Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #11
Newsletter #11
4 September 2013

Contents

Parsley: Italian Flat Leaf
Beets: Golden
Cauliflower
Cucumbers
Lettuce: Lovelock, Red Boston Bibb
Melons: **Cantaloupe: Athena – Family Boxes only**
CANTALOUPES IN SEPARATE CONTAINER
Watermelon: Couple boxes only
Peppers: Bell, Jalapeño
Tomatoes: Cherry: Juliet
Slicers: Black Prince, Black Truffle, Early Girl, Old German

New Stuff: Jalapeño peppers
Choice Box: Bell peppers, tomatoes

Jalapeño peppers are small, with a short, rounder, conical shape. They often have short, irregular lines on the sides we like to call "stretch marks". Like most peppers, Jalapeños turn from green to red when fully mature. They'll be hotter than the Anaheims that were in last week's box. As is the case with all hot peppers, the heat is in the seeds and ribs: remove these, and you tone things down quite a bit. To protect yourself from the spiciness, handle hot peppers with plastic or rubber gloves. You can buy a small amount of disposable gloves at any store that has a paint department.
The bell peppers are from a few, different varieties: yellow, red and orange. We've picked mostly the most mature peppers, so some will be partly colored, or have yellow or reddish areas.
Here's a recipe sent in by Michelle Weber:
"[Here's] the recipe I used the week we got an abundance of cucumbers...it's called Easy Refrigerator Pickles and we found the recipe to not only be very tasty, but also very little fuss. We've also been enjoying the pickled onions that are a part of it on burgers, etc. The recipe is from an old Cooking Light magazine (2007)."

Ingredients:

6 cups thinly sliced pickling cucumbers (about 2 pounds)
2 cups thinly sliced onion
1 1/2 cups white vinegar
3/4 cup sugar
3/4 teaspoon salt
1/2 teaspoon mustard seeds
1/2 teaspoon celery seeds
1/2 teaspoon ground turmeric
1/2 teaspoon crushed red pepper (I used about 1/4 teaspoon and they still have a kick!)
1/4 teaspoon freshly ground black pepper
4 garlic cloves, thinly sliced

Preparation:

Place 3 cups cucumber in a medium glass bowl; top with 1 cup onion. Repeat procedure with the remaining 3 cups cucumber and remaining 1 cup onion.
Combine vinegar and remaining ingredients in a small saucepan; stir well. Bring to a boil; cook 1 minute. Pour over cucumber mixture; let cool. Cover and chill at least 4 days. Pickles may be stored in the refrigerator for up to one month.
Note: At first, it doesn't appear that there is enough liquid to cover the cucumbers; however, by about 12 hours after you mix everything and it has a chance to sit in the fridge, there is more than enough liquid to cover everything. Also, I made sure to stir the mixture once a day for those first four days and the flavor was really the best after the fourth day."
You know, a few hot peppers might be an excellent addition to this recipe . . .
Just a note about your cauliflower: Keep an eye out for green cabbage worms when you're washing or cutting it up. They're harmless and usually wash right off, as do the little green spots of worm debris.
Tomatoes pack their flavor in the ribs and seeds, so to get the most flavor in your recipes, keep all this good stuff in.
Another note about tomatoes: after a rain, like we had on Friday and Sunday, most tomato varieties will exhibit some cracking.

This is the time of year when damaged produce can show up despite our best efforts. I've cut open a **perfect**-looking pepper or tomato, and found rot or mold inside. Or, a ripe melon goes into the box and arrives damaged or soft. It doesn't happen often, but sometimes an item will get past us and end up in your box. If this happens, PLEASE let us know and we'll gladly replace it. We want you to be happy with the produce in your boxes.

Field Notes

Friday surprised us with an inch of rain (and a little hail) that fell over the course of about an hour. Very welcome and much needed (altho not the hail). We watched these clouds move down from the north to the

east and thought: "Well, it's not coming here." Then we noticed those clouds moving back towards the west, weirdly, and figured we had a chance. *Splash, splish, plunk* and it started to rain. And hail.
We had another cloudburst Sunday afternoon that added .25". It's been so dry that the plants have actually slowed their growth: this moisture should speed things up a bit.

FARM DAY

Sunday, September 29 will be **Farm Day**. This is your chance to come out to the farm, meet Chuck and Terry, tour the fields and orchard, make some apple cider and see just where your food is coming from. We'll start out making cider in the barn from 2-3pm. Tours of the farm and orchard will happen from 3-4pm. We'll gather again at the barn for your chance to win fabulous prizes (must be present to win), and we'll wrap up between 4:30-5pm. If you'd like to take some cider home with you, please bring along a clean container (about a quart size works well). Our cider is **unpasteurized**. We look forward to seeing you September 29th.

Enjoy this cooler weather.

Terry & Chuck