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

Contents
Broccoli
Brussels Sprout Tops: Family only
Garlic
Kale: Green Curly: Couple only
Lettuce: Red Leaf or ?
Onions: Yellow
Peppers: Green Bell, Mixed Types and Red Carmen
Tomatillos
Winter Squash: Spaghetti

New Stuff: Brussels sprout tops, spaghetti squash
Choice Box: it's a mystery . . .

One of the techniques for growing Brussels sprouts with big sprouts is to break off the top of the plant at a certain point in its development—usually around Labor Day. Without its top, the plant puts more energy into forming sprouts and not in growing upwards.
If you're new to our CSA family, you've probably never eaten the top of a Brussels sprout plant before. No worries: it may be unusual, but it's really good. Eat everything: the leaves, the stems and **especially** the stalk: sweet and tender.
Here's the story behind harvesting Brussels sprout tops: Breaking the tops off hundreds of Brussels sprout plants is labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bag after garbage bag, then hauled them all to their car. The next week, they brought lunch and we got to taste what all that hauling was about. Wow! Sweet, tender, especially the stalk. Who knew? We've been eating them ever since and sharing with our CSA members. Store the tops in the plastic bag they come in, and enjoy them within 3-4 days. Cabbage worms love the leaves as much as we do, so you're likely to find some. Wash the tops thoroughly before using. You can eat them steamed, sautéed, stir fried, in soup--anything you put greens in you can put these in. Steaming is my favorite, followed by sautéing with bacon. Choose your favorite method and enjoy!

Bake your spaghetti squash like the butternut: wash the outside, cut in half, place cut side down on a pan and bake in a 350 degree oven until it's soft when you poke it. Scoop out the seeds, then run a fork down the flesh to maintain the "spaghetti" aspect of this squash. Serve with tomato sauce, or a simple butter and sauteed garlic sauce with grated cheese.
You can certainly make kale chips (newsletter #12), or this delicious recipe. It's well worth investing in a jar of tahini for!

Kale & Lentils with Tahini Sauce

In a small saucepan, put:
2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander
-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape. Timing will vary depending on how big the lentils are that you're using. You should have water left in the pot.
While the lentils are cooking, whisk together in a large bowl: 2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper
2-3 Tbsp. of the lentil water
Drain the lentils and add to the bowl. Add sauce and toss together.
While the lentils are cooking, put into a skillet:
¼ cup water
1 bunch kale, washed, center rib removed and sliced into thin strips
-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.
With all these tomatillos, I'm sure you'll be surfing the web for recipes. Here's one I found that sounded good, especially since they recommended it with fish or pork.

Avocado-Tomatillo Salsa Verde

Put the following ingredients into a blender or food processor:
½ medium avocado
1 romaine lettuce leaf, torn into pieces
1 serrano chile, finely chopped (a Jalapeño will do)
¼ medium white onion
1 garlic clove, peeled
1 pound tomatillos (about 8), husks removed, rinsed, quartered
½ cup (packed) cilantro leaves with tender stems
Kosher salt
Blend until everything is smooth, season with Kosher salt to your own taste.

Salsa can be made 2 days ahead. Cover and chill.

Field Notes

The rain: will it ever stop? The ground hasn't dried out from the last rainy period—now we're looking at another 10 days of on and off rain. Sunday and Monday dropped another 3" on us.

Now we have standing water in several fields that contain crops we planned to harvest this month. Plants that were weakened by the previous extended rain may not survive another period where their roots can not get oxygen. Water also washes away nutrients that plants need to thrive.

Chuck estimates that we've lost 50% of our carrots, 25% of our cauliflower, broccoli and Brussels sprout crops to all this rain. This is our 17th season on our farm, and we've never seen anything like it.

What we need now is several weeks of warm, sunny, dry weather. Likely?

Saturday morning we had a slight frost. Chuck and I were out Friday evening covering some of our more tender crops with row cover. It did a good job protecting most crops, but the basil did not survive, despite it's cover.

Farm Day turned out to be overcast and misting rain. We did not have a big turnout, but Chuck and I were able to have great conversations with the folks that did brave the weather. And, we made lots of delicious apple cider!

Have a great week!

Terry & Chuck