Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #12
Even Week
12 September 2018

Contents
Broccoli
Kale: Family Boxes Only
Melon: Cantaloupe or Watermelon
Onions: Sweet
Peppers: Red Carmen,
Chocolate—Couple Boxes Only
Jalapeno—Family Boxes Only
Tomatillos
Tomatoes: Juliets, mixed Slicers
Zucchini: Couple Boxes Only

New Stuff: kale, tomatillos
Choice Box: melons, zucchini

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.
Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, remove most of the center rib (very fibrous), then chop up as your recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, just a little chewy but still green in color.
This year, we're growing 3 kinds of kale: green curly (the most common), red curly and lacinato. Most of you have seen green curly kale: it's the kind used to decorate salad bars since it's attractive and stays looking good for a long time. Red curly kale is the same shape as green, but has purple stems and a reddish cast to the leaves. After the first frost, red curly kale turns a dark red overall. The curly kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, remove that by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or, in the case of the curly ones, make it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are much sweeter and milder than older ones.
You may find some leaves with holes or rips due to insect damage. Rips do not affect the flavor, but you should use those leaves first.

Kale Chips
Preheat oven to 350ºF.
Cut out the stems & center veins of a large bunch of kale. Chop the kale roughly into 1"-1½" pieces, wash and spin them as dry as you can. (You may have to do that step in batches.)
In a large bowl, stir together:
2 Tbsp. olive oil
Kosher salt or sea salt
freshly ground pepper
Toss the kale pieces in the mixture until all are coated. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread the kale out on the baking sheet as evenly as possible. Bake for 10-15 minutes, or until the leaves are very crispy. They will shrink some. Remove from oven, cool for 10 minutes, and enjoy.
Tomatillo means "little tomato". It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies. Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.
To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir frys, or in any number of Mexican dishes, like salsa verde or enchiladas.
The cultivar we're growing matures thru green to light green then light yellow, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they believe tomatillos have the best tart-sweet contrast at this stage. I prefer mine on the sweeter, more mature side, and they are perfect for this:

Raw Salsa Verde *Makes about 2 cups*
In a blender or food processor, put:

1 lb. tomatillos, husks removed, washed and cut into quarters
1 tsp. chopped garlic (or more as you wish)
1 shallot or small onion, coarsely chopped
1/3 cup cilantro, roughly chopped, loosely packed
½ tsp. ground cumin
½ cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
salt & freshly ground pepper
Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.
If you have greener tomatillos, try this:

Roasted Salsa Verde *Makes about 1 cup*

Turn on your broiler, or set your oven as high as it will go. Line a half sheet or jellyroll pan with aluminum foil.
Put on the pan in a single layer:
1 lb. tomatillos, husks removed, washed and cut in half
1-2 Jalapeños, washed, halved, stem, seeds and/or ribs removed
1 small onion, cleaned and quartered
2 lg. garlic cloves, UNpeeled
-Roast until the contents are slightly charred, 5-15 minutes or more, depending on the temperature of your oven. When done, remove from oven and let cool 15 minutes on a rack.
Peel the roasted garlic and put it and the contents of the pan into a food processor or blender.
Add: 1 Tbsp. lime juice (fresh if you have it)
1/3 cup fresh cilantro, loosely packed
salt and freshly ground pepper to taste
Process until you've reached the consistency you desire: less for a chunky salsa, more for a smooth one. Taste and adjust the seasonings.

Field Notes

Last Wednesday's rain gave us another 2", for a total of around 15" over a 2-week period.
The ground has had 6 days, so far, to dry. It's only less wet.
When we picked peppers Tuesday, we didn't slide around and sink an inch into the ground, but our boots left distinct impressions in the soil.
We planned to dig carrots for your box this week, but the ground was too wet, and the soil clung to the carrots in clumps. Some of our crew hand dug part of the carrot patch only to find lots of carrots where the inner core had rotted to mush, or the bottoms were rotten. We're not sure if we'll get many usable carrots from that patch when it is dry enough to dig. At any rate, that's why there are only 7 items in this week's box. We didn't even attempt to dig potatoes, another item we initially planned to put in last week's box, put off to this week, then decided to try for next week.
We're actually seeing more plants wilting from lack of oxygen in the roots than we did last week, right after the rain. Here are a few examples:



This is a field of cauliflower with many heads ready to cut. The wrapper leaves that protect the head from sunlight, normally upright, are lying on the ground.

The next picture is of a field of Brussels sprouts. You can see the leaves have drooped to much they're lying in a ring around the plant. We can only hope all these plants will recover. Fingers crossed.



In next week's box, we hope to put:

Basil	Melon
Baby Bok Choi	Peppers
Cauliflower	Potatoes
Lettuce	Tomatoes

If you haven't put it on your calendar yet, pencil in Farm Day, Sept. 30th, at 2pm.

Enjoy this beautiful, sunny, cool weather. We are!

Terry & Chuck