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

Contents
Beets: Red
Garlic Scapes
Garlic, Fresh
Kale
Kohlrabi
Lettuce
Sugar Snap Peas
Zucchini

New Stuff: kale, kohlrabi, 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.
The curly green 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, at least makes it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are usually sweeter and milder than older ones.
You may find some leaves with small holes or rips due to insect damage. They do not affect the flavor, but you should use those leaves first.
Here's a great way to use kale:

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.
If you were raised in this part of the state or in a German community, you probably know and love **kohlrabi**. It has a juicy, mild flavor, and is excellent eaten raw. If you've eaten broccoli stems, you'll find kohlrabi similar in flavor, which makes sense once you know they are close relatives and share the same botanical name *brassica oleracea*.
The name "kohlrabi" derives from *kohl*, German for "cabbage" and *rabi*, meaning "turnip". Many botanists believe kohlrabi was bred from both plants. The bulb is actually a swollen section of the plant's stem, which is why the leaves radiate from it.
Nutritionally, kohlrabi contains large amounts of vitamins A and C as well as minerals potassium and calcium. High in fiber, kohlrabi has only 40 calories per cup.
To use it, trim off the leaves and peel it with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs, underneath the kohlrabi's skin and work your way around it like you would peel an apple. With the skin removed, slice it any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Many of our farmer's market customers prefer it raw with a little salt. Store kohlrabi in a plastic bag and put it in your frig to keep it from drying out. It'll keep for several weeks, unpeeled.

Couscous with Kohlrabi & Chermoula Dressing
Makes 6 servings.
In a small saucepan, put:
1 cup water or stock
-cover, and bring to a boil.
Add: 1 cup couscous
Cover, turn off heat and let sit for 5 minutes. Uncover, fluff with a fork and put into a large serving bowl.
In small bowl, put:
1-2 tsp. minced garlic
2 Tbsp. minced cilantro
2 Tbsp. minced fresh parsley
1 tsp. paprika

½ tsp. ground cumin
1 tsp. Kosher salt
-mash these together with a fork.
Add: 3 Tbsp. fresh lemon juice
3 Tbsp. olive oil
Whisk together, then pour over couscous. Mix.
Add: 2 cups peeled, diced kohlrabi
½ cup diced radishes
16 olives (kalamata are recommended)
½ cup crumbled feta cheese
Toss gently, and serve.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C, potassium and calcium. Store zucchini in the vegetable drawer in your frig—it should keep 4-5 days or longer.

A common problem with zucchini is poor pollination. Since insects move the pollen from the male flowers to the female flowers, plenty of insects mean plenty of pollination. Many of you know that the bee population has decreased dramatically in the last 10 years due to neonicotinoid insecticides. When the insect population is low, some fruits will be badly formed, with one end narrow and pointy instead of sausage shaped. Many of you will get 1 or 2 zucchini with this configuration. Simply cut off the pointy, soft end and use the rest.

We're growing a few different kinds of zucchini. "Goldy" is bright yellow one, "Dunja" is dark green, "Costata Romana" is a speckled, dark green with raised, lighter green ribs. Whichever you get, they all taste great, especially on the grill. Simply brush with olive oil, sprinkle with salt and pepper and grill until soft. Or, try this recipe:

Baked Parmesan Zucchini Sticks

Preheat your oven to 350 degrees F.
In a small bowl, put:
½ cup grated Parmesan
½ tsp. dried thyme
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. garlic powder
In a medium bowl put:
2 Tbsp. olive oil
Add: 4 small zucchini (or the equivalent), quartered lengthwise
Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.
Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

Field Notes

The ground is drying out, but is still hard due to all the rain we've previously had. Those chunks are difficult to break down, and it makes the weeds awful to pull out.

We've done some major transplanting over the past week. All our winter squash and the rest of the melons were waiting for the ground to dry out and get prepared. While they were waiting, the plants started blooming. It's best not to put plants in the ground that are blooming, since they concentrate more on completing their life cycle than growing a good root system so they can get bigger and produce lots of fruit. So, we spent time removing all those blooms, as you



see Kris doing here:

Then the butternut and spaghetti squash were planted on paper mulch, as were a few different kinds of melons. These are vegetables and fruits that take so long to mature we only plant them once in a season. So, cross your fingers.

We continue to fight the weeds, and we're pulling ahead. The onion patch looks much better, and the third lettuce beds are beautiful.

Looks like a scorching week, so be sure to drink plenty of water.

Take Care,

Terry & Chuck