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Box #2
Even Week
5 July 2017

Contents
Plant: Basil
Dill
Beets: Orange and Red
Garlic Scapes
Lettuce: **Red Boston, Couple Boxes**
Red Leaf, Family Boxes
Spinach
Sugar Snap Peas
Zucchini: Green and Yellow

New Stuff: basil plant, dill, beets, zucchini

Basil needs full to part sun to do well, and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first: this forces the plant to produce more, newer leaves. When the hop-like flowers appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the edible leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.

Fresh dill, milder and more complex in flavor than the dried version, is an herb I look forward to harvesting every summer. It would be terrific in potato salad, egg salad, cucumber salad, with fish, etc.—whatever you want to try. Clip off the very bottom of the stems and put the bunch into a small glass with about an inch of water in it. Store the dill in the fridge, and change the water every other day. Fresh dill is best used within 3-4 days, altho it will probably keep longer. The leaves are so thin that you can dry it on your kitchen counter by simply leaving it out on a piece of paper.

One of the great things about beets, besides their flavor, is the fact that all of it is edible: root, stems and leaves. The stems and leaves taste very much like Swiss chard, their ancestor. Someone, sometime, decided that they liked the flavor of those roots on their chard plants and started to select for large roots. This reduced the size of the leaves, and modern-day beets are the result. Beets are full of vitamins A & C as well as carotene. The leaves contain lots of vitamin C, calcium and iron. Use the leaves within 4-5 days for best flavor. Put the roots and leaves in a plastic bag, then in your vegetable drawer. Beet roots will keep for months in the fridge. Cook only the good-looking leaves and stems. The stems will need several more minutes cooking time than the leaves. Cook the leaves just until they are tender, but still remain a bright green. Or, chop them up raw for salads.

We grow several different kinds of beets here at Full Harvest Farm: orange, red and (often) white. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Red beets have the most flavor and are red inside and out. I'll talk about white beets when we actually put them into your boxes.

In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets

In a medium bowl, put:
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. freshly-ground pepper

Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean. Cut beets into largish chunks and put into bowl. Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Put the oiled beets into a pan **with sides**, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. No need to peel them as the skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C and potassium and calcium. We're growing a few different kinds. If you get a yellow one with a green end, that's "Zephyr". If it's all yellow, it's "Goldy", dark green, that's Midnight. Whichever you get, they all taste great on the grill. Simply brush with olive oil and grill until soft. Or, try this recipe:

Baked Parmesan Zucchini Sticks

Preheat your oven to 350 degrees F.

In a small bowl, put:
- ½ cup grated Parmesan
- ½ tsp. dried thyme
- ½ tsp. dried oregano

½ tsp. dried basil
¼ tsp. garlic powder

In a medium bowl put:

2 Tbsp. olive oil

Add: 4 small zucchini (or the equivalent), cut into sticks

Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.

Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Sprinkle with salt and serve immediately (don't salt before now or zucchini will lose a lot of its water). Garnish with parsley, if desired.

The sugar snap peas have not taken off yet, so you all have a modest amount in your boxes again. Let's hope this is the week they produce lots.

Field Notes

Last Wednesday dumped another 2 inches on our already damp soil. As long as that rain lasted, I'm surprised we didn't get more.

Considering how hard it came down, I'm glad we covered up the lettuce to avoid more damage.

Chuck has been cultivating between the rows to reduce weeds in our planting beds. It's important to allow the plants you want to grow to get all the moisture and nutrients they need, and prevent the plants that try to grow from taking the same.

These past 2 weeks we've been working on an infrastructure project that's been on the back burner for a long time: the ramp down to our loading dock. Soon, we'll be able to back our delivery truck up to the loading dock and move boxes right inside with a dolly. This will save our aging backs, eliminating some of the lifting we do now.



Here's a picture of the lettuce field we've been harvesting from:



We have a number of cookbooks available for purchase. "From Asparagus to Zucchini" is a "Guide to Cooking Farm-Fresh Seasonal Produce", especially written for CSA members. It's arranged in alphabetical order by vegetable, so recipes are easy to find. The A to Z also contains information on nutrition as well as how to best store the vegetables. The cost is $15.00. You can order them online, in the Ecommerce section of Member Assembler starting this Thursday. I'll email instructions on how to order Ecommerce items then, too.

Wendy Copeland, our Waukesha pickup site manager, hosts a Facebook page where our CSA members can write about what they've done with items in their CSA box, share recipes and storage tips, post photos, etc. You can request to join at https://www.facebook.com/groups/FullHarvestWaukesha/. She prefers to limit membership to Full Harvest Farm CSA members only, so please message her (https://www.facebook.com/wendywhitecopeland) or email her and let her know at wkcopeland@gmail.com and let her know you're part of our CSA.

Chuck and I hope you all had a wonderful 4th of July!

Peace,

Terry & Chuck