Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #18
Even Week
24 October 2018

Contents
Beets: Red
Broccoli Raab
Leeks
Peppers: Green and Red Carmen
Rutabagas with Tops
Winter Squash: Stripetti

New Stuff: broccoli raab, leeks, rutabagas
Choice Box: peppers

Broccoli raab, also called broccoli rabe or rapini looks like leafy broccoli. The heads are thin and wispy, with green buds like broccoli and producing the same yellow flower. Broccoli raab has a nutty, sharp flavor, similar to arugula. The stalks, leaves and heads are all edible. An easy way to clean it is to chop the bunch into ½" pieces, put into a salad spinner and wash as you would lettuce.
The broccoli raab in your bunches contains mostly leaves with a few, small heads here and there. It was planted late in the season, and most plants weren't in the ground long enough to form heads. Since it's so leafy, broccoli raab doesn't handle frost especially well. We covered the bed when frost was predicted, but some of the leaves that were right underneath the row cover got too cold. We removed most of these damaged leaves, but you may still find some that are a bit silvered from cold.
Broccoli raab is high in vitamins A and C, and contains calcium, iron, magnesium and vitamin B-6. Store it in a plastic bag in your refrigerator, and use it up within 3-4 days.
If the flavor is too sharp or bitter for you, blanch broccoli raab for 2 minutes in boiling water. Drain, and add to whatever dish you're making.

Broccoli Raab with Pasta
Put a pot of salted water on high heat for the pasta.
In a 10" skillet over medium heat, put:
3 Tbsp. olive oil
3 Tbsp. butter
Add: 1 medium onion, sliced into quarter moons
3 garlic cloves, chopped coarsely
red pepper flakes *optional*
Sauté until the onion is getting just a little brown around the edges.
Add: 1 bunch broccoli raab, washed and cut into ½" pieces (a salad spinner is very handy here)
Cook, stirring often, until the raab starts to wilt, about 5 minutes.
Add: 1 cup chicken stock
1 cup heavy cream
Bring to a simmer, then turn the heat to low and cook another 5 minutes or so, until the broccoli raab is tender.
While this cooks, chop up some fresh tomatoes and put them into a bowl.
To the broccoli raab, add: salt and pepper to taste
Cook pasta until *al dente*. Drain, return to hot pot and toss with olive oil.
To serve, put pasta into a bowl, top with broccoli raab sauce, some of the chopped tomatoes and grated cheese. Enjoy!

Leeks are one of the best-tasting alliums around. Their flavor is sweet, mild, yet complex and delicious. Adding them to a dish improves the flavor. As leeks grow, we pile soil around the stalk to keep it white: sunlight causes photosynthesis, which turns the stalk green. It's still edible, but the white portion is sweeter.
To clean leeks, chop off the floppy leaves and the root end, slice it down the middle and rinse under running water, getting between the layers as much as possible. That soil we mound around the stalk tends to sift down between the leaves. Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. The floppy leaves are tough, but make an excellent addition to stock. The upper part of the green stalk will be tough also: let your knife tell you when it's time to stop cutting.
Store leeks, unwashed, in a closed plastic bag in your vegetable drawer so their onion flavor doesn't travel to the other vegetables. They should keep 2 weeks or a bit longer.

Potato Leek Soup *Serves 4*
In a pot or large saucepan over low heat, melt:
4 Tbsp. butter
Add: ½ lb. leeks, washed and chopped
¾ lb. potatoes, peeled and thinly sliced
-Cover and cook about 8 minutes.
Add: 4 cups chicken stock
1 bay leaf
1 Tbsp. chopped parsley stems (yes, stems)
½ tsp. freshly ground pepper
½ tsp. dried thyme
-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 20-30 minutes.

Remove pot from heat, fish out the bay leaf, and puree. A hand blender is the easiest tool for this task, but a blender or food processor works as well. If you use a blender or food processor, be careful to cover the container so you avoid being splashed by hot liquid.
Return puree to pot and add:

1 cup heavy cream

-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.
If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to steaming and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle the milk.
Rutabagas are a relative of turnips but taste sweeter. Since they first appeared in Sweden in the 17th century, rutabagas are often called "Swedes". Rutabagas are high in carbohydrates, vitamins A, C, calcium and some minerals and antioxidants. For maximum nutrition, do not peel them. Rutabagas can be used in any dish you would put potatoes, carrots or turnips into, like pot roast, soups or stews. They store well unwashed, or in a plastic bag in your crisper drawer.
These rutabagas were planted late and did not get very big, so you won't have enough for the following recipe. Should you want to make it in full, rutabagas are available at most supermarkets these days. Another idea is to cut the recipe in half, and use the roots you have.

Mashed Rutabagas with Bacon

Put into a pot of salted water:

4 cups peeled rutabagas, chopped into ¼" pieces

-Bring to a boil, then simmer until very tender, about 15 minutes.
While rutabagas are cooking, heat a small skillet over medium heat.
Add: 4 oz. bacon, sliced into ¼" slivers
-Cook until the bacon starts to crisp.
Add: 2 Tbsp. garlic, minced
-Saute 1-2 minutes until the garlic just starts to turn color.
Add to skillet: 2 Tbsp. butter
-Turn off heat. Strain rutabagas when very tender, and put into a mixer bowl. Add bacon mixture, salt and freshly ground pepper to taste, and beat until rutabagas are creamy. You can also mash them with a potato masher. Add milk or cream if rutabagas are too thick, but they hold enough water so they probably won't need it. Serve at once.
These rutabaga greens have had several frosts on them, and are sweeter because of it. Try them sauteed with some onion and garlic, or combine them with another leafy green for more complex flavor.

Field Notes

We've had mostly dry weather with morning frosts and some pretty high winds. Hardier plants will survive frost, thawing the next day none the worse for wear. But when those plants are tossed around while frozen, they sustain some damage.

Here's another reminder to bring your wax boxes back, especially the ¾ bu. ones. We are constantly short of this size.
We also ask that you **take extra care** when unfolding your wax boxes, especially if they're new and correspondingly stiffer. Pulling up on the flap is a sure way to rip the tabs and make the box unusable because it will no longer support the weight of heavy produce. We always find several of these every week—such a shame. So, please **slide the flaps out of the cutout area** to unfold your box and keep those tabs intact. Thanks!

Here are the possibilities for next week's box:
Garlic
Broccoli Raab
Cabbage
Kale
Leeks
Onions
Winter Squash: Butternut

Have a good week everyone!

Terry & Chuck