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Box #8
Newsletter #8
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Contents

Parsley: Italian Flat Leaf
Broccoli
Cucumbers
Green Beans: Roma
Kohlrabi
Onions: Walla Walla
Sweet Corn
Zucchini

New Stuff: parsley
Choice Box: sweet corn—small ears

Parsley has often been touted as a breath freshener, stomach soother, but did you know it helps remove heavy metals from your body? Yep. It's also packed with vitamins A, C and plenty of minerals, especially iron.

This year, we're growing flat leaf parsley, often called "Italian" parsley. Cooks generally prefer flat leaf, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me.

The lower broccoli field continues to produce lots of beautiful heads. Many of you will get single heads, some will get a bunch of two heads, or a head and some side shoots.

If you have a long broccoli stem, eat it! Simply cut up the stem in about 1" sections to see where it gets tender. Then, cut off the fibrous, outer part and enjoy the tender inner. You can eat all of the tender stems, and trim only the tough, fibrous ones. Add some stems to the salad below.

Gosh, I hope you-all like cucumbers. Here's an Asian salad for you to try:

Kohlrabi, Carrot and Cucumber Salad

The vegetables in this salad are all cut into matchsticks (julienned). Here's a quick way to do that: after washing the vegetables, cut the carrot and cucumber into 1" sections. Turn the cut side down so it lays flat on your cutting board. Make parallel cuts with your knife the size you want the pieces to be. Keeping them together, rotate the sliced sections 90 degrees and cut across them to make matchsticks. For the kohlrabi, cut off a chunk the size you think you need, peel it and put the flat side down on the board. Make the parallel cuts, rotate them, and slice across as above. You'll need about 3/4 cup of each vegetable, more or less. Put the julienned vegetables into a bowl.

Dressing: 1 Tbsp. light soy sauce
2 tsp. rice vinegar (or white vinegar)
1 tsp. sesame oil
½ clove garlic, mashed

-Whisk dressing ingredients together, pour over vegetables, toss and serve immediately. This salad is also good with celeriac, or celery root, something you'll get in your October boxes.

If you're using a Full Harvest Farm carrot, there's no need to peel it. Scrub the skin under running water to remove any dirt, cut off the ends and proceed with your recipe. Always scrub our carrots just before you use them as they are thin and sweet. Too much abrasion of the skin causes it to oxidize, turn gray and taste bitter. Then, you will have to peel it.

The green beans are winding down, so there are not too many in this week's box.

Waukesha site manager Wendy Copeland is sharing a recipe of her mother's:

Zucchini Apple Squares

Crust: 4 cups all-purpose flour
2 cups sugar
1 ½ cups butter

Combine and crumble. Reserve 1 ½ cups. Press remainder onto 1/4 sheet size baking tin (or use 9"x13" pan) and bake at 375° for 10 minutes. Crust will be thick.

Filling: 6 cups zucchini peeled, cored, cut into chunks
2/3 cup lemon juice (bottled okay)
1 cinnamon stick

Cook until zucchini is translucent over medium heat. Remove cinnamon stick.

Add: 1 cup sugar
1/2 tsp nutmeg
1/2 tsp cinnamon
1/2 cup reserved crust mix to thicken

Stir and remove from heat. Spread filling onto crust.

Add: 1 tsp cinnamon

-to the remaining 1 cup reserved crust mix. Sprinkle on top of filling. Bake at 375° for 20 minutes or until crust browns. Serve warm or chilled. Cooled, the bars have a cookie-like crust. Altho this filling is made with zucchini, the lemon juice and spices make it taste like apple.

Note: To make a ½-size sheet pan, use the same amount of crust, just press it out thinner. Double the zucchini mixture to have enough to spread over crust.

Field Notes

Sunday morning gave us .25" of rain, much needed as it's been dry. Chuck has been rolling out the drip tape so everything has adequate water.

The new carrot field is growing rapidly. Many of the greens are about 10" tall, nice and thick. We'll have to start thinning the roots soon.

Our melon patch is creeping into the lettuce beds next door, something we did not expect. Happy melons! Chuck's been checking the ripeness, and thinks we'll be putting them in your boxes soon. Cantaloupes usually come first, then watermelons.

We're finding a few more tomatoes ripening, and hope to put them in next week's box. The small, cherry tomatoes often ripen before the larger, slicing tomatoes do, altho it takes much longer to pick the little ones.

We plant rye as a cover crop, to crowd out weeds like quack grass and Canadian thistle. Usually, we cut it before the grain ripens, bale it and spread the rye as mulch under our tomatoes and peppers. This year, the rye was in a lower field, that didn't dry out before the grain was mature. Luckily, a dairy farmer down the road bought it from us for his cows. He arranged for another farmer to combine the grain, and we got to keep the straw (stalks). When November comes and we plant garlic, we may use some of this straw to mulch our garlic.

Full Harvest Farm is now accepting 10-week, CSA members. The Couple Share costs $265, while the Family Share costs $350. Signup sheets for the 10-week program can be downloaded from our website: http://www.fullharvestfarm.com , and are located at the bottom of the "About CSA" page. If you know anyone who would like to join us for the last half of our season, please direct them to the website, or have them email the farm directly. Remember, if they join on your recommendation, you receive a $10 credit to use for extra vegetables, or towards next year's membership. Thanks for spreading the word!

Enjoy this perfect, summer weather!

Terry & Chuck