Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #1
Odd Week
3 July 2019

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Basil Plant
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Basil needs full to part sun to do well, a little fertilizer and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first--this forces the plant to produce more, newer leaves. When the hop-like flower buds appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the tasty leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.
If you get a basil plant that looks a bit yellow, get it into a pot or your garden and add a little fertilizer. These greenie-yellowie plants have been in their little pots too long, and are low on food. Once they get some, they'll turn a nice, deep green.
We grow two different kinds of **beets** here at Full Harvest Farm: orange and red. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Orange beets can be grated and tossed, raw, into salads. Red beets have the most flavor and are red inside and out. Their leaves tend to be darker green and the stems dark red. The root, stem and leaf are all edible, and each part tastes a little different. Fresh beets have tender skins, so don't peel your beets: that's where most of the vitamins are! High in vitamins A and C, they also contain carotene. The greens contain good portions of vitamin C, calcium and iron. So, eat your greens!
To store beets, cut off the greens, put those into a plastic bag then into the vegetable drawer in your refrigerator. Use within 3-4 days for best flavor. Store the roots in a separate plastic bag in your refrigerator, and they'll keep for weeks, altho they'll taste best if you eat them within a week.
In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets
In a medium bowl, put:
1 Tbsp. olive oil
½ tsp. salt
¼ tsp. freshly-ground pepper
Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean. Cut beets into largish chunks and put into bowl. Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Line a pan **with sides** with aluminum foil (this helps with cleanup). Spread the oiled beets in the pan, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. The skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.
Chard, often known as "Swiss" chard, is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.
We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, light green, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder than red beets. Some of the chard leaves have a rip or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf.

Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious with a mild, garlic flavor. Use them like scallions, in anything you want the taste of garlic in. They're also great in pesto, soups, scrambled eggs, etc.. Store these in a plastic bag in your fridge and they should keep for a few weeks. They also freeze well.

Garlic Scape Dressing *Makes 1 cup*

2 garlic scapes, coarsely chopped
2 green onions, coarsely chopped
1 teaspoon honey
2 teaspoons Dijon mustard or similar brown mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon fresh ground black pepper
1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Process until smooth. With machine on low, slowly add the olive oil until well mixed.

We grow many different cultivars of **lettuce** here at Full Harvest Farm, and these will be reflected in your boxes.

This week you're getting red leaf, a cultivar called "New Red Fire". I like this one because the top is red but the bottom is green, so you get both colors in your salad.

Wash lettuce thoroughly before eating—all this rain has splashed a lot of soil on it. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. If you have a lettuce spinner, great. If you don't, consider buying one: it's a real time saver for washing lettuce. And, it'll help you keep your lettuce fresh longer. Clean, mostly dry lettuce leaves will keep for a few weeks when stored in a ziplock freezer bag with most of the air gently squeezed out and the bag sealed.

Spinach is high in vitamins A and C, as well as chlorophyll. To get the best nutritional value from spinach, eat it raw. Altho this green has other minerals, it's also high in oxalic acid which tends to bind its minerals and prevent them from being absorbed. We've done an initial washing, but spinach grows close to the ground, so you'll need to wash it again, perhaps twice.

Sugar snap peas are a real tribute to pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the "string" first: grab the stem and pull along the back towards the other end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching.

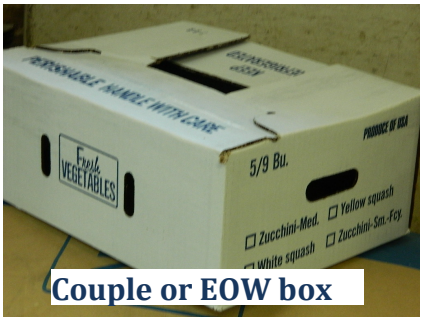
The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or mixed with other vegetables. Store sugar snap peas in your refrigerator, in the plastic bag they came in. We're just starting to pick these beauties, so you'll be getting them for another week or two.

Field Notes

This rain can stop any time.

Since last Thursday, we've gotten well over 4". The ground is wet and plants are growing—especially the weeds. This week has found us pulling Canadian thistle, lamb's quarters, pig weed, miner's lettuce, knot weed, etc. etc. around and between plants.

As soon as the ground dries sufficiently, we'll be transplanting. Lots to get into the ground, plus repetitions of lettuce, beets, kohlrabi, broccoli, cauliflower and cabbage. Even some more sweet corn.



Couple or EOW box

It helps to know what the box you're going to pick up on Wednesday looks like. If you bought a **Couple or Every-Other-Week Couple Share**, you'll pick up this box.

If you bought a **Family Share** or are a Worker Share, you get this box.



Family box

If you forget, the size Share is next to your name on the signin sheet.

One last reminder: unfold your CSA box when you leave it at your pickup site. This helps your site manager store your box easily until we pick it up next week. Here's the link to watch a short YouTube video on how to unfold a wax box: http://www.youtube.com/watch?v=IEaBFTlnGdo

Have a wonderful 4th of July!!!

Terry & Chuck