl:

- 2 Tbsp. tahini
- 2 Tbsp. lemon juice or wine vinegar
- 2 Tbsp. olive oil
- ¾ tsp. kosher salt
- ¼ tsp. pepper

When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.

Into a skillet, put:

- ¼ cup water
- 1 bunch kale, washed, center rib removed and sliced into thin strips

-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

And then there's the delicious:

Abigail and Arthur's Kale Salad Serves 4

- 1 large bunch kale, center ribs removed, leaves cut into thin strips (chiffonade)
- 1 shallot, sliced thin
- 1 1/2 Tbsp. freshly squeezed lemon juice
- 3 Tbsp. extra-virgin olive oil
- 1 small clove garlic, minced (optional)
- 1/2 tsp. Kosher salt + more
- 1/3 cup pine nuts or chopped walnuts, toasted
- 1/3 cup crumbled feta cheese
- 1/2 cup small dill or fennel sprigs (optional)
- freshly ground black pepper

About one hour before you plan to eat, put kale and shallot in a large bowl. In a small bowl, whisk together the lemon juice, olive oil, and 1/2 tsp. salt. Pour the dressing over the kale and toss to coat thoroughly. Let sit for one hour.

To serve, add toasted nuts, feta cheese, and dill or fennel sprigs to salad and toss thoroughly. Season with salt and freshly ground black pepper to taste. Here's a handy recipe from member Merrilee Follensbee:

Beans & Greens

- 1 large onion, chopped
 - 1 tsp. herbs de Provence
 - 1 pound of whatever type of sausage you like to use, cut up
 - olive oil if using low fat content sausage
 - 1 bunch of whatever green you have on hand
 - 1 can of drained cannellini beans, drained
 - 1 14-16 oz can of broth
- Saute onion & herbs with sausage using olive oil in skillet if needed. When sausage is cooked, add the broth & greens. Cook, stirring occasionally until greens are at desired doneness. Add beans & heat through.

Field Notes

Been dry here. Sunday's storms passed just to the north of us, and, boy, was it dark! I heard that West Bend got 20 minutes of golf-ball sized hail. We'll gladly stay dry to avoid golf-ball sized hail. The tail end of the rain clouds finally got here around dusk, and gave us .1".

Last week we cut several acres of meadow grass and alfalfa and baled it. We'll use our hay to mulch crops, especially when we plant the garlic in November. The alfalfa we plan to sell. The smell of freshly baled hay is one of life's great pleasures.

Our sweet corn patch is growing well, and the ears are sizing up nicely. Looks like the sweet corn will be in your boxes next week.

Another item for next week's box is cabbage. The heads are nice and dense, and should keep well.

Last week I asked for storage tips from members. Here's one from Barb Moeller: "I have had very good luck with the pale yellow or light green vegetable plastic bags that you can sometimes find in your local grocery store. I initially thought it was a gimmick but it seems to keep veggies longer than regular clear bags." Sounds like a winner.

Got a storage tip you want to share? Email it to me. Enjoy the lovely weather this week.

Terry & Chuck