Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #1
Odd Week
27 June 2018

Contents
Basil plant
Carrots
Garlic: Fresh
Garlic Scapes
Lettuce: **Fusion—Couple Shares**
Fusion or Green Romaine, Red Romaine – Family Shares
Sugar Snap Peas
Sunflower Greens

Basil needs full to part sun to do well, and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first--this forces the plant to produce more, newer leaves. When the hop-like flower buds appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the tasty leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.

Besides their beta carotene, carrots are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. If you get the leaves too (as you have this week) break them off and store them separately, or compost them. Carrot leaves are edible and can be put into soups or pesto, but they tend to be on the bitter side. Carrot roots will keep for months. We are famous for our carrots, so you're in for a real treat!

As this is our first carrot harvest, you'll find small to medium sizes in your bunches. Small carrots are very tender. We've also included some "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. In later boxes, the carrots will be bigger as this patch continues to grow. This year, we're also growing white and purple carrots. For the fall, we also raise delicious yellow carrots. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

We harvested this fresh garlic Tuesday morning. Because it is fresh out of the ground, the covering over each clove is still moist and tender. This means you can chop up the whole clove and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, you can leave the garlic out on your counter to dry. As it does, the covering layers will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.

Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious with a mild, garlic flavor. Use them like scallions, in anything you want the taste of garlic in. They're also great in pesto, soups, scrambled eggs, etc.. Store these in a plastic bag in your fridge and they should keep for a few weeks.

Garlic Scape Dressing *Makes 1 cup*

2 garlic scapes, coarsely chopped
2 green onions, coarsely chopped
1 teaspoon honey
2 teaspoons Dijon mustard or similar brown mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon fresh ground black pepper
1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice,

salt, and pepper. Process until smooth. With machine on low, slowly add the olive oil until well mixed.
We grow many different cultivars of lettuce here at Full Harvest Farm, and these will be reflected in your boxes.
Fusion is a cross of green Romaine and green leaf. It looks like Romaine with curly leaf edges. Most of you will get this one in your box this week. A few Family Shares will get green Romaine instead of Fusion: just not enough mature heads to make up the numbers we needed. The Family Shares will also get a small, red Romaine head. Red Romaine is one you don't often see in the store, so it intrigued us when we saw it in the seed catalogues. Having grown red Romaine for several years, we find it does best in cooler weather, doesn't form a very wide head, and has lots of flavor as well as that intense, dark red color. Because we grow it mainly in early summer, you may not get it again.
Some of you will notice that a few of the lettuce leaf edges are dry and brown. This is a condition called "tip burn". It happens sometimes when lettuce grows faster than it can push moisture out to the ends of the leaves, causing them to desiccate. The rest of the leaf is fine, tasty, no problem. Snip off the narrow brown edge and enjoy the rest.
Wash lettuce thoroughly before eating—all this rain has splashed a lot of soil on the lettuce. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. If you have a lettuce spinner, great. If you don't, consider buying one: it's a real time saver for washing lettuce. And, it'll help you keep your lettuce fresh longer. Clean, mostly dry lettuce leaves will keep for a few weeks when stored in a ziplock freezer bag with most of the air gently squeezed out and the bag sealed.
Sugar snap peas are a real tribute to pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the "string" first: grab the stem and pull along the back towards the other end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching.
The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or mixed with other vegetables. Store sugar snap peas in your refrigerator, in the plastic bag they came in. We're just starting to pick these beauties, so don't be discouraged by the small amount in your box this week: you'll be getting them for another week or two.
Sunflower greens are a "living" food, and especially good for you. They have a sweet, nutty flavor. We sprouted these in a warm, dark germination chamber, hence their yellow-green color. Before you enjoy these, you need to do a few things to finish them off. First, place the container in a shallow plate—something that will catch water. Then, give them some water, about ¼ to ½ cup, and place them in a sunny location. Gently pull or brush off the split seed shell at the end of the cotyledons (those leaf-like things that appear first when a seed sprouts). Leave the plants in the window for a day or 3 so they can continue to grow and turn a nice green. For best flavor and nutritional value, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you're ready to eat. Many of our members put the greens on sandwiches or in salads. If you like, you can take a few plants outside and let them grow into sunflowers. Wait until they have their 2nd set of true leaves before you plant.

Field Notes

Last week we were expecting 3 days of rain and got 5. Lots of plans had to be put on hold, namely transplanting plans, because the ground was too wet, or it was actively raining at the time.
We've been madly transplanting on our farm these past months, weather permitting. It's really important to get all the plants in for our early boxes: spinach, lettuce, radishes, beets, carrots, broccoli, zucchini, cucumbers, etc., along with the plants that need the whole season to grow: melons, Brussels sprouts, winter squash, peppers, tomatoes, eggplant, tomatillos, etc. so they have enough time to mature before it gets too cold. Having to put off all those plans for another work week changes the outlook for a section of our growing season, and means that some crops will be ready later than we would like.
One of the big pest problems on our farm is Canada thistle. This annoying plant grows quickly, both by seed and spreading root systems that pop up new plants as roots grow out under the soil. My Auntie Anne used to say: "I know I can't kill it, but I can sure scare the dickens out of it!" We've been mowing fields with lots of Canada thistle that's just starting to flower, trying to scare the dickens out of it since the rain stopped. I certainly hope we're succeeding.

One last reminder: unfold your CSA box when you leave it at your pickup site. Besides being your responsibility, this helps your site manager store your box easily until we pick it up next week. Here's the link to watch a short YouTube video on how:
http://www.youtube.com/watch?v=IEaBFTlnGdo
See you soon,
Terry & Chuck