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Box #1
Newsletter #1
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Garlic, Fresh
Lettuce: Green Boston or Green Leaf or Green Romaine
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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 flowers 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 edible 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.
With the basil plant comes our pesto recipe, so you'll have it handy when your plant is growing like crazy.

Basil Pesto

makes approx. 2 cups pesto
In the bowl of a food processor, put:

2 cups, packed, fresh basil leaves, washed and spun/dried
4 medium cloves garlic, chopped coarsely
1/2 cup extra-virgin olive oil
1/2 tsp. salt
1/2 tsp. freshly-ground pepper
1/4 cup almonds, walnuts, pine nuts, etc.
1/4 cup grated Parmesan cheese

Process all ingredients just until uniform in size. Add more salt, pepper, etc. to suit your taste. You can also freeze this pesto, altho the flavor and texture are better if you leave out the cheese. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 1 Tbsp. per serving, taste, then increase the amount, if desired. Pesto can be frozen easily. I buy a package of ½ cup containers and put the finished paste in those. To thaw, take a container out of the freezer the night before and put it into your refrigerator. Do NOT try to thaw it in the microwave: it'll turn black. Basil oxidizes easily (turns black and doesn't taste nearly as good), so always cover it when you're not actually spooning some out. If you can, pour a thin film of olive oil over the top of the paste to protect it from the air.
"Pesto" simply means "paste". You can make pesto with other herbs besides basil. People often substitute parsley when they're a bit short on basil--some folks even prefer the combination. I've made delicious herb pestos using tarragon, thyme, parsley, fennel, sage, lovage, oregano, rosemary, cilantro, marjoram, Summer savory and sorrel. Use one quarter to half as much of the stronger herbs: sage, rosemary and lovage. If you do not use any basil, the black color will not occur. If you use some basil, that pesto will turn color, but will appear to do so more slowly.
Fresh garlic is moister and milder in flavor compared to its drier self. You still have to peel the outer covering off, and the clove will likely squirt when you smash it. Store fresh garlic just like you do the dried: in a dry, airy spot in your kitchen. It'll slowly dry by itself, increasing in flavor as it does so. Remove the stem/leaves, unless you plan to collect several bulbs for braiding.
We grow a lot of lettuce here at Full Harvest Farm—so you'll find it in your boxes often, especially in the first few. During the course of the season, look for our red varieties as well.
Chuck planted these particular onions last fall, and overwintered them under row cover so we could harvest them for the first box. Store these in your vegetable drawer in the fridge. You can use the green "leaves" as long as they're tender. The taste will be a bit stronger than scallions.
The radishes sized up nicely for the first box. Because of the dry weather, they'll probably taste a little spicy. The small holes in your radish leaves are caused by flea beetles: they love tasty greens, especially in the spring. The lacey look they create does not affect the roots.
Believe it or not, your spinach is from out 3rd patch this season. It didn't yield a lot, so quantities are small just now. This particular patch is just about finished, and the next one is a long way off, so there will be not more for quite awhile.
Sugar snap peas are a marvel of pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the "string" first: grab the stem and pull towards

the end. Otherwise, that string is pretty fibrous. Store them in the frig 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 . . . . We hope to put them in your box again next week.

Field Notes

As you all know, we've had a rather odd spring. The long, warm spell in March heated up the ground to the point where bulbs started to sprout and trees began budding. Our small orchard bloomed in mid-April: 6 weeks before its usual time. Unfortunately, that long, warm spell was followed by 5 weeks of colder weather—still mild by Wisconsin standards, but 4 nights out of 7 dipped below 32 degrees. This caused damage to flower buds, which means fewer, fertilized blossoms will result in mature fruit this season. Not good news, for orchard owners, who will have a reduced crop this year. In our small orchard, some of the pears survived, but the apples sustained heavy blossom damage and there's very little fruit on the trees.

Starting in mid-May, the rain dried up and Chuck started rolling out the drip tape. Memorial weekend brought us some much-needed rain, but it's been dry since then, and the miles of drip tape have been moved many times.

In June, it rained a mere .4". Our rain dances have been ineffectual: we'll have to work on our technique. Coupled with temperatures in the 90's and no significant rain in the forecast, even the drip tape cannot keep up. Certain plants that were not watered as much as others are turning brown on their edges, and we may even lose some. The rest of the crops are growing slowly. Heat-sensitive plants, like cilantro, are starting to bolt (go to seed), so you'll have to wait for the next crop of cilantro to mature before you find it in your box.

The drought affects our planting schedule even more than it does the vegetables that are already in the ground. Sufficient moisture is critical for young plants because they have small root systems, therefore need to be watered more often. During dry weather, we must use a transplanter that gives each plant a drink of water as it goes into the ground, calling for a bit more organization on our part.

Since the vegetables planted most recently are growing slowly, this means that upcoming boxes will be affected if this drought continues. You may find that the number of items will go down as well as the quantity. When you joined our CSA program, you agreed to take a certain amount of risk that vegetables would be available. We are working hard to provide you with normal amounts and good quality, and hope that we will be able to fill all 20 boxes with beautiful, delicious vegetables, as we have in the past.

Wednesday, July 4th CSA box delivery: We **will** be delivering your CSA boxes on Wednesday, July 4th, as usual. We've asked our members several times in the past whether or not they'd like us to deliver or delay, and the overwhelming response has been: **deliver**. If you can not get your box that day, but can pick it up the next day, please let your site manager know, and they will set it aside in a safe (but not necessarily refrigerated) place.

In a few instances, members have not received emails that originated at the Farm. We think the trouble is that our message is being placed in a SPAM folder instead of the Inbox. If you're not receiving emails from us, you may have to tell your email provider that it's okay to receive messages from Full Harvest Farm, LLC, or, specifically, our email address, which is at the top of this and every newsletter.

As we often do for our CSA members, we have purchased a quantity of the excellent cookbook: "From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce". It's organized with the CSA member in mind: alphabetically by vegetable. Each chapter contains a variety of excellent recipes, both cooked and raw, as well as nutritional, historical, storage and preserving information. The cost is $20 per book. If you'd like to order, please email me with your name and pickup site, and the number of books you want. I'll set them aside for you. After I receive your check, I'll deliver with your next box. Please make checks out to: Full Harvest Farm, LLC, and mail them to the address at the top of this newsletter. Every newsletter has the same logo, which includes contact information, should you ever need to get a hold of us.

As usual, pray for rain.

Enjoy your first box!

Terry & Chuck