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Box #3
Odd Week
11 July 2018

Contents
Nasturtium Plant: Dwarf Jewel Blend
Beets: Orange and Red – COUPLE only
Carrots
Garlic: Fresh
Garlic Scapes
Lettuce: Mixed Types
Sugar Snap Peas – FAMILY only
Zucchini: Green and Yellow

New Stuff: nasturtium plant, zucchini

Nasturtiums are a flower I've grown and loved for years. It's beautiful: the flowers have intense, vibrant colors that seem to glow from within, the leaves are round and green, but the best part is: it's all edible. Flowers, stems and leaves have a spicy, peppery flavor that makes your mouth say "Wow!" This cultivar, Dwarf Jewel, grows to about 6"-8" high and spreads 8"-10" wide. The seeds were a mix of colors: yellow, orange, salmon and red. Plant it in sun to part sun, keep it watered and fertilize now and again. Your nasturtium will reward you with lots of gorgeous blooms that you can pick for bouquets, use as an edible garnish, or in salads for a gorgeous look and peppery kick. What color will your flower be?
The zucchini plants are just starting to take off, so amounts are limited right now. You'll likely get more in next week's box.
Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C, potassium and calcium. Store zucchini in the vegetable drawer in your frig—it should keep 4-5 days or longer. We're growing a few different kinds of zucchini. If you get a yellow one, it's "Goldy", dark green, that's "Midnight", speckled green with raised, lighter green ribs "Cocozelle". Whichever you get, they all taste great, especially on the grill. Simply brush with olive oil, sprinkle with salt and pepper and grill until soft. Or, try this recipe:

Baked Parmesan Zucchini Sticks
Preheat your oven to 350 degrees F.
In a small bowl, put:
½ cup grated Parmesan
½ tsp. dried thyme
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. garlic powder
In a medium bowl put:
2 Tbsp. olive oil
Add: 4 small zucchini (or the equivalent), cut into sticks
Toss to coat zucchini evenly with oil. Add cheese/herb mixture to zucchini and toss together.
Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Sprinkle with salt and serve immediately (don't salt before now or zucchini will lose a lot of its water). Garnish with parsley, if desired.
As plentiful as zucchini is at this time of year, folks give it a bad rap, thinking it's only good for zucchini bread. It pairs well with almost any other vegetable, adds a meaty flavor to vegetarian tomato sauce and is great, grilled, on sandwiches.

Terry's Favorite Way To Cook Any Vegetable:
Get out a 9"-10" skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way. I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.
The bed of carrots we've been harvesting from have grown considerably, and many bunches boast large roots. We also dug up part of a new bed whose carrots are not nearly as big, so bunches vary widely in size and number, but their weight is consistent. And, there is the odd yellow carrot here and there.
The lettuce is a real mixture of most of the varieties we grow, so you may get a head you've never tried before. Besides the usual green leaf and green Romaine, there are 2 types of red Romaine, red leaf, French Crisp, Fusion and possibly a few Boston Bibb. So, what's in your box?

Field Notes
Last Wednesday evening, July 4th, we got 2" of rain at the farm. It poured out of the sky for about 30 minutes, then lightened up but continued raining for another hour or 2. Well, we needed it. We might not have needed the dirt that washed into the barn and across the cement floor, but our plants needed that

moisture, especially considering how hot it was that week.
With that much rain, transplanting ground to a halt until the ground dried out. Which, with the heat, it did by Friday, a perfect day for it.
July is garlic harvesting month and we've started a major garlic harvest this week. First, we clip off the tops of our hardneck garlic (the ones your scapes come from) so the stalks are about a foot long. Then Chuck hooks a tractor up to our undercutter and works his way along the beds just underneath the garlic. The undercutter also has short spikes that move up and down like little teeter-totters to break up the ground so soil and bulbs can be easily separated. Here's what one of our garlic beds looks like with its bulbs drying in the sun.



Last week I told you how beautiful our sweet corn field is this year, so I took a picture of that too:



Normally, it grows about 2-3 feet high, looks a little spindly, then starts to tassel and form ears. Final height—about 3-4 feet. This year's corn is deep green, sturdy-stemmed, 4-5 feet tall and still growing. It's just put out tassels, which is where the pollen-producing flowers are. We figure we're 3-4 weeks from having sweet corn to put into your boxes.

Full Harvest Farm needs a little help from its friends:
We are looking for both Field Workers (2) and Worker Shares (all shifts). Responses to our listings for help have not resulted in much, and we are short-handed. If you know anyone who might be interested in either type of position, please pass on our name, email and phone number and we will be happy to talk to them. Besides their hourly wage, Field Workers get lots of fresh, organic produce to take home. Worker Shares do a 4-hour shift each week for a Family Share of produce.
Thanks for your help!

A note about emails:
First, to the majority of our members who read them and stay informed: **THANK YOU.**
To the other 10%: **please read them.** We try very hard to give you information about your pickup site, what is going on with deliveries, crops and how to manage your CSA account so things run smoothly, you enjoy your CSA membership and mistakes happen rarely.
So in the interest of being a fully informed CSA member, read your emails. **THANK YOU!**

If you like it hot, you must be lovin' this weather.
Have a great week!
Terry & Chuck