Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #8
Even Week
15 August 2018

Contents

Parsley: Curly or Flat-leaf
Broccoli
Chard: Rainbow
Eggplant
Garlic
Green Beans
Peppers: Carmen, Flavorburst
Tomatoes: Juliet, Siletz
Zucchini

New Stuff: eggplant, parsley, peppers, tomatoes
Choice Box: zucchini

Altho eggplant is low in calories and high in fiber, it does not contain large amounts of vitamins or minerals. It is available in many, different cultivars, from the pear-shaped, Italian variety, the long slender Asian, the small white "chicken egg", to others that are pink, green, lavender, striped and so on. We find the pear-shaped Italian to be a good, all-round eggplant. These will be on the small side.

Always cook eggplant before eating as it contains a toxic substance called solanine. This is the same, bitter material that makes green potatoes taste bad. Cooking eggplant changes the solanine chemically so it's safe to eat. Store eggplant in the vegetable drawer in your fridge, but use it within a week.

Having an Italian mother, I grew up with Eggplant Parmesan. When my mother taught me to cook, she gave me the putzy, repetitious jobs. I remember adding seemingly endless glugs of oil to the skillet when frying eggplant slices for Parmesan—the stuff sucked it up like a sponge. Years later, I tried a vegetarian sandwich that contained grilled eggplant and was amazed. What a delicious revelation! Grilled until soft, that purple vegetable tasted completely different, rather like beef.

This is the sauce the restaurant brushed on their eggplant before grilling (it works great for zucchini and summer squash, too):

Grilling Sauce for Eggplant

In a small bowl, whisk together:

¼ cup olive oil
1 Tbsp. balsamic vinegar
1 Tbsp. soy sauce
salt & freshly ground pepper

Soy sauce helps to emulsify the vinegar and oil. Wash the eggplant(s), and cut off the tops, no need to peel. Slice them into lengthwise slabs, ½" thick. Brush both sides with the grilling sauce. Grease your grate, and grill the slices over the coals, turning as needed. They're done when you can't see any whitish streaks, and the slabs are moist and limp. Once you taste these, you'll want to buy several eggplants at your next farmer's market and grill a bunch. They are especially good in sandwiches, salads and hors d'oeuvres.

When you feel like using your oven again, you can brush your eggplant slabs with this same sauce, and lay them on an aluminum-lined sheet pan (something with sides so the oil won't drip off and cause a fire). Bake in a 400 degree oven until the slabs are about ¾ done, turn and bake until the slabs are transparent-looking. Grilled/baked eggplant is perfect for Eggplant Parmesan.

Parsley has often been touted as a breath freshener, but did you know it helps relieve indigestion? In Chinese medicine, parsley is recommended to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron.

We grow both flat leaf "Italian" and curly parsley. Chefs generally prefer flat leaf, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week.

When young, most peppers are green with thin walls and a sharp, bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 10-20 days for most varieties. All the peppers in our patch are still green, altho you'll notice that the bell-shaped pepper you received is light green with tiny, black spots. This one's called "Flavorburst", and is new this year. It appears to be early and prolific: we've been picking Flavorburst for 2 weeks to sell at the West Bend Farmer's Market because we didn't have enough large ones to put in all our CSA boxes. Well, now we do. I find this pepper tastes like a green bell without the bite. When mature, it'll be a dark yellow. Our pepper crop is kinda early this year—not that I'm complaining. The bees have been busy among the white pepper flowers, giving us lots of fruit, in various stages of ripeness.

The tomatoes are just starting to ripen, so the amounts in this week's box are small—some slicers and Juliets for the Family boxes, mostly Juliets for the Couple/EOW Shares. Juliet tomatoes look rather like a small Roma tomato, but are actually a large grape type tomato, and very tasty. The slicing tomatoes are a new one we're trying: Siletz. It's supposed to be early, and it is, but has no disease resistance: the plants are succumbing to Late Blight. There're lots of other tomato varieties out there, and they appear to be healthy, so keep your fingers crossed.

To bring out a tomato's best flavor, store them on your counter. Some of the tomatoes you receive will not be fully ripe, showing some green or a lighter red than a ripe tomato would be. They will turn redder if you give them a few days out on your counter. They'll be just fine for about a week, longer when they're ripening.

Here's a recipe one of our CSA members sent us a few years ago. that includes several items in this week's box.

Mediterranean Ratatouille Chicken

1 lb. boneless, skinless chicken breast, cut into large strips
1 clove garlic, crushed and minced
1 cup eggplant, cut into ½ inch cubes
1 small zucchini, thinly sliced
1 medium onion, sliced
1 small green pepper
1 14 ½ oz. can diced tomatoes
2 tsp. capers, drained
4 tsp. Parmesan cheese
12 oil-cured olives
8 leaves fresh basil, chopped (or ½ tsp. dried)
2 Tbsp. olive oil or olive oil cooking spray

Spray a 10-inch frying pan with cooking spray (or use the 2 Tbsp. olive oil). Heat to medium hot and put chicken strips in frying pan. Add garlic. Turn chicken once when lightly browned.

Add all other ingredients, except Parmesan cheese. Cover and simmer for 15 min or until vegetables are tender. Sprinkle cheese on top and serve immediately over pasta or with bread sticks.

Note: if you prefer chicken thighs with the bone in, as we do, increase the cooking time to 30 minutes to ensure the thighs are done.

Here's a recipe that might be great with that chard:

Greens with Oyster Sauce

In a bowl, put:
1 tablespoon soy sauce
3 ½ tablespoons oyster sauce
Pinch of sugar
2 tablespoons rice vinegar (do not use seasoned rice vinegar)

Whisk together the set aside.

In a skillet over high heat, put:
1 tablespoon neutral oil

Add: 1 tablespoon finely minced garlic
1 lg. bunch greens, washed and roughly chopped (if using kale, remove stems before chopping), about ¾ pound.

Stir-fry for 2 minutes, then add 2 to 3 tablespoons water to the skillet, cover it and allow to cook until greens are tender.

Drizzle the reserved sauce over the greens, toss and serve.

Note: The original recipe called for 4 to 6 heads of baby bok choy, approximately 1 1/2 pounds, cleaned, with ends trimmed. When I made it, I used Lacinato kale.

The sweet corn is all done. We hope you enjoyed it! One of our members emailed me today that she's been making a delicious cream of zucchini soup and freezing the extra. I don't have her recipe, but it sounds worth an internet search.

Field Notes

It's been a hot, dry week, perfect for eggplant, peppers and tomatoes, if not so great for people working in the sun. We've all been drinking lots of water and slathering on the sunscreen.

Chuck is planting fall crops every chance he gets: broccoli, cauliflower, lettuce, spinach, kale, broccoli raab, white turnips, baby bok choy, even late basil. Some of this is chancy, like the basil if we get an early frost, but if the weather works out, so will the crops.

Please continue to bring your wax boxes back to the pickup sites, carefully unfolded so no tabs are ripped. Thank you!

I hear cooler weather is coming. Yes!

Take Care,

TERRY & CHUCK