



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #8 **Even Week**
Newsletter #8
13 August 2014

Contents

Parsley: **Curly—Couple Boxes**
Flat Leaf—Family Boxes

Carrots: Orange

Cauliflower

Green Beans

Onions: Walla Walla

Potatoes: New, Red

Swiss Chard

Zucchini

New Stuff: parsley, cauliflower, new potatoes.

Choice Box: ugly cauliflower, fennel, zucchini—use this up quickly.

I find that, in our soil, both curly and flat leaf parsley taste similarly, altho the flat leaf tends to be a bit chewier than the curly parsley. I wrote a bit about parsley in newsletter #1, but, briefly: parsley is very nutritious, helps to settle the stomach and rid the body of heavy metals (in case you've been eating a lot of tuna lately). To store parsley, remove the rubber band, snip the ends and put the bunch in a small glass with about an inch of water in it. Change the water every other day, and recut the ends if you keep it longer than a week.

Harvesting cauliflower is like getting a present: cut the stem, open the wrapper leaves and voilà! a lovely, white globe, ready to eat. There are good reasons why cauliflower often shows up on veggie trays: high in vitamins A, B-complex, C and E, it also contains many minerals and significant vegetable proteins. To retain as many of these beneficial nutrients as possible, eat it raw. Otherwise, cook cauliflower just until it is crisp-tender. If you want to cast nutritional caution to the wind, try roasting it using the same method for roasting beets in newsletter #2.

Or, try this dip:

Carrot Dip

In a bowl, put:

1 cup grated carrots

1 cup mayonnaise

1 cup grated Parmesan cheese

-Toss the ingredients together and put into a small casserole dish. Bake in a 325 degree oven for 15 minutes, or until it's bubbling around the edges. Serve while still warm. With raw cauliflower.

The cauliflower, being a member of the cabbage family, attracts cabbage worms, so keep an eye out for these little green critters as you cut apart your cauliflower. You may also see small, green balls on the head—it's from the worms. Just spray it off, it doesn't hurt anything. We've given these a good, initial spraying, so you might not find any. Store cauliflower in a plastic bag in your fridge. It'll keep for a week, probably more.

Your new, red potatoes come dirty. No chunks, but a thin covering in some places. Dirt helps to preserve freshness, and protects them from sunlight. Exposure to sunlight causes potatoes to photosynthesize/turn green and 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.

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.

This box seems perfect for this recipe:

Parsley Potatoes

Wash the potatoes (you decide how many) and cut so that all pieces are about the same size. Steam them until they are fork-tender but still holding together. While the potatoes are cooking, chop enough parsley to make ¼ cup. When the potatoes are done, drain off the water, remove the steamer (a pair of tongs works well) and add 2 Tbsp. butter to the pot. Cover and let sit until the butter melts (1-2 minutes), then add the chopped parsley, salt and freshly-ground pepper. Toss gently so the butter and parsley are evenly distributed. My mother made this dish a lot, not only because it's easy, it's also elegant.

The current zucchini patch has just about succumbed to powdery mildew, a fungal disease that turns the plants a dusty gray-green. It tends to occur more often when the weather is damp, and we've had a damper summer than usual. The powdery mildew started right around the time these plants started to produce their first fruits, which is why we haven't had a larger zucchini crop. Perhaps we should be grateful?

Chuck has more zucchini plants started, and plans to set them out onto plastic mulch very soon. They should start to bear about 30 days after transplanting.

Field Notes

Monday's rain didn't start at the farm until after sundown, and then it was light. It rained throughout the morning on Tuesday, on and off, but gave us only about .25". The heavy showers were definitely elsewhere.

We've planted a LOT of vegetables this past week: beets, broccoli, cauliflower, kohlrabi and lettuce. The crew has planted peppers and cucumbers in our simpler hoophouse, and will be running strings from the rafters for them to grow up on. They've also been working to tie strings on the tomatoes in the top-vented hoophouse before those grow too much. Since most of those tomatoes are indeterminate varieties, meaning that they just keep growing, we could easily see them 6 to 8 feet high.

To my great surprise, Chuck walked in the house the other day with 4 peppers: a long Italian, one called "Beaver Dam", and 2 purple peppers—a new cultivar he is trying this year. The Italian, named "Carmen", is a sweet pepper we've grown for many years—great flavor, especially roasted. The purple peppers are supposed to change color a few times, ending up in the red (that's a good thing). "Beaver Dam" is a local cultivar that is, surprisingly, a bit spicy. Not as hot as a Jalapeño, but with a definite kick. I think it'll be pepper season real soon.

Enjoy these next few days of sunny weather.
Take Care,

Terry & Chuck