Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #7
Odd Week
14 August 2019

Contents
Basil
Beets: Loose, Red
Cauliflower: White
Cucumbers: Family Shares Only
Garlic: Early Italian Softneck
Lettuce: Romaine
Onions: Ailsa Craig, Sweet
Peppers: Green Bell, Hungarian Hot Wax,
Jalapeño: Family Shares Only
Zucchini

New Stuff: cucumbers, peppers
Choice Box: sunburnt peppers, zucchini

Cucumbers are high in vitamin E (probably why they're so soothing on the eyes), and low in calories. Few vegetables are as satisfying on a hot summer day for replenishing liquids and filling you up.
Here's how to store cucumbers so they won't get mushy: **DO NOT** PUT CUCUMBERS INTO A PLASTIC BAG. Put them in your refrigerator's vegetable drawer, cut or uncut. They'll keep for at least a week, often two. I discovered this by mistake one night, when I was too tired to dig up a plastic bag. I just tossed a half-used cucumber into my vegetable drawer, letting it fend for itself. 3 days later, I opened my frig to find a cool cucumber whose cut end was only slightly dried out and skin perfect. And, it was a thin-skinned, burpless variety, the kind that can go mushy overnight. I was amazed. You will be, too.
The cucumber plants are only about 3 feet tall and just starting to produce fruit. There's only enough for the Family Shares this week, but it shouldn't be too long before you find them in your box.
Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week or more.
When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 20-25 days for most varieties. None of the peppers we picked are starting to change color, but they are large.
Peppers are susceptible to sunburn. When this happens, the spot turns beige, then brown, then black, and dries up. Eventually, it cracks open and insects enter. While this is happening, the plant tries to mature that fruit so it can propagate itself thru the seeds. That's why you often see a sunburnt pepper with a blackened area on it that's a decent size and even turning red. The leaves on a pepper plant are there partially to shade the fruit from getting too much sun. Luckily, you can cut out the dried-up area and use the rest of this pepper, so we'll leave some in your Choice Boxes.
We've planted several different varieties of peppers this year. The sweet ones are Olympus (bell), Carmen, Flavorburst and a dark purple bell. Carmen is our sweet, Italian pepper, cone-shaped and best when fully red. We have lots of Carmen plants out there because it's probably the best-tasting pepper we grow.
For hot peppers, we're growing Jalapeño and Hungarian Hot Wax, both in the medium range for spiciness. The Hungarian Hot Wax actually starts out as a yellow-light green pepper that turns a definite light yellow, then acquires a rosy blush. We're not sure if they get fully red since this is the first year we've grown them.
The onions are fighting the weeds for space, and are not very large. The tops are drying down and not worth much, so we snipped those off. Your onions are in a net bag so they can continue to dry. You can leave them to dry in your kitchen or in your refrigerator.
The zucchini continue to churn out fruit. Here are a few recipes (and pictures) from our Delafield pickup site manager, Dave Deaven:



Vegetarian Zucchini Feta Fritters
A: 1# zucchini, shredded
B: 2 eggs
½ Cup onion, chopped
1/3 C. mint leaves, chopped (substitute parsley)
1 tsp. cumin, ground
½ tsp. salt
½ tsp. pepper
C: 1 C. whole wheat flour
½ C. feta cheese, crumbled

1. Squeeze (A) in a towel to remove excess moisture. Place into mixing bowl.
2. Add (B) to bowl and mix well.
3. Add (C) to bowl and mix to combine.
4. Drop ¼ C portions of the batter into a pan with olive or canola oil, fry,
flipping twice. Remove to paper towel.
5. Serve with ranch dressing and additional feta cheese.



Grilled Zucchini

A: 2-3 zucchini, sliced thick on the bias
B: 2T Italian dressing
1. Place (A) into bowl and coat with (B), tossing.
2. Grill for 12 minutes, turning once.
Servings: 3

Field Notes

Monday night/evening rain predicted, but not much actually fell. We got a brief shower Tuesday afternoon, which didn't amount to much.
Last week we totaled 2.5" of rain spaced out nicely over 3, different days. The transplants loved the extra moisture and are doing well. Prior to that rain, the ground had dried out enough to absorb all the water, making very little mud and the weeding was easy.
Our first broccoli and cauliflower patch is almost done.



Friday, while we were out harvesting broccoli, we came upon several, monster heads, like this one. Strangely, the tops were quite flat and rather uneven. We're not sure what caused this, but it might be the cultivar.

We'd like to remind you to bring your wax boxes back to your pickup site when you pick up this week's produce. We are especially eager to get the ¾ bu. Family boxes back to the farm, as there never seem to be enough from the week before to pack this week's produce into. The stash upstairs in our barn is slowly being eaten away. Thanks!

Enjoy this lovely weather.

Terry & Chuck