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Box #8
Even Week
21 August 2019

Contents
Beets: Red, Loose
Cabbage: Green
Carrots: Orange & Yellow
Cauliflower
Garlic
Lettuce: French Crisp, some Red Leaf – Couple and EOW Shares only
Onions
Peppers: Green Carmen, Jalapeño
Tomatoes: Juliet – Family Shares only
Zucchini

New Stuff: cabbage, Carmen peppers, Juliet tomatoes
Choice Box: zucchini and ??

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium. Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.
Chuck loves coleslaw, but it was not a dish I grew up with, or made in any of the restaurants I worked in. Luckily, the local paper published a special article with several coleslaw recipes, one of which provided a base for this one. The rest is me experimenting with flavors and ingredients. Hope you like it.

Full Harvest Farm Coleslaw
Serves 6-8 as a side dish
Dressing:
½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura/Sucanat sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
2 tsp. salt
1 tsp. freshly-ground pepper
-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/sucanat sugar looks like round, brown granules. It does not dissolve as easily as other sugars, so you need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules, 10-15 minutes should be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar.
Vegetables:
8 cups shredded green and/or red cabbage, carrots, celeriac, kohlrabi, fennel bulb, radish, rutabaga, turnip, etc.
½ cup onion, minced
-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for 30 minutes so the flavors meld. Serve. Better the next day.
"Carmen" is a sweet, Italian pepper we've grown for years because it tastes so good. When it turns red, which they should start to do in about 2 weeks, it's the best-tasting pepper in the patch. Grill it, roast it, eat it raw, Carmen has a wonderful flavor. Green, it's still good, but red is better.
The Jalapeños have a nice load of peppers, enough to give everyone, well, one.
The tomatoes are just starting to ripen, so amounts are small—so small we're only giving them to the Family Shares and only Juliets. Juliet tomatoes are among the first to turn red. They look rather like a small Roma tomato, but are actually a large grape tomato, and very tasty. The rest of the tomatoes are starting to turn color, so we expect to have enough tomatoes to put them in everyone's box next week. The rain has caused a lot of heirloom varieties to crack, like the Black Krims and striped Germans, so pray for drier weather.
To bring out a tomato's best flavor, store them on your counter. Some of the tomatoes you receive in coming weeks will not be fully ripe, showing some green or a lighter red than a ripe tomato would. They will turn redder if you give them a few days out on your

counter. They'll be just fine for about a week, longer when they're ripening.
Once cut, tomatoes will deteriorate quickly. Refrigerate cut or split tomatoes, and use them soon.
Tomatoes are easy to freeze. Wash, air dry, put on a sheet pan and pop into the freezer. When frozen, tip them into a freezer bag. When you take them out during the winter, you can grab only what you need. Run water over the frozen tomato and the skin splits right away. You can peel that off easily.
It may be a little soon for soup, but the time will come. And beets keep for weeks in your refrigerator. The color of this one is glorious.

Simple Beet Soup

In a 3-4 qt. saucepan over medium heat, put:
2 Tbsp. olive oil
1 cup chopped onion
2 cloves chopped garlic
salt & freshly ground pepper
Sauté onion & garlic until transparent, stirring frequently.
Add: 1 very large beet, peeled & chopped into ½" dice (about 1 lb.)
6 cups chicken or vegetable stock
Simmer beets in stock until they are very soft, 15-20 minutes.
Puree mixture with a hand blender, regular blender or food processor. Be extra careful when pureeing hot liquids. If you prefer, leave it chunky.
Add: ½ cup heavy cream, *optional*
Stir to mix and taste for seasoning.
Serve with a dollop of sour cream, a sprinkling of chopped parsley and/or some chopped chives.
The yellow carrots have matured in flavor and are not quite so mild. Leave these in their plastic bag and they'll keep for weeks in your refrigerator.
The current lettuce patch is just about done for, that's why we aren't putting lettuce in everyone's box this week. The next bed is about 2 weeks away from producing, so there will not be lettuce in next week's boxes.
In 2013, site manager Wendy Copeland sent me this recipe, which is delicious. The zucchini cooks down into soft chunks, much like a soft apple, and the spices get your mouth ready for apple pie. If you don't tell them, they'll never ask.

Zucchini "Apple" Squares

Crust: 4 c. flour
2 c. sugar
1 ½ c. butter (3 sticks/12 oz.)
Work the butter into the flour/sugar with a pastry blender, 2 knives or the paddle attachment on a KitchenAid mixer. Reserve 1 ½ cups. Press remainder into 9"x13" pan, greased, and bake at 375 degrees for 10 minutes.
Filling: 6 c. zucchini peeled, cored, cut into chunks
2/3 c. lemon juice (bottled okay)
1 cinnamon stick
Cook until zucchini is translucent over medium heat. Remove cinnamon stick.
Add: 1 c. sugar
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. reserved crust mix to thicken
Stir and remove from heat. Spread filling onto crust.
To the remaining 1 cup reserved crust mix, add: 1 tsp. cinnamon
Sprinkle on top of filling. Bake 375 degrees for 20 minutes or until crust browns. Serve warm or chilled.
Note: To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.

Field Notes

Tuesday's threat of rain didn't materialize—the 2 cells headed for us either went south or fell apart before it got here. The ground is fine so far, don't even need the drip tape.
The green and yellow beans are winding down, succumbing to viruses, and not producing much. We've seen the last of those until next year.
Colorado potato beetles have plain worn out the potato plants and eggplant. The potatoes were doing very well prior to the CPB infestation, and we have harvested some lovely red potatoes from those hills. We'll be digging potatoes soon, so they'll probably appear in next week's box.
The eggplant, however, is a complete loss. Once they'd consumed the plant, the beetles started in on the few fruits available. It was sad. So, we tilled up the whole bed. It could be our next lettuce patch.
Speaking of lettuce, we have 20 flats or so of the next beds ready to go into the ground.
Chuck also planted another beet bed, ready sometime in the middle of September.
The cucumbers in the hoophouse are starting to grow fast. We're hoping that, in a few weeks, you'll be getting cucumbers on a regular basis. Fingers crossed.
Enjoy this lovely weather!
Terry & Chuck