Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #11
Odd Week
11 September 2019

Contents

Cucumbers: Family Shares Only
Lettuce
Melons: Cantaloupe, Torpedo
Onions: Red and/or Yellow
Peppers: Red Carmen, Hungarian Hot Wax, Jalapeno
Potatoes: Superior
Tomatoes: Heirloom Slicers, Juliet
Zucchini

Choice Box: zucchini, tomatoes, melons, peppers

This week we only had enough cucumbers for the Family boxes. The plants are growing and flowering, but not producing cucumbers in the volume we expected. We think they'll improve soon.
Some of you will also get a cucumber with a bit of rubbing damage. Cucumber vines have stiff "hairs" on their stems that cause this damage. We grow our cucumbers on a trellis system inside a hoophouse. The hoophouse top is covered, but the sides are not, so the wind can blow thru freely. When we have a windy day, the vines closest to the open ends of the hoophouse get the most and the fruits move back and forth in the breeze, sometimes scraping against those rough stems. The scraping doesn't affect the flavor, but it is a spot that could go soft faster, so use it up quickly.
Lettuce is on the small side this week. Some Couple Shares will get 2, small heads instead of 1 larger one.
Chuck discovered that Torpedo melons have such thin skin, they can be peeled with a potato peeler. This should give you more melon to enjoy. This week, we're able to mix some Torpedo melons into the Family boxes, and cantaloupes into the Couple.
What's in your box?
We harvested several beds of onions on Monday after getting .3", so they may be a little dustier than normal. Apologies. Bags will contain medium and small onions since that's what was in these beds.
Our sweet, Italian Carmen peppers have, indeed, turned red at last! Peppers always do this color change in stages, so some of you will get peppers that are partially red, partially green and that lovely, in-between brown.
Superior potatoes were developed at the University of Wisconsin potato breeding program, and have been available since 1962. Superior makes excellent mashed or baked potatoes as well as potato chips. The skin is thin, the flesh white. Superior potatoes are best kept carefully away from light so they don't green up. Best to use them soon.

Parsley Potatoes

Wash the potatoes (you decide how many) and cut so that all pieces are about the same size. Steam them until they are fork-tender but still holding together. While the potatoes are cooking, chop enough parsley to make ¼ cup. When the potatoes are done, drain off the water, remove the steamer (a pair of tongs works well), leaving the potatoes in the pot. Add 2 Tbsp. butter to the pot. Cover and let sit until the butter melts (1-2 minutes), then add the chopped parsley, salt and freshly-ground pepper. Toss gently so the butter and parsley are evenly distributed. My mother made this dish a lot, not only because it's easy, it's also elegant.
Chuck and I have been amazed at the size of some of our heirloom tomatoes. I don't think we've ever seen them so big. We've also never seen them with so many cracks.

Tomato Bisque *Serves 4*

In a 4-qt. pot over medium-high heat put:
2 Tbsp. olive oil
Add: ½ cup onion, chopped
2 lbs. tomatoes, coarsely chopped
-Sauté, stirring occasionally, until softened, about 7-8 minutes.
Add: ¼ cup dry sherry
2 Tbsp. tomato paste
-Cook until contents are reduced by half, 2-5 minutes.
Add: 1 tsp. Kosher salt
3 cups chicken stock
-Bring soup to a boil, then reduce heat and simmer until soup is slightly thickened, about 10 minutes. Remove pot from heat and puree with a hand blender or in a regular blender, being careful not to burn yourself on the hot ingredients. Return pureed soup to the pot.
Add: ¼ cup heavy cream
-Heat until soup is steaming, altho heavy cream will not curdle if it boils.
For an elegant touch, add a pound of small to medium sized raw shrimp at the end and cook just until done, about 3 minutes, depending on size. If you use precooked shrimp, cook just until heated thru.

Since this is a no-cook soup, the flavor of really good, fresh tomatoes will be at their best—a good use for those tomatoes in the Choice Box.

Cold Tomato Soup

In a blender or food processor, put:

- 2 lbs. tomatoes, coarsely chopped
- ½ onion, coarsely chopped (about 1/4 cup)
- 1 clove garlic
- 1-2 tsp. red wine vinegar
- 2 Tbsp. good-quality olive oil
- ½ tsp. cumin, ground
- 1 tsp. Pimenton/smoked paprika *optional*
- ½ tsp. Kosher salt
- ½ tsp. freshly-ground pepper

-Process all ingredients until everything is finely pureed. Store in refrigerator until ready to eat. Soup is better if allowed to sit for 2-4 hours so the flavors can "swap around".

Optional ingredients: cucumber, peeled and seeded; peppers, sweet or spicy; parsley; basil; anything else you think would be good.

This may be the last of the zucchini. The plants are succumbing to powdery mildew and virus, as they usually do by this time.

Field Notes

Isn't it an interesting coincidence that Box #11 occurs on Sept. 11th?

Early Monday morning we got .3" of rain, just enough to dampen the top of the soil. Knowing there was more to come on Tuesday, we dug the rest of our potatoes.

We also used our potato digger to gently scoop up a number of onions, many of which are in this week's box.

Tuesday's early morning rain dropped another inch, so it was pretty muddy outside. Luckily, the only harvesting was in the pepper patch, the lettuce beds nearby and the hoophouse.

The broccoli and cauliflower in our west fields looks great. We're looking forward to a late broccoli crop and some more tasty cauliflower.

The field crew has been weeding our next beet patch assiduously, and it looks good. The largest beets are about golf ball sized, so a few weeks yet before we can harvest beet bunches.

Here's a reprint of last week's announcement:

Farm Day: Sunday, Sept. 29th

Every year we host our CSA members at a Farm Day in late September. This year, Farm Day will be Sunday, Sept. 29th from 2-5pm. We try to schedule it on a Sunday when there's no Packer game.

When you arrive around 2pm, we'll head out to the orchard to gather apples for cider making. You are welcome to take some apples home with you, so bring a container. Fair warning: expect bug damage and misshapen fruit, we do not spray our orchard.

Once we have enough fruit, we'll wash the apples then cut them up into chunks. The chunks will go into the masher, and the mash will be put into cheesecloth "envelopes" that are stacked and pressed to yield their juice. Every batch tastes a little different, and we'll have cups for you to drink your fill. We invite you to bring a quart container so you can take some of this unpasteurized apple cider home with you.

Around 3:30, Chuck will lead a tour of the fields and you can see just where your food is grown.

During the tour, we'll pull names out of a basket for Fabulous Prizes, so please enter. One of these prizes is always a half gallon of our cider.

You are welcome to bring your friends and family to Farm Day. Small children are welcome, but you must watch them carefully as our farm is definitely NOT child-proofed. There are bits and pieces of equipment hidden in the tall grass that could injure anyone, so please stay on the mown roadways and field edges. Also, do not allow children to climb or play around any farm equipment, or inside the upper part of the barn. Thank you for understanding. We look forward to seeing you!

Have a great week everyone!

TERRY & CHUCK