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Box #19
Newsletter #19
30 October 2013

Contents

Parsley
Bok Choi
Collard Greens
Leeks
Peppers: **Yellow Bell: Couple Boxes**
Green & Yellow Bell: Family Boxes
Potatoes: Red
Tomatoes: Mostly Green Slicers & Paste
Winter Squash: Aunt Thelma's Sweet Potato or other Acorn types

New Stuff: bok choi, collard greens.

Bok choi, bak choy, pak choi or Chinese cabbage—however you know it, is a delicious Asian vegetable that many of you have probably already tried. It's great in stir frys, raw in salads, pickled, etc. Nutritionally, bok choi is very high in vitamins A, C, K, folate, potassium, calcium, sodium and phosphorus. So, it's especially good if you need to increase your calcium intake. There is a growing body of evidence that vitamins and minerals contained in our food are more effective for maintaining and healing our bodies because this is the form they are used to using, not those which are chemically derived. As Hippocrates said: "Let your food be your medicine, and your medicine be your food."
The bok choi has some slug damage, a problem we've not had to deal with before. You'll see some holes in the leaves, and gouges in the stems where they've chewed. The holes don't affect the flavor. Dirt tends to lodge most at the base of the stem, rather like celery, so wash the stalks more carefully here. Store your bok choi in a plastic bag in the vegetable crisper drawer of your frig, and use it soon.

Bok Choi with Cashew Sauce

In a blender or food processor, put:
½ cup cashews, salted or raw
¼ cup white wine vinegar
¼ cup soy sauce
1 Tbsp. sugar
½" piece ginger, peeled
pinch or 2 of red pepper flakes, *optional*
2-4 Tbsp. water
-Puree ingredients until smooth.
In a cast iron skillet or wok over high heat, put:
¼ cup peanut oil
1+ lbs. bok choi, washed, stems separated from leaves and cut into ½" slices
-Stir-fry bok choi stems 2-3 minutes, or until just beginning to soften.
Add: bok choi leaves, roughly chopped
-Stir-fry 1-2 minutes more, until leaves turn bright green and wilt. Turn bok choi into a serving platter and cover with cashew sauce.

Collard greens are another nutritional powerhouse. One cup (raw) will give you more than twice the daily requirement of vitamin K, and half of your daily requirement of Vitamin A! It's also high in folate, vitamin C, choline, calcium and potassium.
When raw, the leaves are rather chewy, but sweet. Cooked just until tender, the leaves are even sweeter.

Collard Greens with Bacon

In a 10", cast iron skillet over medium heat, put:
4 oz. bacon, cut crossways into slivers
-Cook, stirring often, until some of the fat melts over the bottom of the pan.
Add: 1 lg. onion, cut into half-moon slices
-Sauté onion in bacon fat until transparent.
Now add: 1 cup meat or vegetable stock
1 bunch collard greens, washed, thickest part of stem removed, cut into ½"x 2" slivers
-Cook, covered, stirring now and again until the greens are just tender but not gray, about 10 minutes.
This recipe was given to me by a woman whose family was from Alabama. I've shortened the cooking time. Some Southern cooks like to add a tablespoon or 2 of vinegar to their greens. Others include garlic, sweet or hot peppers, toasted nuts, or whatever you have a fancy for. Be creative.
These will be the last tomatoes this season. Altho most of these are green, they will ripen to red if you leave them out on your counter, especially if there's some direct sunlight available.
Fried, green tomatoes are a Southern staple. They're best made with light green tomatoes, as these are. Check out this online recipe: http://allrecipes.com/recipe/best-fried-green-tomatoes/. If you're really ambitious, bake a green tomato pie. It tastes like apple, no lie.

Field Notes

The crew collected all the winter squash from the field and brought it into the greenhouse, where it continues to dry. The skin will harden somewhat during this process, allowing it to last longer in storage.

Soon we'll be breaking apart bulbs of garlic and planting the individual cloves in the ground. The cloves will start to grow a bit before the cold slows them down. When the soil warms up, they'll be ready to shoot upward and form whole bulbs, which we'll harvest next July.
Outpost Natural Foods has started buying some of our produce, namely peppers, eggplant, beets, kale and some lettuce. We hope you'll support our newest customer whenever you can.

Chuck and I are going to offer a **Thanksgiving Box**. Here's what will be in it for sure:
2 lbs. onions
2 winter squash: long pie/butternut/buttercup/acorn
4 lbs. potatoes: red and German butterball
1 lb. Brussels sprouts
4 lbs. carrots: orange and yellow
1 bunch curly green kale
2 lbs. rutabagas
Other possible additions: leeks, broccoli, cabbage, spinach.
The box will cost $40, and can be picked up at one of 4 places: on Sunday, Nov. 24th, from our farm, or at our stand at the Oconomowoc Winter Farmers Market. Racine and Kenosha members can pick their box up in Racine on Monday, Nov. 25th. Brookfield and Wauwatosa members can pick up this box in Brookfield between 4 and 7pm on Monday, Nov. 25th. To order a Thanksgiving box, email the farm to make your reservation. Give us your name and where you want to pick up your box. Then, snail mail us a check for $40 made out to Full Harvest Farm, LLC. Our address is at the top of every newsletter. This is your chance to extend the growing season a little longer, and enjoy our certified organic vegetables at your Thanksgiving feast.

Now is the time to bring back any accumulated wax boxes you have. Leaving them at your pickup site this week means we can pick them up next week, when we deliver the last box.

We want to know what you think of our CSA program. A survey will be sent to you soon via email. We respect your opinion, and want your suggestions on how we can make our CSA even better. Thank you for your feedback!

Happy Halloween!
Terry & Chuck