Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #10
Even Week
30 August 2017

Contents

Basil
Beets: Loose, Red
Cauliflower: White
Cucumber
Green Beans
Kohlrabi: Kossak
Lettuce: Red Leaf or Romaine
Onions: Red
Peppers: Jalapeños
Zucchini

New Stuff: Jalapeño peppers
Choice Box: mystery mixture . . .

Hot peppers contain very high levels of vitamins A and C, also E, iron and potassium. Capsaicin is the source of the pungency of hot peppers. It's soluble in alcohol and milk, but not water. Much of the capsaicin resides in the seeds and ribs of spicy peppers. Remove these and you tone that spiciness down considerably. To avoid getting capsaicin on your hands, wear gloves (I keep several pairs of exam gloves in a drawer in my kitchen). Store these in the vegetable drawer in your frig. They should keep for a few weeks. Or, you can freeze them. Wash, cut in half, remove any seeds or ribs, as you prefer, then place in your freezer. Once frozen, put into a heavy duty ziplock bag. Pull them out and chop up as needed. They get soft when frozen, so cut them up while they're still cold. Jalapeños turn red when fully ripe.

This is likely the last time you'll get basil. The plants are getting old and the leaves are tasting sharper.

You'll be getting a variety of sizes in your bags of beets. No matter how large they are, they will not be woody. This would be a great time to make a big batch of roasted beets. And, they freeze beautifully!

Roasted Red Beet Hummus

1 pound red beets, washed, peeled, and cut into chunks
Olive oil, for drizzling
1 (15-ounce) can chickpeas (garbanzos), rinsed and drained
3 cloves garlic, crushed
1/4 cup tahini
1/4 cup fresh lemon juice
1 tablespoon ground cumin
2 tablespoons olive oil
1/2 teaspoon salt

Directions:

Preheat oven to 400°. Put beet chunks in a bowl, drizzle with olive oil, sprinkle with salt and pepper and toss to coat beets. Place beets in a sheet pan with sides and roast for 30–40 minutes, or until tender. Allow to cool slightly.

Transfer roasted beets to a food processor and add chickpeas, garlic, tahini, lemon juice, cumin, 2 tablespoons olive oil, and salt. Blend until creamy, scraping down sides as needed. Adjust taste with lemon juice and salt. Refrigerate up to 3 days.

The last patch of green beans is going strong. The plants have lots of flowers and the bees have been busy, so we'll have green beans for another week, we think.

The Kossak variety of kohlrabi are meant to be very large, so don't let the size bother you. Kossak was bred for storage and will keep for months in your refrigerator with little loss of flavor and remain tender. But once you cut into it, try to use your kohlrabi up within a week. This recipe will help:

Mashed Kohlrabi

Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½" chunks and place these in a pan. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 15-20 minutes, or until very soft. Drain off the water completely. Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

Field Notes

The rain on Sunday and Monday was gentle and scattered. The crops needed a bit of a drink, so our ½" was welcome. It made the ground rather muddy for harvesting, but that's par for the course.

We tried another yellow watermelon today, and it was delicious. Looks like they're about ready to pick.

Sadly, there will be no sweet corn--got it in the ground too late and it just didn't grow much, so we're kissing it good-bye. Ah, well.

Chuck's storage onion crop looks good. The crew is in the process of pulling them up and laying them on the ground to dry in the sun. Then, we'll move them to the greenhouse to finish drying. If we can avoid the fungal

diseases that often pop up in damp weather, we'll have lost of lovely onions to put into your late boxes.
Late in August we go thru our Brussels sprout patch and break off the tops. This encourages the plant to put more energy into the size of its sprouts rather then in growing upward. Our Hmong crew educated us on eating the tops, which are tender and delicious. You'll be getting Brussels sprout tops in your boxes soon, along with instructions on how to prepare them.



Worker Share Leanna happily posed for this picture of our bagging procedure. Thanks Leanna!

Chuck and I have decided that **Farm Day** will be on **Sunday, September 24th**. We'll start at 1pm with cider-making, head out for a tour of the fields around 2:30pm, and wind up about 4pm. There will be plenty of cider for tasting and for taking home. Bring your own quart container and we'll fill it up.
You are welcome to bring your family and friends to Farm Day. We love meeting our CSA members, their friends and relatives, and showing everyone just where their food is grown. Children must be closely supervised and not allowed to wander as there are areas of high grass hiding equipment with sharp edges. Chuck and I do not want anyone to get hurt.
Please join us for cider, a tour, and the chance to win fabulous prizes!

Have a great week!

Terry & Chuck