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Box #7
Odd Week
9 August 2017

Contents

Parsley: Curly-Couple, Flat Leaf-Family
Broccoli
Carrots
Cucumbers
Garlic
Green Beans
Lettuce: Green Boston-Couple, Romaine-Family
Onions: Alisa Craig Yellow and Red Torpedo
Zucchini

New Stuff: carrots
Choice Box: zucchini

Besides their beta carotene, carrots are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. Carrots will keep for months.

As this is our first carrot harvest, you'll find small to medium sizes in your bunches. Small carrots are very tender. We've also included some "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. In later boxes, the carrots will be bigger as this patch continues to grow. This year, we're also growing white and purple carrots. For the fall, we also raise delicious yellow carrots. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

Creamed Cucumber Salad

In a medium bowl, put:
½ cup sour cream
1 Tbsp. cider vinegar
1 tsp. Kosher salt
1 tsp. sugar
½-1 tsp. pepper
2 Tbsp. fresh dill weed, chopped (or 2 tsp. dried)
1 tsp. brown mustard

-Whisk together long enough to dissolve sugar and salt.

Add: 4 cups cucumbers, sliced however you prefer
½ cup onions, minced

Toss with dressing, then let sit for 30 minutes for flavors to blend.

I prefer to slice my cucumbers into a fat, julienne shape. They're easier to toss with the dressing this way and don't stick together. I did not find that the cucumbers released a lot of juice, but the dressing did foam some, which may have bound up the cucumber juice somehow. That said, I think the cucumber juice mixed with this dressing is delicious so I either eat it like soup, or mix it with other salad dressing for extra flavor.

The lettuce is being eaten by some insect, which accounts for the regular, round holes near the top of the leaves. Due to our frequent rainfall this season, it also has developed the lettuce version of powdery mildew, which presents as small, round brown spots. Break that part of the leaf off and use the rest.

Vegetarian Tomato Sauce

In a large pot on medium heat, put:
2 Tbsp. olive oil

Add: 3 medium onions, ½" dice
2-3 large cloves garlic, chopped
2 medium zucchini, ¼" dice, skins on (about 2 cups)
½ lb. mushrooms, sliced
1 lg. green pepper, ¼" dice

-Sauté until onion is transparent.

Add: 2 28 oz. cans crushed tomatoes
18 oz. tomato paste
1 tsp. oregano, dried
½ tsp. marjoram, dried
1 tsp. basil, dried

Stir well to incorporate the very thick tomato paste into the sauce. Simmer 20-30 minutes, covered to prevent splatters. This sauce is very thick and has great tomato taste. It works well on pizzas too. The zucchini gives it a beefy flavor. Like any tomato sauce, this one is better the next day. It also freezes beautifully.

If you haven't tried the Zucchini Apple Squares in newsletter #3, you really must. It's a great way to use up a lot of zucchini, especially the large ones, and no one will be able to tell the filling isn't apple. If you'd like a gluten-free version, email me.

Field Notes

I would like to enter my plea for drier weather, at least a week with NO RAIN.

For the first time, we have a small infestation of Japanese beetles. This voracious beauty can do a lot of damage in large numbers, but we've only seen an annoying amount so far. There are more cabbage worms and Colorado potato beetles out here to worry about.

Our cauliflower beds are producing some very nice heads, and you'll find them in next week's box. Along with the usual white, Chuck planted yellow, purple and green cauliflower. The colored varieties don't need to be tied, but the white ones do. We use baling twine to tie the "wrapper" leaves together near the top when the head is about baseball size. This gives the cauliflower room to grow and keeps it shaded from the sun so the head can stay as white as possible. If it isn't tied, white cauliflower turns an off-white color, not quite so attractive.

As you may have read in my previous email, all the newsletters so far this year have been posted to our website. This newsletter will go up shortly.

Have a great week!

Terry & Chuck