Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #1
Odd Week
1 July 2020

Contents
Basil Plant
Dill
Beets: Red
Chard
Garlic Scapes
Lettuce: Green Leaf or Red Leaf
Family Only: also Green Reef
Onions: Young, Yellow and Red
Sugar Snap Peas

New Stuff: everything
Choice Box: There's not usually much in here the 1st week.

Basil needs full to part sun to do well, a little fertilizer and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first--this forces the plant to produce more, newer leaves. When the hop-like flower buds appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the tasty leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.
If you get a basil plant that looks a bit yellow, get it into a pot or your garden and add a little fertilizer. These greenie-yellowie plants have been in their little pots too long, and are low on food. Once they get some, they'll turn a nice, deep green.

We grow two different kinds of **beets** here at Full Harvest Farm: orange and red. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Orange beets can be grated and tossed, raw, into salads. Red beets have the most flavor and are red inside and out. Their leaves tend to be darker green and the stems dark red. The root, stem and leaf are all edible, and each part tastes a little different. Fresh beets have tender skins, so don't peel your beets: that's where most of the vitamins are! High in vitamins A and C, they also contain carotene. The greens contain good portions of vitamin C, calcium and iron. So, eat your greens!
To store beets, cut off the greens, put those into a plastic bag then into the vegetable drawer in your refrigerator. Use within 3-4 days for best flavor. Store the roots in a separate plastic bag in your refrigerator, and they'll keep for weeks, altho they'll taste best if you eat them within a week.
In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets
In a medium bowl, put:
1 Tbsp. olive oil
½ tsp. salt
¼ tsp. freshly-ground pepper
Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean. Cut beets into largish chunks and put into bowl. Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Line a pan **with sides** with aluminum foil (this helps with cleanup). Spread the oiled beets in the pan, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. The skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

Chard, often known as "Swiss" chard, is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.
We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, light green, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder

than red beets. Some of the chard leaves have a rip or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf.

Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious with a mild, garlic flavor. Use them like scallions, in anything you want the taste of garlic in. They're also great in pesto, soups, scrambled eggs, etc.. Store these in a plastic bag in your fridge and they should keep for a few weeks. They also freeze well.

Garlic Scape Dressing *Makes 1 cup*

2 garlic scapes, coarsely chopped
2 green onions, coarsely chopped
1 teaspoon honey
2 teaspoons Dijon mustard or similar brown mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon fresh ground black pepper
1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Process until smooth. With machine on low, slowly add the olive oil until well mixed.

We grow lots different kinds of **lettuce** here at Full Harvest Farm, green leaf, red leaf, green Romaine, red Romaine, green Boston bibb (sometimes knows as buttercrunch), red Boston bibb, green oakleaf, red oakleaf, etc. Lettuce goes into most of our boxes, so you're likely to get to try most of these.
This week you're getting red leaf, a cultivar called "New Red Fire", or green leaf. I like New Red Fire because the top is red but the bottom is green, so you get both colors in your salad.
The Family Shares will also get a small, green lettuce called Green Reef. It looks a bit like green coral I guess—you decide.
Wash lettuce thoroughly before eating—rain splashes soil onto it. We always do an initial washing, but it will need more. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. If you have a lettuce spinner, great. If you don't, consider buying one: it's a real time saver for washing lettuce. And, it'll help you keep your lettuce fresh longer. Clean, mostly dry lettuce leaves will keep for a few weeks when stored in a ziplock freezer bag with most of the air gently squeezed out and the bag sealed.

Onion, or *Allium cepa*, is the most widely used seasoning in the world. Historical references go back to 3200 BC. There are 300 species of alliums, and 70 of them are native to North America. Think garlic, chives, scallions—all the same family.
Onions are an excellent source of vitamins C and B6 and a good source of dietary fiber, folate, potassium and manganese. Onions also contain sugars, hence that sweet taste when you sauté them. An onion's layers are actually leaves, and are thick because this is the plant's nutrient storage for next year's growth.
At Full Harvest Farm, we grow both sweet and storage onions. Sweet onions, like Walla Walla or Vidalia, taste sweeter, but don't store well. It's best to put them in the refrigerator if you don't use them within the week. When you cut a sweet onion in half, you'll see the "leaves" are thicker and there are fewer of them. Storage onions will keep for months, especially in cool conditions. When you cut a storage onion in half, you'll see it has more, but thinner, leaves.
The onions in your box are very fresh, and their tops are still green: you can use them like scallions. To keep the leaves green, store them in the vegetable bin in your refrigerator. When they're this fresh, onions contain more liquid and may squirt when you chop them.

Sugar snap peas are a real tribute to pea breeding—so sweet you can eat the whole thing, pod and all. To eat, pull off the "string" first: grab the stem and pull along the back towards the other end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching.
The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or mixed with other vegetables. Store sugar snap peas in your refrigerator, in the plastic bag they came in.
This season, we're trying purple and yellow sugar snap peas. Most of you will find a few in your bag. Yes, they taste different than the green. We're just starting to pick the Sugar Snaps, so you'll be getting them for another week or two.

Field Notes

Monday's rain didn't give us much, maybe .25", and it, thankfully, held off until after everyone had left. We picked lettuce for a wholesale client and the CSA , onions for the CSA, (the rest happened Tuesday

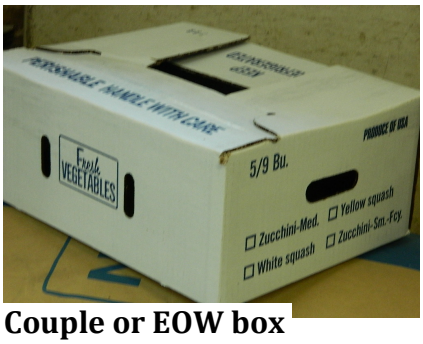
morning), did lots of weeding (ongoing), mowed roadways in the big tractor, hung traps in the orchard, and planted watermelons and winter squash.
Our Tuesday morning Worker Shares arrived for their 1st work day, and gamely picked chard and beets in the heat and humidity. Amid the weeds. We are in the market for a reliable mulching mower.
Here are a few shots of the fields:
CHARD



SUGAR SNAP PEAS



Wednesday afternoon you're going to pick up your 1st CSA box of the 2020 season (unless you're an Every-Other-Week—Even member, then your 1st box is next week). There are some precautions we're taking due to Covid-19 we want you to be aware of.
-Where you can, maintain 6' of social distancing. Altho there are usually not more than 1 member picking up their box at any one time, your site manager may be there to meet you.
-Every pickup site will have a bottle of hand sanitizer, should you need it.
-Please initial next to your name on the signin sheet with your own pen or pencil, then take it with you. If there's one there and you want to use it, the hand sanitizer is available.
-Some site managers will prefer you to wear a mask, others will leave it up to you. Please respect their preference.
-The wax boxes have been wiped inside and out with a sanitizer. This year, we are also lining them with a single-use plastic bag.
In the past, we've asked you to bring your own container to our pickup site, unload your vegetables, unfold the wax box and leave it behind. Some pickup sites will be operating this way, others may prefer you to take the wax box home and return it the next week. Please throw away the plastic bag.
If you get a box this week, your name will be on the signin sheet. If you don't find your name on the signin sheet, do not take a box. DO call the farm. We will figure it out. Our phone number is at the top of every newsletter.



Couple or EOW box

It helps to know what the box you're going to pick up on Wednesday looks like. If you bought a **Couple or Every-Other-Week Couple Share**, you'll pick up this box.



Family box

If you bought a **Family Share** or are a Worker Share, you get this box.
If you forget, the size Share is next to your name on the signin sheet.
One last reminder: unfold your CSA box when you leave it at your pickup site. This helps your site manager store your box easily until we pick it up next week. Here's the link to watch a short YouTube video on how to unfold a wax box:
http://www.youtube.com/watch?v=IEaBFTlnGdo

Have a wonderful 4th of July!!!

Terry & Chuck