Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #12
Even Week
13 September 2017

Contents
Broccoli
Cabbage
Fennel
Garlic
Green Beans
Lettuce: Romaine
Melons: Watermelon (most) or Cantaloupe (some)
Tomatoes: mostly slicers
Zucchini

New Stuff: cantaloupe
Choice Box: cabbage, fennel, etc.

Our cantaloupes are just starting to ripen and we don't have enough to give them to everyone this week, but we'll send out what we have. Everyone else will get another watermelon. As my grandpa used to say, "It's melon season, so eat your fill!"
The broccoli is producing some enormous heads—a few weighed in at 2+ lbs.! Once we cut the central broccoli head, the plant grows side shoots, which we also harvest. This year, our broccoli plants are giving us lots of side shoots. Some of you will get a bundle of side shoots, others will get a single head, still others will get a combination. Keep your eyes open for those pesky green cabbage worms—this is the time of year when we find the most. You can often wash them out using the sprayer on your sink. Another method is to soak the broccoli in salted water, which they don't like so they let go of the broccoli and float to the surface. I wash my broccoli, then keep a sharp eye out for the worms as I cut the florets up, and that works pretty well.
We have another large cabbage harvest for you. So large, that we've again cut the biggest ones in half to make a portion. To help you use all that cabbage up, I recommend both the "Cabbage with Shrimp" recipe, and this one, that member Emily Mustell sent us last year:
Kielbasa and Cabbage Skillet
2 pounds fully cooked polska kielbasa, cut in half lengthwise, then cut into 2 inch pieces
1 tablespoon extra virgin olive oil
1 head cabbage (2-3 lbs.), coarsely chopped
1 large sweet onion, cut into large pieces
1-3 carrots, diced
3 cloves garlic, minced
2 teaspoons sugar
1/2 teaspoon salt
1/2 teaspoon black pepper
2 teaspoons rice wine vinegar
1 1/2 teaspoons Dijon or brown grainy mustard
Heat olive oil in a large nonstick sauté pan (10" or larger) over medium-high and add kielbasa. Cook, without stirring for 1 minute. Then stir occasionally for about 5 minutes. Transfer to a plate with a slotted spoon.
In the same pan with some of the rendered kielbasa fat, add the cabbage, carrots, onion, garlic, sugar, salt, and pepper. Stir to combine and cook for about 10 minutes, stirring occasionally.
Mix in the vinegar and mustard; add the sausage back to the pan and cook for another 2 minutes to heat through. Taste and adjust seasoning, if necessary. Serve immediately on its own or over potatoes or pasta.
Here's a nice salad for the coming week:
Fennel and Zucchini Salad
In a small bowl, whisk together:
1/2 cup plain Greek-style, or whole milk yogurt
2 tsp. Dijon or spicy brown mustard
1 Tbsp. lemon juice
2 anchovy fillets, chopped
3-4 Tbsp. finely shredded mint leaves
Sea salt and freshly ground black pepper to taste
In a large salad bowl, put:
1 medium zucchini, shredded
1 Jalapeño chili, finely chopped, or sweet pepper if you prefer
1 apple, thinly sliced
1 large fennel bulb, trimmed and thinly sliced
Pour the dressing over the zucchini, pepper, apple and fennel, toss to coat. It may not seem like enough dressing at first, but when the zucchini and apple release some of their moisture, it'll be plenty. Let salad sit for at least half an hour before serving so the flavors can swap around. Toss again before serving to distribute those juices.
The tomatoes are slowly ripening, so we are able to give you a few more this week. It'll be a variety of types, from the round Celebrities to those bulbous heirlooms to small cherry and grape varieties, even a few paste tomatoes.

It's likely that these will be the last zucchini for this year. I don't think we've ever had them for this long before. Despite having pretty bad powdery mildew, some plants are pushing out new, healthy leaves, flowers and fruit. Go figure.

Field Notes

Chuck planted a nice crop of late spinach last week. We hope to be able to put some of this in the last boxes. Because we haven't had much rain, he's been irrigating it using drip tape. It looks like Saturday night is going to be our next chance for rain, but that's a slight one.

Our leek and celeriac crops have been swallowed by giant weeds. Our fault—we didn't get out there soon enough to cultivate between the plants after we put them in the ground. With all that rain, the weeds quickly got out of control. Some are almost 7 feet high! Sadly, this means there will be no leeks or celeriac this year. I love cooking with both so will really miss these crops.

On the plus side, we're in for some nice, warm, sunny days. The tomatoes will love it!

Enjoy this beautiful weather!

Terry & Chuck