Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #16
Even Week
16 October 2019

Contents
Baby Bok Choi
Carrots
Cauliflower
Garlic
Kale
Lettuce
Melon: Canary
Peppers: Green & Red Carmen, Hungarian Hot Wax
Tomatoes: Slicers
Winter Squash: Butternut

New Stuff: butternut squash, canary melon
Choice Box: peppers, etc.

Butternut squash has everything going for it: the flesh has a moist, fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work.
You have our recommended method for roasting winter squash, but there are lots more ways to use butternut. Surprisingly, it cooks pretty quickly in a vegetable medley or other dishes. If you use it this way, you'll need to cut off the tough, outer skin. A knife is the best tool for this job—a peeler doesn't take off enough. Start by cutting off both ends, then thru the narrowest part. Place the squash cut side down and slice off the beige skin, cutting all the way to the orange flesh beneath. Slice off any whitish part—this is just under the skin and very fibrous. You only want to see the orange flesh. Then, cut thru the cavity and scoop out the seeds and strings. Now you can cut up your butternut any way you like.
A "**canary**" **melon** is shaped like a football, bright yellow, and delicious when fully ripe. We planted ours late, but the melons grew to a good size and got yellow, so we tasted one and thought it was pretty good. Eh, voila! We hope you like them.
Last week's rain splashed a lot of soil into this low-growing vegetable, and you'll need to wash it thoroughly before using. We've done an initial soak, but you'll need to pull the stalks off and wash each one under running water. It actually goes pretty quickly. Then you can chop them up.
Chuck and I think this is some of the best looking cauliflower we've ever grown. Sometimes you get it right . . .
Garlic keeps for months on your counter, just store it away from direct sunlight. You're likely to get some in each of these last boxes.
The kale should be a little sweeter after a few frosts. If you find some fine, white threads in your bunch, apologies. This is from the polyester row cover we used on the chard next door to the kale. When we were tucking the row cover between the 2 crops, threads caught in some kale leaves. We pulled off all we found, but just in case . . .
Here's a recipe that incorporates kale and butternut squash:

Kale and Butternut Squash

In a Dutch oven over medium heat, put:
2 Tbsp. olive oil
2-3 cups butternut squash, peeled, seeds removed and cut into ¾" pieces
-Cook, tossing occasionally, until squash starts to soften, about 10 minutes.
Add: 1 cup vegetable or chicken broth
1 Tbsp. whole-grain mustard
¾ tsp. kosher salt
¼ tsp. freshly ground pepper
-Mix to distribute mustard.
Now add: 1 bunch kale, stems removed, chopped coarsely and washed, about 10 cups, loosely packed
-Simmer, covered, stirring occasionally, until the kale is tender.
Lettuce is on the small side. We've given it an initial wash, but you'll need to wash it again.
With that frost coming Saturday morning, we picked all the red Carmen peppers and most of the green ones too. Both are in your box this week. Some of you may get a Carmen that has a little damage at the tip—just slice that off. We want you to enjoy the rest of that delicious pepper.
This week you're getting the last of the tomatoes. Some of them are not fully ripe, but leave them out on your counter and they will turn a nice red.

Field Notes

We've gotten a few light frosts over the past 5 days. Some of the chard got hit, the tomato leaves still look green, everything in the hoophouse is fine, haven't checked the peppers, but they're likely okay too.
Chuck and I were especially worried about the predicted 30 degrees for Saturday morning. Add in the wind chill and it was pretty low. But, it didn't get that cold, and everything was fine. We did get light frosts

Monday and Tuesday mornings. We might get a few more Thursday and Friday.
Since we can't leave crops in their fields that will be ruined by the cold, we harvest what is ready and store it in our cooler. Because the temperature is around 34 degrees, most crops keep well in there. When we need it, we wash only what we require. Luckily, lots of vegetables, especially the brassicas (broccoli, cauliflower, cabbage, etc.) tolerate some cold, and can be left outside for now. Fingers crossed the low temperature doesn't hit 25 or below.

Here's the dynamic duo who wash, portion, weigh and generally prepare your vegetables for packing.
On the left is Adam and on the right Leah.
They do a wonderful job, and it is a pleasure working with them.



Chuck and I have determined that we **do** have enough vegetables to offer a Winter Storage Box this year.
It will come in a 1 1/9 bu. box, cost $50, will likely be delivered to your own pickup site on either Nov. 13th or 20th—we haven't decided which date yet.
Here's what's likely to be in it:

Winter Storage Box

beets
Brussels sprout stalk
carrots
cauliflower
garlic
kale
leeks
onions
potatoes
winter squash
--and possibly a few other things, depends on the weather.
We will figure out exactly what and how much of each item we'll be putting into the Winter Storage Box by next week. Those details will be in the newsletter, along with instructions on how to order. This gives you time to decide whether you want to get one.

Take Care and Stay Warm,
Terry
&
Chuck