Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #14
**Even Week**
26 September 2018

**Contents**

Dill
**Baby Bok Choi: Family only**
Cauliflower
Eggplant
Melon: Canary or Muskmelon or Watermelon
Peppers: Iko-Iko, Purple or ??
Potatoes: Mixed
Turnips: White Salad
Winter Squash: Butternut

**New Stuff:** dill, salad turnips, butternut squash
**Choice Box:** muskmelon, peppers, ??

**Dill** is one of my favorite herbs. Fresh, it's tasty on boiled potatoes or in potato salad, sprinkled on fish, or as part of the dressing in a lettuce salad.
Dill will last several days and up to a week in the refrigerator. You can wrap it in a damp paper towel and put it inside a plastic bag, or clip the stems, set it upright in a glass of water and refrigerate.
To dry dill, wash it and spread out on a dishtowel to air dry. Then transfer the dry leaves onto a sheet of wax paper and leave them there until they are crispy. Gently remove the leaves from the stems and store the leaves in a jar with a tight-fitting lid. If you have a dehydrator, even better. Dill, properly dried by you, will last for months in its jar and taste far better than the dried dill you buy in the store.
**Butternut squash** has everything going for it: the flesh has a moist, fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. Generally, winter squash is high in vitamin A, potassium, fiber and complex carbohydrates. Store winter squash at room temperature and it will keep for at least a month or 4 if unblemished. If you have a cooler spot (50-55 degrees) that's also dry, store it there. Check any squash you want to keep for damage. If you find any, plan to use that squash soon as that spot will deteriorate first.
**White salad turnips** are a smaller, sweeter, milder version of the classic large, purple-topped variety. I recommend you simply wash them and cut up into a salad—no need to peel, the skins are very thin and tender. They can also be used in stir frys, put into soups of stews or mashed like potatoes. Try adding the leaves to your salad, or in a stir-fry.
Turnips are a good source of vitamin C (especially if eaten raw), potassium and calcium. The leaves have a spicy flavor and are an excellent source of vitamins A, C and B complex, potassium, magnesium and calcium. Turnips are one of the cruciferous vegetables believed to help prevent cancer.
To store, break off the leaves and store in separate plastic bags in the refrigerator. The leaves will keep for 3-4 days, the roots 1-2 weeks.
Butternut squash is very versatile. It's excellent baked, steamed or in a stir-fry. To bake, wash the outside, cut off the stem and cut the squash in half lengthwise. **Do Not Remove The Seeds**—they add flavor. Put the cut side down on a sheet pan lined with aluminum foil, and bake in a 350 degree oven until the squash is soft when you poke it. Scoop out the seeds when it's cooled. Butternut can also be used in place of pumpkin to make pies and cakes. Puree the cooked squash in a blender or use a hand blender before measuring so you'll have a nice, smooth texture.

**Curried Squash Soup** *Serves 4-6*

In a large saucepan, over medium heat, put:
2 Tbsp. butter
1 onion, diced
-Sauté until the onion is transparent.
Add: 2 cloves garlic, minced
2 tsp. ginger root, peeled and minced
1 Tbsp. curry powder
½ tsp. salt
-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.
Add: 4 cups chicken or vegetable broth
1, 2 lb. squash, peeled, seeds removed, cut into ½" dice
2 ripe pears or apples, peeled, cored, cut into 1" pieces
-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.
Add: ½ cup heavy cream
Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it.
The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. Substituting apples for the pears takes it in another direction.
This has not been an abundant eggplant year, so you are not likely to get it again.

This will be the last week for melons. I don't think we've ever had enough melons to put them into our boxes 6 times. Will wonders never cease!
The mixture of peppers in your box reflects the variety out in the field: Carmen, Flavorburst, Iko-Iko, Olympia (bell) and purple bell. If you find an orange bell pepper, you got a ripe Flavorburst and it lives up to its name. The Iko-Ikos are a little more pointy, also mature to orange with a bit of pink in it, but have a milder taste.
Our potato field was overgrown with weeds due to all the rain this season, and the lack of time to cultivate it often. Weeds compete with the potatoes for nutrients and limit their growth and number. Digging them is frustrating because we have to paw thru the weed roots and the still-moist soil that comes up in clumps and does not always drop away from the potatoes encased in it without help. Yes, the ground has still not dried out completely.
In order to give the Every-Other-Week Shares some potatoes, we've made sure all the Couple boxes got about the same weight as last week. This left us with fewer potatoes for the Family Shares. To make up the difference, we're giving the Family Shares fewer potatoes but also baby bok choi.

**Field Notes**
Tuesday gave us a brief but heavy afternoon shower and another inch of rain. Which we do not need. Altho the ground has dried quite a bit from that 15" of 2 weeks ago, it remains damp everywhere. One farm close to us has a low spot in one of its fields that still contains standing water.
Monday, we planted our last greens of the season: spinach and lettuce. We plan to set up wire hoops over this bed, then spread row cover over the top. This creates a mini greenhouse, keeping the soil warmer and a better growing environment for the plants. We don't worry about light frosts with spinach and lettuce: those only make it taste better. With luck, this lettuce will go into your last box.
Chuck says our winter squash crop will be big enough to give you winter squash in most of the remaining boxes. This year, we grew spaghetti and butternut squash, and are trying a new variety called "Stripetti", a spaghetti squash that's supposed to have better flavor and longer storage life. It's white with green stripes, but has the same light yellow flesh as any other spaghetti squash. It is tasty.

My apologies for not keeping up with posting our newsletters to the website. I didn't realize I was that far behind. They're all up there now tho.

Next week's box may contain:

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| Basil | Lettuce |
| Beets | Peppers |
| Brussels sprout tops | Spaghetti Squash |
| Kale | Tomatillos |

**This Sunday is Farm Day**.
We'll gather at 2pm to pick apples from our orchard, wash them, cut them up, mash and press. You are welcome to pick some for home, altho good-looking apples will be hard to find, as we do not spray anything in our small orchard. Please bring a quart or half gallon container for cider. Sometime around 3:30pm, Chuck will take you out for a tour of our fields. The weather gods are predicting the possibility of rain, so the timing of this tour may vary to avoid raindrops. More likely, it will not rain at all—that's my hope!
The mosquitoes can be troublesome, so we recommend you apply bug spray either before or when you get here. There's a possibility of frost Saturday morning, so mosquitoes may be a moot point.
At some point, we'll have a raffle where you may win FABULOUS PRIZES (must be present to win).
Parents of small children: please keep a close eye on your kids. Farms tend to have unused equipment buried in the tall grass and ours is true to type. Please stay in the roadways and on the field edges.
We are eager to meet you, your friends and family. Here's your opportunity to see where your food is grown, enjoy a cup of fresh apple cider, and meet Chuck and Terry. We hope to see you soon!

Enjoy the week,
**Terry & Chuck**