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Box #20
Newsletter #20
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Contents

Broccoli Raab
Brussels Sprouts
Family Brussels Sprouts will be in separate containers
Carrots: Orange & Yellow
Kale: Green Curly
Lettuce: Green Boston
Potatoes: German Butterball
Rutabaga
Winter Squash: Long Pie

New Stuff: broccoli raab, rutabaga
Choice Box: Brussels sprout greens

Now's your chance to be on the cutting edge of greens consumption, and eat something really delicious to boot. Grab those Brussels sprout leaves from the Choice Box, and cook them up—any recipe calling for kale, chard or collards will work. Cut the stem off where it meets the leaf, cut the leaf in half, cook until just tender but still bright green. You'll be delighted—guaranteed! They store great in a plastic bag in your frig. Wash, remove the stems as above, slip into a bag—you can even fold them in half. They keep for a few weeks, but you'll want to eat them way sooner!
Broccoli raab, broccoli rabe, rapini, broccolini—whatever you call it—is very nutritious, being high in vitamins A, C, and also containing B_6, iron, calcium, magnesium and potassium. The flowers, buds, leaves and stalks are all edible. The yellow flowers are the same as broccoli produces when the buds open and bloom. They are best eaten raw, and make a lovely garnish on top of a salad or on the side of a plate. Broccoli raab has a rather spicy taste. If you prefer it milder, parboil it for 2 minutes, drain, then use in whatever recipe you wish. Store broccoli raab in a plastic bag in the vegetable drawer of your frig, and use it soon.

Broccoli Raab with Goat Cheese

Bring a large pot of salted water to a boil.
Meanwhile, in a large skillet over medium heat put:
2 Tbsp. olive oil
2 Tbsp. butter
Add: 1 lg. onion, cut into ¼", half-moon slices
½ tsp. freshly ground pepper
-Sauté, stirring often, until the onion starts to turn golden, 5-10 minutes.
Add: 6 garlic cloves, chopped
¾ tsp. red pepper flakes, *optional*
Sauté, stirring often, 1-2 minutes.
While the onion and garlic are cooking, wash and roughly chop 1 bunch broccoli raab, reserving any flowers for a garnish. When the water comes to a boil, add the raab and cook for 2 minutes. Transfer with a slotted spoon to the skillet.
Add to skillet: 1 cup heavy cream, or chicken stock
-turn heat to low under skillet.
Add the pasta shape of your choice to the water. Cook until it is *al dente*. Drain pasta, return it to the now-empty pot and drizzle with olive oil, stir. Spoon pasta into bowls, top with sauce and chunks of goat cheese. Use reserved rapini flowers as a garnish.
Rutabagas are a relative of turnips but taste sweeter. Since they first appeared in Sweden in the 17th century, rutabagas were often called "Swedes". They are high in carbohydrates, vitamins A, C, calcium and some minerals and antioxidants. For maximum nutrition, do not peel them. Rutabagas can be used in any dish you would put potatoes, carrots or turnips in, like pot roast, soups or stews. They store well unwashed, or in a plastic bag in your crisper drawer.

Mashed Rutabagas with Bacon

Put into a pot of salted water:
4 cups peeled rutabagas, chopped into ¼" pieces
-Bring to a boil, then simmer until very tender, about 15 minutes.
While rutabagas are cooking, heat a small skillet over medium heat.
Add: 4 oz. bacon, cut into ¼" slivers
-Cook until the bacon starts to crisp.
Add: 2 Tbsp. garlic, minced
-Fry 1-2 minutes until the garlic just starts to turn color.
Add to skillet: 2 Tbsp. butter
1-2 Tbsp. milk or cream, *if necessary*
-Turn off heat, let butter melt. Strain rutabagas when very tender, and put into a mixer bowl. Add bacon mixture, salt and freshly ground pepper to taste, and beat until rutabagas are creamy. Serve at once.
NOTE: rutabagas contain more water when boiled than potatoes do, so don't require extra liquid to thin their consistency.
This recipe is good with oven-roasted potatoes as an accompaniment. Roasting the potatoes while you're preparing the frittata is also handy, since the frittata needs to bake in the oven, and you'll already have it on.

Kale and Manchego Frittata

Turn oven on at 400 degrees.
In a shallow pot over medium-high heat, put:

2 Tbsp. olive oil
1 onion, cut into ¼" dice
3 cloves garlic, chopped
½ tsp. freshly ground pepper
¼ tsp. Kosher salt

-Sauté until onion starts to brown, stirring occasionally. While the onion is browning, wash 1 bunch of kale, remove stems and chop into ½" slivers.
Add to pot: chopped kale
½ cup water
Turn heat to medium, cover pot, and cook until kale is tender but still bright green.
In a large bowl, beat: 8 large eggs
Stir in: ¾ cup Manchego cheese, grated (or any strong-tasting cheese like sharp cheddar, blue, etc.)
When kale is tender, pour egg/cheese mixture over kale. Top with more grated cheese.
Put skillet into 400 degree oven, uncovered, and bake until eggs are set, 6-10 minutes. If desired, brown top under the broiler.
Your potatoes have been washed and are still a little wet, which is the reason they're in a plastic bag instead of a paper one. Take them out of the plastic bag, let them air dry, then put them into a paper one. They'll keep longer this way.

Field Notes

It's been a rather mild Fall, with warmer-than-normal temperatures, for which our crew is profoundly grateful. These balmy conditions will soon turn much colder, and we'll need to harvest everything we can before the cold kills most of the vegetables we still have out in the field. When it gets to 20 degrees or less, even row cover won't protect the plants sufficiently. Except, perhaps, green curly kale. It takes a long, cold spell to kill green curly kale.
We still have quite a load of red and orange beets to bring in, carrots and potatoes. There's also broccoli, cauliflower, cabbage, lettuce, spinach, radishes, and chard to pick. We'll get everything we can into our cooler, then clean it as needed to fill our wholesale orders and sell at the Oconomowoc Winter Farmers Market.
Speaking of the Winter Farmers Market in Oconomowoc, let us just remind you that we'll be there for 3 and possibly 4 winter markets. The OWFM takes place inside the large greenhouse at the Oconomowoc Landscape Supply and Garden Center, N68 W37850 County Trunk K, Oconomowoc, WI. The market opens at 9:30am and goes to 1pm, on the 2nd and 4th **Sunday** of the month, November thru April 13, 2014. Full Harvest Farm will sell USDA certified organic vegetables at the OWFM on Nov. 10, 24 and Dec. 8.
This has been a better growing season than last year, The Year Of The Drought, with more rain, fewer pests and less plant disease. We always have problems to solve, but we think we've solved them pretty successfully. On other fronts, our farmers market and wholesale numbers are up, and next year looks good all around.
We are taking orders for our Thanksgiving Box
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 between 4-6pm. 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 with your name and where you want to pick up your box. We'll reply with confirmation of your order, and details on where and when you will get 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 get another box of delicious, nutritious vegetables, and enjoy them at your Thanksgiving feast.
Please return the remainder of your wax boxes to your pickup site this week. To make it easy on yourself, bring your own container with you when you pick up this last one, and leave that wax box behind at the site. If that isn't an option for you, bring the wax box back to your pickup site as soon as you can. Your site manager will collect and store them until Chuck or I come and get them in a few weeks.
Chuck and I appreciate your feedback and look forward to reading all the surveys as they come back to us. Please make suggestions on how we can improve, and we'll do our best to implement them.
If you've enjoyed your CSA experience with Full Harvest Farm, please spread the word. We offer a $10 credit for each box sold to someone because you recommended our farm to them. Chuck and I hope to increase CSA boxes to 250 for 2014—an ambitious plan, and your help will be much appreciated.
Thank you for being a member of our CSA family this season. It has been an honor to be your farmer, providing you and your family with the best our farm has to offer.
What say we do this again next year?
May this holiday season bring peace and joy to you and yours.
Stay warm,
Terry and Chuck