Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #12
Even Week
18 September 2019

Contents

Carrots: Orange and Yellow
Chard
Cucumbers
Garlic
Lettuce: French Crisp, Green Leaf, Red Leaf
Melons: Cantaloupe, Torpedo
Peppers: Green Bell, Red Carmen
Tomatoes: Heirloom Slicers, Juliet

Choice Box: ??

We've dug up the remainder of our yellow carrots, and are able to give you both colors. It's nice to have a contrast.
Our chard patch has regenerated itself beautifully. We picked all the bunches for this week's boxes within a quarter of the bed, so there's plenty left for next week.

Greens with Pappardelle

Put a pot of salted water on the stove to boil for the pasta.
In a 10" skillet over medium heat, put:
2 Tbsp. olive oil
Add: **2-3 garlic cloves, chopped**
-Saute for about a minute.
Add: **1 lb. (or whatever you have) greens such as chard, kale, mustard, broccoli raab, turnip, etc. washed and roughly chopped (if using kale, remove center stem)**
Sauté until greens are tender. Salt and pepper to taste.
When the water is boiling, add:
1 lb. pappardelle (or pasta of your choice)
-Cook until pasta is al dente, saving ½ cup of the pasta water.
In a pasta serving bowl, whisk together:
1 cup ricotta cheese (whole milk is best)
½ cup reserved pasta cooking water
Add pasta and sautéed greens and garlic to ricotta and toss.
Now add: **¾ to 1 cup grated Parmesan, Asiago and/or Romano cheese**
Toss together and serve immediately.

If you're looking for something quick, here's an Asian riff on braised chard:

Asian-Style Chard

Wash chard and cut out stems. Grouping several stems together, cut into 1" lengths and set aside.
Pile leaves together, and chop roughly.
In a large skillet over medium-high heat, put:
1 Tbsp. oil
-and heat until it shimmers. Add stems, toss and cook 1-2 minutes.
Put in: **chard leaves**
2 garlic cloves, minced
-cook until leaves begin to wilt, 2-3 minutes.
Stir in: **1 Tbsp. soy sauce**
2 Tbsp. hoisin sauce
-stir and cook until chard is tender, 2-3 more minutes.
Add: freshly-ground pepper to taste
Serve immediately.

I'm not sure we've put our French Crisp lettuce into your boxes before. If you get a head, it'll have broad, green leaves with a hint of red on the top edges. Green leaf and red leaf are easy to recognize.
There are a few cantaloupes in the group that are still green under the "netting". If you get one like that, leave it on your counter to ripen.
The Torpedo melons vary in ripeness this week also. A bright yellow skin with white lines means it's pretty ripe. If the skin is tinted with a little green, it's not quite ripe and you should leave it out on your counter for a few days. There may be a few more Torpedo melons next week, but the vines are dying, so not many.
Chuck and I thought it was time to give you all a break from spicy peppers and just put sweet ones in this week's box. Our bell peppers look great, and some of them are changing to red, but not many, so you're getting green ones. Most of the Italian Carmen peppers we picked were fully red and at their peak for flavor. If you haven't tried these on the grill, well, something to think about.
Last week's rain increased the likelihood the heirloom tomatoes will split and crack, making it difficult to find acceptable tomatoes for your box. We'll accept cracks that have healed over, those can be cut out, but fresh splits on a ripe tomato will not. The solution is to use that tomato right away, before further deterioration occurs. It's a shame, when there's so much usable, and delicious, tomato left to enjoy, to see them go to waste.
Juliets were a bit muddy. We tried to wash them, with limited success. Something to work on.
Yep, no zucchini. It's that time of year.

Field Notes

Over the course of last week, we got 4.5" of rain. It made for some muddy beds, but not as bad as we feared, altho rubber boots were a must in the field.

Chuck's baby bok choy are doing fine. We're still a few weeks from harvest, but, something to look forward to.

Beets are sizing nicely. It's possible they may show up in next week's box.

The new broccoli field has grown big, beautiful leaves on healthy, green plants. Still waiting for the heads to appear . . .

The cauliflower field next door, well, ditto. Once those heads start to form, we'll be tying lots of leaves over them to keep the cauliflower nice and white.

Canary melons and watermelons are starting to ripen. The canary melons are my favorite—can't wait!

FARM DAY:
SUNDAY, SEPT. 29TH, 2-5 PM.
MAKE FRESH APPLE CIDER, TOUR THE FARM, WIN FABULOUS PRIZES.
SEE YOU THERE!

Have a great week!

Terry & Chuck