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Box #4
Even Week
24 July 2019

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Carrots
Cauliflower
Garlic
Green & Yellow Beans
Kale
Lettuce: Fusion
Sugar Snap Peas
Zucchini

New Stuff: carrots, cauliflower, green & yellow beans

Besides their beta carotene, **carrots** are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. If you get the leaves too (as you have this week) break them off and store them separately, or compost them. Carrot leaves are edible and can be put into soups or pesto, but they tend to be on the bitter side. Carrot roots will keep for months.

You may find small, medium or large carrots in your bunches. Small carrots are very tender. We've also included some "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. This year, we're also growing yellow carrots, and those may appear in later boxes. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

Cauliflower has no saturated fat, is low in cholesterol, high in dietary fiber, vegetable protein, vitamins C, K and B6 as well as many minerals. Research has found that regularly eating cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, etc.) may lower your overall risk of cancer. (Broccoli, cauliflower, Brussels sprouts and olives have the highest concentration of plant sterols that can lower serum cholesterol.)

Like broccoli, a head of cauliflower is a collection of small flower buds. If left to mature, small, yellow flowers bloom all over the head.

Store cauliflower in the refrigerator, inside a plastic bag. It should keep for a week or 2. The sprayer on your sink does a great job of blasting off dirt and other debris.

Braised Cauliflower

In a Dutch oven large enough to cover the cauliflower with a little to spare, on high heat, put:

3 Tbsp. olive oil

Add: 1 Lg. onion, coarsely chopped

-sauté until the onion just starts to brown, stirring constantly.

Add: 3-4 garlic cloves, coarsely chopped
1 tsp. chili powder
1 tsp. paprika/smoked paprika
4 anchovies, chopped *optional*
1 tsp. capers *optional*

-sauté until the garlic just starts to brown, stirring constantly—this won't take long.

Add: 25 oz. can chopped tomatoes (3 cups)
1 Tbsp. red wine vinegar
1/3 cup Kalamata olives, pitted and halved
¼ cup chopped basil or parsley
Kosher salt and freshly ground pepper to taste

-stir to mix, then add:

1 lg. whole head cauliflower, core removed

-ladle some of the sauce over the cauliflower. Turn the heat to low, cover, and simmer until the cauliflower is tender, 30-40 minutes.

Late last week we waded into a very weedy bed of **green beans** looking for some to sell at the farmer's market and found loads of them hanging from the plants. In the next bed was a row of **yellow** beans, also ready to be picked. Lucky us, and lucky you. We've given you a mixture of both kinds to compare.

Store your beans in the plastic bag they come in in your refrigerator, and use them soon. Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: fresh beans are not as high in protein as dried beans. Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Another method is to roast

them. Use the Roasted Beets recipe in newsletter #2 as a guide and check them after 10 minutes (or sooner).
Here's another recipe for kale:

Kale Market Salad *Serves 2-4*

In a food processor or blender, put:
2 cloves garlic
½ tsp. fine grain sea salt, plus more to taste
2 Tbsp. fresh lemon juice
1/3 cup / 80 ml extra virgin olive oil
2 tablespoons ripe avocado
1 teaspoon honey, or to taste
fresh pepper to taste
-Process until smooth. Taste, and adjust with more salt, or honey, or lemon juice.
Into your salad bowl, put:
the salad dressing above
1/2 bunch kale, destemmed, washed, cut/torn into pieces
-toss the kale with the dressing and leave to marinate for an hour or more. This step both milds and softens the kale. If you don't have an hour, use your hands to work the dressing into the kale.
Just before serving, add:
1 cup / 5.5 oz cooked farro or wheat berries or other grain
4-5 farmer's market carrots, very thinly sliced
1 small bulb of fennel, transparently sliced
1 avocado, cut into small cubes
a big handful of almond slices, toasted
really, whatever vegetables you want to add
-toss, taste, and adjust the seasoning as needed.
Fusion, the type of lettuce in your box this week, is a cross between Romaine and green leaf. You can see the characteristics of both.
The sugar snap peas are petering out. These may be the last for this season.

Field Notes

From last Wednesday thru Sunday morning we got 4.5" of rain. Things began to dry out on Sunday, and we're certainly happy to get cooler temperatures.
Last Wednesday, after packing your boxes, we went out to our hoophouse and finished planting tomatoes and cucumbers. We used some lightweight fencing to provide a support for them to cling to in the middle of the hoophouse where we have pipes to hand them from. On the sides, where there are no pipe supports, we rigged rope and baling twine for the plants to crawl up. We put mostly cherry tomatoes in our hoophouse, hoping we can extend the season a little later into the fall. The cucumbers are mostly thin-skinned, burpless varieties. Because all these plants grow as vines, they will use the supports we provide to crawl up 8 ft. or more.

The tomatoes we planted outside are large enough to need support. We usually weave a Florida fence using T posts and heavy baling twine. The T posts are pounded into the ground between every 3 plants, twine tied to one post then "woven" around one side of the first plant, the other side of the next plant and the other side of the third, wrapped around the next T post and back to the beginning, weaving the twine around the other sides of the plants. This gives them support to climb and keeps them from sagging into each other. As tomatoes grow bigger, we weave another, higher line, and so it goes until we run out of post.
The N.E. fields that contain our green and yellow beans have exploded in weeds because of the wet weather. So much so that I had to use the mulching mower to cut them down so we could find the plants easily. As you can see, weeding can be overwhelming.



The mower threw some grass clippings into some of the beans, and Mother Nature splashed soil onto some of them too. We ran water over the beans when they arrived at the barn, but we didn't get it all. You'll have to wash them thoroughly before using.

Enjoy this beautiful weather!

TERRY & CHUCK