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Box #6
Newsletter #6
31 July 2013

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Fresh Garlic
Broccoli
Cucumbers
Kohlrabi: Kossak
New Potatoes: Warba
Onions: Walla Walla
Sweet Corn
Zucchini: Green: Couple Boxes
Green and Yellow (Zephyr): Family Boxes

Choice Box: Roma green beans

New Stuff: broccoli, garlic, kohlrabi, potatoes, sweet corn.

Broccoli contains lots of vitamins A and C as well as calcium, potassium and iron. Altho you get the most nutritional value out of it as a raw vegetable, cooking just until it's tender-crisp will preserve most of those properties. Store broccoli in a plastic bag in the crisper drawer so it doesn't dry out.
Broccoli is one of those "cut and come again" vegetables. Once you harvest the first, large head, the plant will continue to produce more, smaller heads as it tries to go to seed. Each small, green bead on a head of broccoli is actually a flower bud. Altho most of you will get one, large head, some of you will receive 2 to 5 smaller heads banded together. The very small heads are some of these side shoots.
Be prepared to look thru your broccoli for a green cabbage worm or two. I'm not saying you'll find any, but some heads will have them—after all, as certified organic growers, we don't use much insecticide, so a few insects are to be expected on the vegetables. Extra protein.
The garlic was dug yesterday, so it's very fresh. Because it hasn't had a chance to dry, you'll find that the covering over the cloves will be thicker, and the cloves juicier. To me, this makes them easier to peel. Store these on the counter, away from direct sunlight. They will slowly dry and, eventually, look like the garlic you buy in the store. If they last that long.

Kohlrabi as big as your head! If you were raised in this part of the state, you probably know and love kohlrabi. It has a juicy, mild flavor, and is excellent eaten raw. Kossak is a kohlrabi cultivar that was bred to grow very large and still remain tender and delicious, so, don't let its size bother you. Kossak also stores for months, uncut, in your crisper drawer, with no loss of flavor for much of that time. To keep it from drying out, put it in a plastic bag. To use kohlrabi, trim off the leaves (if any) and peel it with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs, underneath the kohlrabi's skin and work your way around it like you would peel an apple. With the skin removed, cut it up any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Many of our farmers market customers prefer it raw with a little salt.
"New" potatoes are so called because they are harvested after they flower but before the plant dies. This makes them juicier, with a thin, tender skin.
Your potatoes have not been washed: the soil acts as a preservative. To wash, hold 2 or 3 in your hands under running water and rub them against each other. The friction will wash off the dirt without tearing off too much of the tender, new skin. The minerals that make potatoes nutritious are just under the skin, so don't peel it off.
Altho we sort thru our potatoes when we bag them, you may find one with a green spot. This is due to exposure to sunlight: the potatoes trying to make chlorophyll. The green spot will taste bitter, so cut that off. To keep the sunlight off them, store potatoes in a brown paper bag at room temperature. Worker Share Nancy has done some research that says onions and potatoes should not be stored close to each other or they'll spoil quicker. Thanks, Nancy!
Warba is an heirloom potato cultivar. One of its characteristics is a bit of an irregular shape with an occasional deep eye pit. It has good disease resistance, which makes it a good choice for an organic grower like us. Warba has a fine, firm texture that makes it excellent in potato salad.

Tortilla Espanola or Spanish Omelette

Into boiling, salted water, put:
1 ½ lbs. potatoes, washed, halved and thinly sliced
-Cook until the potatoes are just tender, but not falling apart. Drain and reserve.
Meanwhile, in a large skillet over medium heat, put:
¼ cup olive oil
Add: 1 large onion, halved and thinly sliced
Salt and pepper to taste

-Cook until the onion starts to brown, about 5 minutes, stirring often.
Add: 4 garlic cloves, chopped
-Cook until fragrant, about 2 minutes.
In a large bowl, whisk together:

6 eggs
2/3 cups milk
½ tsp. smoked, Spanish paprika
salt & pepper

Add the browned onions and cooked potatoes to the bowl and stir to mix.
Return the pan to the heat and add:
2 Tbsp. olive oil
When the oil is hot, pour in the egg mixture, distributing the potatoes and onions evenly in the pan. Turn the heat to low, cover the pan, and cook until the egg is almost done. Then, turn off the heat, keep the pan covered and let it finish cooking, about 5-10 more minutes.
Serve hot or cold. It's often served with a tomato sauce, altho salsa is our preference.
Well, the sweet corn is here at last. To give you a reasonable amount, we've had to harvest some smaller ears, so be prepared for a variety of sizes. Our sweet corn is never as big as conventional sweet corn, but it's every bit as good. This corn was harvested Tuesday. To enjoy its best flavor, eat it soon. Store corn in a plastic bag in your frig.
Walla Walla onions are a "sweet" onion, milder in flavor, whether cooked or raw. You can store them in the frig, or at room temperature, but they will not keep long, so use them up within a few weeks. These are among the biggest we've ever grown.
Roma green beans are an Italian variety that form a long, flattish pod. They have excellent flavor. We didn't have enough to give them to everyone, so we're putting some bags at every pickup site. You'll likely find them in next week's box.

Field Notes

It's been rather cool here at the farm. Nice for the humans, the spinach and the lettuce, not ideal for the tomatoes, peppers and eggplant.
The garlic has dried down and was harvested Tuesday—a little late this year, due to the long, cool spring. Bulbs are smaller than usual. We planted several varieties, both hardneck and softneck, so we'll see which produce the best.
The first orange Sungold and red Juliet tomatoes are ripening. It'll probably be a few weeks before we have enough to put them in your boxes. These cherry tomatoes and small "saladette" types usually arrive early.

Altho this is the 6th box for our 20-week members, it's the first box for our new, 15-week members. Welcome, folks! We're pleased to share the harvest with you!

Congratulations, members, on the fine job you're doing unfolding your wax boxes. We're finding fewer boxes with ripped bottom tabs and holes.

There are still several "From Asparagus to Zucchini" cookbooks available. The price is $20 each. If you'd like one, email the farm, and we'll deliver it with your next box. Make checks out to "Full Harvest Farm, LLC" and snail mail them to us. Our address is at the top of every newsletter.

Have a great week!
Terry & Chuck