Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #15
Odd Week
4 October 2017

Contents
Fennel
Broccoli Raab
Cabbage: Green
Onions: Red
Peppers: Carmen, Orange Bell (Family only)
Potatoes: Rose Gold
Tomatoes
Watermelon: Yellow or Red
Winter Squash: Spaghetti

New Stuff: broccoli raab, rose gold potatoes, spaghetti squash
Choice Box: mix

Broccoli raab, also called broccoli rabe or rapini looks like leafy broccoli. The heads are thin and wispy, with green buds like broccoli and producing the same yellow flower. Broccoli raab has a nutty, sharp flavor, similar to arugula. The stalks, leaves and heads are all edible. An easy way to clean it is to chop the bunch into ½" pieces, put into a salad spinner and wash as you would lettuce.
Broccoli raab is high in vitamins A and C, and contains calcium, iron, magnesium and vitamin B-6. Store it in a plastic bag in your refrigerator, and it should keep for a week or more.
If the flavor is too sharp or bitter for you, blanch broccoli raab for 2 minutes in boiling water. Drain, and add to whatever dish you're making.

Broccoli Raab with Pasta
Put a pot of salted water on high heat for the pasta.
In a 10" skillet over medium heat, put:
3 Tbsp. olive oil
3 Tbsp. butter
Add: 1 medium onion, sliced into quarter moons
3 garlic cloves, chopped coarsely
red pepper flakes *optional*
Sauté until the onion is getting just a little brown around the edges.
Add: 1 bunch broccoli raab, washed and cut into ½" pieces (a salad spinner is very handy here)
Cook, stirring often, until the raab starts to wilt, about 5 minutes.
Add: 1 cup chicken stock
1 cup heavy cream
Bring to a simmer, then turn the heat to low and cook another 5 minutes or so, until the broccoli raab is tender.
While this cooks, chop up some fresh tomatoes and put them into a bowl.
To the broccoli raab, add: salt and pepper to taste
Cook pasta until *al dente*. Drain, return to hot pot and toss with olive oil.
To serve, put pasta into a bowl, top with broccoli raab sauce, some of the chopped tomatoes and grated cheese. Enjoy!
Spaghetti squash is a light yellow, oval, mild winter squash which has flesh that comes apart in short, tender strings. It will store in cool (50-55 degrees), dry conditions for about a month or two, but not much longer.
Check the skin before storing winter squash: if there are any holes or soft spots, plan to use that squash soon and cut out the soft spots first. Winter squash contains far more vitamin A than summer squash, is an excellent source of potassium, high in fiber and complex carbohydrates.
The best way to bake any winter squash is to wash the outside, cut off the stem, then cut the squash in half. Set your oven at 400 degrees, line a half-sheet pan with aluminum foil to make cleanup easier, and place the squash on the foil, cut side down. Do not remove the seeds yet—they give the roasted squash more flavor. Bake for 30-60 minutes, or until the squash is soft when you poke it with your finger. Remove from the oven, flip them over and scoop out the strings and seeds using a large spoon. At this point, switch to a fork and scrape the flesh out of the spaghetti squash to encourage the presence of those thick, tender strings. Put some butter, salt and pepper, and perhaps some grated cheese on top and enjoy the flavor! Folks often serve spaghetti squash with tomato sauce, but the more robust tomato tends to overpower the squash.

Field Notes
The weather continues dry, altho there is the chance of some rain tonight and later this week. We'll see. We have drip tape going to water our late lettuce, the peppers and eggplant, and various other crops. Rain is just easier.

We plan to offer a Winter Storage box this season, as we often do. This large box of produce is filled with vegetables that store well, in bigger amounts. Chuck and I haven't decided exactly what will be in the Winter Storage box, but we're likely to include: Brussels sprouts, potatoes, onions, garlic, carrots,

beets, cabbage, butternut squash, kale or anything else we have sufficient numbers of in our cooler. In previous years, we've tucked in late lettuce, parsley, even spinach.
The cost is $50, and will be delivered Monday Nov. 20th. Because this is late in November and the weather is likely to be cold, we'll limit delivery to sites that allow us to put the boxes inside a garage or enclosed porch. This isn't possible at all our pickup sites, but is at many of them. We're discussing the options with our site managers now and will let you know soon.

Take Care,
Terry & Chuck