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Box #2
Even Week
4 July 2018

Contents
Parsley Plant: Curly or Italian Flat Leaf
Beets: Red, or Orange and Red
Carrots
Garlic: Fresh
Garlic Scapes
Lettuce: Green Romaine or Green Leaf
Red Romaine – Family only
Sunflower Greens

New Stuff: parsley plant, beets
Choice Box: lettuce

Parsley prefers full sun. Plant this in the ground or a pot and give it a little fertilizer and plenty of water to start out. In 2-3 weeks, after it's adapted to its new home and put down extensive roots, the plant will produce nice, long, green stems with nice, green leaves you can use in your kitchen. Pick the biggest stems with the most mature leaves to encourage the plant to keep growing.
Parsley is a biennial. This means it flowers the 2nd year of its growth. If anyone has had a parsley plant survive the winter outside, you probably noticed it starting to flower very quickly in late spring or early summer.
You'll get either a curly parsley or Italian flat leaf parsley plant this week. What's in your box?
We grow two different kinds of beets here at Full Harvest Farm: orange and red. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Orange beets can be grated and tossed, raw, into salads. Red beets have the most flavor and are red inside and out. Their leaves tend to be darker green and the stems dark red. The root, stem and leaf are all edible, and each part tastes a little different. Fresh beets have tender skins, so don't peel your beets: that's where most of the vitamins are! High in vitamins A and C, they also contain carotene. The greens contain good portions of vitamin C, calcium and iron. So, eat your greens!

To store beets, cut off the greens, put those into a plastic bag then into the vegetable drawer in your refrigerator. Use within 3-4 days for best flavor. Store the roots in a separate plastic bag in your refrigerator, and they'll keep for weeks, altho they'll taste best if you eat them within a week.
In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets
In a medium bowl, put:
1 Tbsp. olive oil
½ tsp. salt
¼ tsp. freshly-ground pepper
Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean. Cut beets into largish chunks and put into bowl. Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Put the oiled beets into a pan **with sides**, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. No need to peel them as the skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

Red Beet Salad
Vinaigrette: whisk together:
1 tsp. dry mustard
1 ½ tsp. Dijon or other brown mustard
¼ cup balsamic vinegar (must be good quality)
salt and freshly-ground pepper to taste
Now whisk in: ¾ cup olive oil
This makes enough for 2-3 salads.
Scrub 3-4 beets, cutting off the tops and root, and trimming off the brown skin around the top. Slice beets into julienne sticks and sauté on low heat, covered, in a few tablespoons of olive oil. (Or, roast them as in the recipe above.) When beets are folk-tender, dump the contents of the pan into a bowl, pour some of the vinaigrette dressing over them and sprinkle with salt and pepper. Toss to coat and allow beets to cool. Vegetables absorb much more flavoring when they're hot or warm than they do when they're cold.
Now add: ½ cup chopped parsley or cilantro
Toss to distribute the parsley. Serve now or chill for later.
You'll no doubt notice the carrots are larger this week than last. We finished harvesting the bed in order to put these in your box. Chuck plans to plant something else there soon.
Remember, **no need to peel** fresh carrots. Just scrub a little and enjoy!

Field Notes

The heat has stressed some of our recent transplants, so we're looking forward to the predicted rain Wednesday and Thursday.

Late last week and early this, we put more broccoli, cauliflower, kohlrabi, winter squash, watermelons, spinach and kale into the ground.

Later this week, we have dill, cilantro and more spinach to get in.

Our zucchini plants have been flowering for over a week now, and the first fruits are appearing. We should have enough to put them in your box next week.

Chuck and I are very impressed with our sweet corn this year. I can't ever remember seeing such dark green, healthy plants. If we can keep them away from marauding raccoons, we can probably give you sweet corn twice. Chuck always plants it close to the barn because we surround the field with an electric fence as soon as the ears start to ripen, and we keep it on at night until we harvest the last. Those rascally raccoons are a real menace. Without the electric fence, they'll go down the row tearing off ear after ear to taste, destroying dozens of maturing ears looking for ones they like.

On the other hand, raccoons are very cute, especially when young. While we were out transplanting, we rousted out two youngsters who were foraging on their own. As we crept forward on the tractor, they peeked at us thru the grass, then scampered a few feet away and peeked at us again. It soon occurred to them they could use the other as a shield, so they spent the next few minutes tumbling one behind the other as they vied to be furthest from the tractor. Eventually, they decided we were the menace and scampered off. Wildlife watching on the farm.

Have a wonderful 4th of July!

Take Care,

Terry & Chuck