Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #6
Even Week
2 August 2017

Contents
Basil
Broccoli
Cabbage: Green
Cucumbers
Green Beans
Kohlrabi
Potatoes: New
Zucchini

New Stuff: cabbage, green beans
Choice Box: zucchini

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, 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. 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.

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
2 tsp. salt
1 tsp. freshly-ground pepper
-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, total 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 beautiful green bean patch has grown by leaps and bounds with all the regular rain and is producing nicely. Chuck planted a "haricot vert" variety this year, so you'll see narrower beans than you're used to. Altho most of the patch contains "haricot vert" plants, Chuck mixed 2 beds with regular green bean seeds, so some of you will find some normal-sized green beans in with your skinny haricots.
Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook green beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Store your green beans in the plastic bag they come in in your refrigerator, and use them soon. Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: Fresh beans are not as high in protein as dried beans.

Roasted Green Bean Salad
Turn your oven to 425 degrees.
Using a half-sheet or jellyroll pan lined with aluminum foil (something with sides), roast: **1 cup walnuts**
-just until they're a little browner, about 5 minutes. Set them on a rack to cool a bit. While the walnuts are browning, rinse a pound of green beans (or whatever you have), snap off the stem end and spread them out on a dishcloth to dry.
In a large bowl put: **1 Tbsp. olive oil**
Put green beans into bowl and toss with oil until all beans are thinly coated. Transfer the walnuts to a plate to cool and spread the beans out on the half-sheet or jellyroll pan in a single layer. Roast on the top shelf about 20 minutes, stirring once or twice.
While the beans are roasting, whisk together in a large bowl:

3 Tbsp. Extra-Virgin olive oil
1 Tbsp. balsamic or sherry vinegar
1 tsp. minced garlic (more if you like)
½ tsp. dried thyme
salt & freshly ground pepper to taste

When the beans are done, put them in the bowl and toss: while hot, they'll absorb more of the flavor of the dressing. Allow green bean mixture to cool some.

To the cooler green beans, add:

1 cup tomatoes, cut into ½" dice
2 Tbsp. chives, chopped
½ cup Parmesan cheese, coarsely grated (or shaved with a vegetable peeler)
2 Tbsp. fresh basil, thinly sliced (or ½ tsp. dried)

Toss together, add toasted walnuts and toss again.

Worker Share and long-time CSA member Leah Johnson sent me this link to a zucchini dip: http://www.eatingwell.com/recipe/252617/middle-eastern-zucchini-dip/

Let us know what you think of it. I hope to try it Wednesday.

Do any of you make a creamed cucumber salad? I'm looking for a recipe to put into the newsletter.

Field Notes

Last Wednesday we got ¾" of rain, and none since, for which we are profoundly grateful. When Chuck dug potatoes Tuesday, the ground around them was still a bit damp. Our next real chance at rain will be Thursday. Considering how much moisture we've gotten this year, I'm surprised we haven't had more trouble with fungal diseases, they love the wet. Not that I'm complaining . . .

Chuck and the crew have started tying up our tomato plants. Chuck has found a nifty way of doing it called a "Florida weave". It requires pounding stakes into the ground (we have lots of T posts), then using the stakes as an anchor and weaving the twine between the plants. It looks quick and easy.

And here's a hopeful note: We also planted sweet corn Tuesday. Our transplants are about a foot high all on their own, way past their usual size when we put them in the ground, so we aren't sure how it will work. If they grow fast enough, we'll have some late sweet corn. If not, at least we tried.

That's all for this week. Enjoy the cooler weather. I will!

Terry & Chuck