Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #10
Even Week
29 August 2018

Contents

Basil
Broccoli
Kohlrabi
Lettuce: mostly Romaine
Melon: **Canary or Cantaloupe – Couple only**
Canary or Peace Watermelon – Family only
Onions: Yellow
Peppers: Green Carmen, Flavorburst
Tomatoes: Juliets, Mixed Slicers

New Stuff: cantaloupe, kohlrabi
Choice Box: it's a mystery . . .

If you were raised in this part of the state or in a German community, you probably know and love **kohlrabi**. It has a juicy, mild flavor, and is excellent eaten raw. If you've eaten broccoli stems, you'll find kohlrabi similar in flavor, which makes sense once you know they are close relatives and share the same botanical name *brassica oleracea*.

The name "kohlrabi" derives from *kohl*, German for "cabbage" and *rabi*, meaning "turnip". Many botanists believe kohlrabi was bred from both plants. The bulb is actually a swollen section of the plant's stem, which is why the leaves radiate from it.

Nutritionally, kohlrabi contains large amounts of vitamins A and C as well as minerals potassium and calcium. High in fiber, kohlrabi has only 40 calories per cup.

To use it, trim off the leaves and peel it with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs, underneath the kohlrabi's skin and work your way around it like you would peel an apple. With the skin removed, slice it any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Many of our farmer's market customers prefer it raw with a little salt. Store kohlrabi in a plastic bag and put it in your frig to keep it from drying out. It'll keep for several weeks, unpeeled.

If you like your vegetables cooked, here is another way to prepare kohlrabi, one of those no-recipe recipes.

Mashed Kohlrabi

Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½" chunks and place these in a pan. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 15-20 minutes, or until very soft. Drain off the water completely. Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

Cantaloupe has just started to ripen. You will usually get melons that are ready to cut and enjoy. This is how you judge a ripe cantaloupe: the skin is light brown in color with no green under color, the melon gives some to gentle pressure at its stem or blossom end and it has the lovely aroma of ripe cantaloupe. Some varieties have pronounced ribs and are usually called "muskmelons", others are smooth, both have orange flesh.

Originally, we planned to put cauliflower in this week's box, but our current broccoli patch is producing too much, and you have to harvest broccoli when it's ready.

Broccoli Balls

Steam: 4 cups broccoli
-until tender.
Put in a food processor: 1 cup almonds, raw or toasted
-pulse in 1-second bursts until finely ground. Put into large bowl.
Now put the into the food processor:
steamed broccoli
¼ cup fresh basil leaves (or 2 Tbsp. dried basil)
¼ cup fresh parsley leaves
2-3 cloves garlic, peeled
and pulse in 1-second bursts until finely chopped.
Transfer to large bowl.
Add: 1/3 cup grated Parmesan cheese
1/8 tsp. cayenne pepper, *optional*
2 lg. eggs, beaten
½ tsp. kosher salt
freshly ground pepper
Mix all ingredients together thoroughly. Use a scoop to form balls, pressing down firmly to pack mixture into scoop, and space balls out on a sheet pan lined with parchment paper.
Bake in a 350 degree oven for 25 minutes, or until golden brown.
Serve over cooked pasta with your favorite sauce.
Broccoli balls freeze beautifully.

Another note about tomatoes: You will often get 1 or 2 that are not yet ripe. Place them on your counter, and you can watch them ripen day by day.
This year we only planted enough fennel to put them in your boxes once. However, there is a small quantity left over and a little more growing out in the field. We'll put some of this up on Ecommerce starting Thursday so you fennel fans can get some more.

Field Notes

From Sunday evening to Monday morning, we got 6" of rain. Tuesday, 2-3 more inches. Just when it was drying up from last week . . . And the forecast is for rain on Friday into Saturday. In years past, and this is fairly recent past, July and August have been quite dry. The last 3 years have seen fairly wet weather at our farm. By that we mean we've gotten rain almost every week during the summer. While this provides plenty of moisture for plants to grow, and that includes the weeds, it also provides a good environment for fungal and bacterial diseases. Fungal diseases are particularly hard to control in an organic system. Our strategy is to keep the plants as healthy as possible so they have the best chance to fight off any disease by themselves. Also, we choose disease-resistant cultivars whenever we can. Being certified organic means we are strongly encouraged to plant organic seeds by our certifying agency. These are not always the most disease-resistant, or productive varieties out there. We buy a lot or certified organic seed, but we're allowed to use untreated (not coated with non-OMRI-approved materials) seed when there's not a good organic alternative. So, we're constantly experimenting to find a good organic alternative. Sometimes we find them, sometimes we don't.
Tomatoes are particularly susceptible to fungal and bacterial diseases. A number of the experimental varieties are succumbing to these, including Siletz, an early slicing tomato we trying, and a patio-type tomato we're trialing for Seed Savers Exchange.

Farm Day: Sunday, Sept. 30th

Every year we host our CSA members at a Farm Day in late September (usually). This year, Farm Day will be Sunday, Sept. 30th from 2-5pm. We try to schedule it on a Sunday when there's no Packer game, but that's not possible this year. Oh well.
When you arrive around 2pm, we'll head out to the orchard to gather apples for cider making. If you like, and you can find mostly undamaged fruit, you are welcome to take some apples home with you. We'll clean the apples and cut them up into chunks. The chunks will then go into the masher, and the mash will be put into cheesecloth "envelopes" that are stacked and pressed to yield their juice. We invite you to bring pint or quart containers so you can take some of this unpasteurized apple cider home with you.
Around 3:30, Chuck will lead a tour of the fields and you can see just where your food is grown.
Around 4:30, we'll pull names out of the basket for Fabulous Prizes, so please stay until then. One of these prizes is always a gallon of our cider.
You are welcome to bring your friends and family to Farm Day. Small children are welcome, but you must watch them carefully as our farm is definitely NOT child-proofed. There are bits and pieces of equipment hidden in the tall grass that could injure anyone, so please stay on the mown roadways and field edges. Also, do not allow children to climb or play around any farm equipment, or inside the upper part of the barn. Thank you for understanding. We look forward to seeing you!
Worker Share Patti's daughter Josie really enjoyed her melon last week!



Here's what we think might be in next week's box:

dill	onions
eggplant	peppers
kale	potatoes
melons	tomatoes

Enjoy this cooler weather. We sure are!

Terry & Chuck