Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #15
Newsletter #15
2 October 2013

Contents

Pears: Mixed Types
Broccoli: Family
Broccoli or Cauliflower: Couple
Eggplant: Japanese
Green Beans
Peppers: Red Bell, Italian Carmen
Potatoes: Red
Swiss Chard
Tomatoes: Juliet, Roma, Red Slicers, Black Truffle, Old German
Winter Squash: Long Pie

New Stuff: Japanese eggplant, Long Pie squash
Choice Box: pears, tomatoes

Japanese eggplant is a long, slender cultivar with sweet flesh and thin skin. It is especially tasty grilled or roasted. Store these in your vegetable drawer, and use them up within a week.

Baba Ghanouj/Baba Ghanoush

2 large eggplants
2 Tbsp. lemon juice
1/4 cup tahini
3 garlic cloves, peeled
1/4 cup olive oil
salt and pepper to taste

Preheat oven to 375°F. Cut each eggplant in half lengthwise and place on sheet pan. Brush with about 1 tablespoon olive oil and season with salt and pepper. Roast for 40-45 minutes until very soft.

Let eggplants cool before handling. Scoop eggplant flesh out of skins into bowl of a food processor. Add lemon juice, tahini, garlic, olive oil and salt and pepper. Process until smooth. Spread on crackers, bread or use as a dip with fresh vegetables.

Long Pie aka Nantucket Pie squash is an heirloom variety that just gets better in storage. The flesh is stringless, smooth, orange and delicious. The outside will turn completely orange in storage, and the flesh becomes a brilliant orange. If the outside is in good condition, consider keeping this one for your Thanksgiving pies.

We've tried to give everyone a mixture not only of pear types, but of ripenesses. Set them out on your counter to ripen completely. Pears are ready when the stem end yields under gentle pressure. You'll notice that different pears taste sweeter, spicier, and their texture will be finer or coarser.

The broccoli patch didn't yield quite enough for all the boxes, so some Couple Shares will get cauliflower instead.

We've done an initial washing of your green beans, but Sunday's early rain splashed some dirt on them that you will have to do a final wash to remove.

Potatoes as big as your fist! Two fists! These will be quick to wash, eh? We've left the dirt on so they'll keep better. Leave them in their bag in a spot away from the sun, and wash just before using.

Our Nancy has a quick and easy way to make Swiss chard: sauté the stems and leaves in olive oil with some salt and pepper on low heat, pan covered. When the leaves are done the way you like them, drizzle a bit of balsamic vinegar over the top and stir.

I thought you might like to see the ladies who pack your boxes:



L-R: Mary, Emily, Terry and Ashley.

Field Notes

The only rain we got this week was in the wee hours of Sunday morning, but we totaled .5". It was a steady, soaking rain, and the plants loved it. The ground was damp, but not overly muddy.

Our late lettuce patch really enjoyed the rain--everything perked right up. Among the Romaine and Boston Bibb is a lovely row of baby bok choy. It's only 3 inches tall now, but in 2-3 weeks, it'll be ready to pick.

On the north side of our farm are a few beds of Brussels sprouts. The small sprouts are forming nicely at the base of the leaf stem. These taste best after a

few frosts have sweetened them up, so it'll be several weeks before you get these.

We got lucky: Farm Day was beautiful, with temperatures in the 60's, blue skies and puffy, white clouds. About 40 people made it out to press cider and tour the farm: lots of families with their kids, couples, grandmas and grandpas—it was great. Chuck and I planned a walking raffle, with prizes awarded at different stations during the tour, a jug of cider in the barn, a basket of apples near the orchard, a bunch of carrots at the carrot patch, stuff like that. If you came out, we hope you enjoyed yourself. If you didn't, we hope you'll make it next year. We certainly enjoyed meeting all of you!

Have a good week.
Terry & Chuck