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

Contents
Brussels Sprouts
Carrots
Cabbage: Green or Red
Kohlrabi
Leeks
Onions: Red and Yellow
Peppers: Bell, Carmen, Jalapeño
Potatoes: Red and White
Winter Squash: Butternut or Crown Pumpkin

New Stuff: Brussels sprouts
Choice Box: peppers, etc.

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. These have been thru several frosts. They also require a long time to mature. We did not do such a good job on this front, which is why the sprouts are rather small and widely spaced along the stalk. Sprouts at the top of these stalks are loose. They're still edible and taste good.
Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest, but will keep for a week or longer in the crisper drawer in your fridge. To store, snap the sprouts from the stalk and place them in a plastic bag.
Before cooking Brussels sprouts, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Despite some claims, I do not find they cook faster if you cut an X in the bottom—it just takes longer to get them in the pan. Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.

Chuck and I think these are the best carrots we've ever grown. So sweet.
One of our members sent me this recipe a few years ago. She learned to make it in India. Here's her advice: "The amounts are all approximate as I don't usually measure when I cook, so people should feel free to play around with it."

Carrot and Cabbage Masala
1 small head cabbage, chopped into 1 inch pieces
2 cups carrots, chopped into 1/2 inch pieces
1 large onion, diced
1 Tbsp. cumin seed
1 Tbsp. ginger garlic paste (could substitute fresh grated or minced equal parts of each)
2 tsp. turmeric
1-2 tsp. salt
1 Tbsp butter, ghee, or coconut oil
Heat fat over low to medium heat. Add cumin seeds and fry them for 30 sec to 1 min, taking care not to let them burn. Add onion and sauté until beginning to soften. Add ginger garlic paste (or ginger and garlic) and sauté for a minute or so until it loses it's sharp smell. Add turmeric and salt and incorporate. Allow to cook for 30 seconds. This is your masala. Add cabbage and carrots. Stir well to coat the veggies with the masala. Sprinkle with a 1-2 Tbsp of water to aid in steaming veggies and keeping them from sticking. Cover. Cook until veggies are tender.
Our last kohlrabi patch grew some lovely kohlrabies. We have so many, everyone is getting 2.
I've been waiting weeks to put this recipe in the newsletter:

Potato Leek Soup *Serves 4*
In a pot or large saucepan over low heat, melt:
4 Tbsp. butter
Add: ½ lb. leeks, washed and chopped
¾ lb. potatoes, peeled and thinly sliced
-Cover and cook about 8 minutes.
Add: 4 cups chicken stock
1 bay leaf
1 Tbsp. chopped parsley stems (yes, stems)
½ tsp. freshly ground pepper
½ tsp. dried thyme
-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 20-30 minutes.
Remove pot from heat, fish out the bay leaf, and puree. A hand blender is the easiest tool for this task, but a blender or food processor works as well. If you use a blender or food processor, be careful to cover the container so you avoid being splashed by hot liquid.
Return puree to pot and add:
1 cup heavy cream

-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.
If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to steaming and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle the milk.
We have a lot of peppers left in our cooler, which is why you're getting rather a lot in your last box.
Remember, freezing peppers is easy. Simply wash, cut in half, remove the stem and seeds. Put the halves in the freezer. When frozen, pop into a ziplock freezer bag and you're done. Pull them out in the winter for chili, spaghetti sauce, curry—anything you cook with peppers.
Potatoes keep for a long time. If you see any green spots, be sure to cut them off.
Check your winter squash for nicks and scratches. If you see any, try to use that squash within a month—that break in the skin is where it'll go bad first. If your squash has no breaks, it should keep for several months.

Field Notes
Monday was lovely--cool, sunny, a nice day to be outside picking kale, cutting kohlrabi and digging leeks.



We woke up Tuesday morning to find the world blanketed with a good inch of snow—quite beautiful really, altho not quite convenient for harvesting. So, we occupied ourselves with barn work until the sun melted the snow and thawed vegetables we planned to harvest. By 3pm, most of the snow had melted, the Brussels sprouts were cut, and the balance of the leeks had been dug. The ground was muddy, and our grassy roadways pretty slick, making driving a little tricky.
Last year, Chuck and I made the difficult decision to cut our CSA program from 250 to 100 Shares. Lack of labor was our biggest challenge, and we expected that shortage to continue. This year, we hired 3 Field Workers, Jonathan, Lawrence and Kris. 8 Worker Shares: Leah, Adam, Renee, Rachel, Chris, Jeanne, Kris and Bonnie rounded out our crew, and we had enough help to finish the tasks we needed to without exhausting ourselves. Many thanks for their hard work, good ideas and cheerful faces. We would be delighted to welcome all of you back next season.
It's been another rather rainy year. I think the longest we went without rain was 10 days. Normally, July and August are hot and dry. We got the hot but not the dry, and that has been the case for the last 4-5 years. One has to wonder when this pattern will change?
Rain helps our vegetables to grow, and also the weeds. Keeping weeds in check is always a challenge, and sometimes they just get ahead of us. We're learning that the solutions that worked in dry weather, like tractor cultivating, do not always work in wet, which calls for frequent cultivating and lighter equipment so as not to compress the soil. We did more hoeing this year, and will do even more next year, if the wetter weather continues.
Altho our CSA may be smaller, our responsibility to pack 18 weeks of delicious boxes remains as important as ever. We hope you've enjoyed the variety and quality of the vegetables in your boxes, and that you'll join us for another season in 2020.
As promised, here are the details about our:
Winter Storage Box

Beets, red	2 lbs.
Brussels sprout stalk	2
Cabbage, green	1 Xlg.
Carrots, orange	3 lbs.
Cauliflower, white	2 small
Garlic	4-5
Kale	1 bunch
Leeks ?	1 lb.
Onions	2 lbs.
Potatoes	3 lbs.
Winter Squash	1-2

Delivery: Wednesday, Nov. 13th
Cost: $50
Box size: 1 1/9 bu.
How to order: Go to the Member Login page on our website. Click on the last link that says: "CSA members who want to shop in Full Harvest Farm's store for Extra Produce should CLICK HERE. Log into your CSA account, then click on the "Add" button underneath Winter Storage Box. Mail us a check. See you on the 13th!

As it is the season . . .

Happy Halloween!
Terry & Chuck