Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #3
Odd Week
15 July 2020

Contents
Beets: Orange and Red
Carrots
Garlic, Fresh
Garlic Scapes
Kohlrabi
Lettuce: Green Leaf or Red Leaf
Sugar Snap Peas
Sunflower Greens

New Stuff: carrots, fresh garlic, sunflower greens

Famous for their beta carotene, **carrots** are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. If you get the leaves too (as you have this week) break them off and store them separately, or compost them. Carrot leaves are edible and can be put into soups or pesto, but they tend to be on the bitter side. Carrot roots will keep for months. We are famous for our carrots, so you're in for a real treat!
Altho this is our first carrot harvest, you'll find medium to large sizes in your bunches, as well as "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. For the fall, we plan to also raise yellow carrots. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

Basil and Carrot Top Pesto
Into a food processor or blender put:
3 Tbsp. nuts (almonds, pecans, Brazil nuts, etc.)
1 large garlic clove, or 2 Tbsp. garlic scapes
2 cups carrot tops, washed and roughly chopped
½ cup basil leaves, or other green herbs
½ cup olive oil, approximately
salt and pepper to taste
Process everything until you have a smooth paste. If you like more oil in your pesto, feel free to add more oil until you get the consistency you want.

We dug this fresh **garlic** Tuesday morning. Because it is fresh out of the ground, the covering over each clove is still moist and tender. This means you can chop up the whole clove and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, you can leave the garlic out on your counter to dry. As it dries, the covering leaves will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.
This is just the start of the garlic season, so you'll find it a lot in your boxes.

Sunflower greens are a "living" food, and especially good for you. They have a sweet, nutty flavor. We started these in warm water, then spread the seeds over a little potting soil. Next, they went into the germination chamber where it's warm and damp. Many of the sprouts are just emerging from their shells. Before you enjoy these, you need to do a few things to finish them off.
First, place the container in a shallow plate—something that will catch water. Then, give them some water, about ¼ cup, and place them in a sunny location. Leave the plants in the window for a few days so they can continue to grow. They will reach for the light and the cotyledons (those leaf-like things) will appear. Gently pull or brush off the split seed shell at the end of those cotyledons if it doesn't fall off by itself. For best flavor and nutritional value, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you're ready to eat. Many of our members put the greens on sandwiches or in salads. Once the sprout is cut it's done. However, not all seeds sprout at the same time, so as you harvest some plants, others could emerge.
Yes, they will grow into sunflowers. And yes, you can plant them outside. Wait until the plants have their

2nd set of true leaves before you put them in the ground.

That's a lotta beets, eh? Some of you may be wondering what you're going to do with all these beets. Well, I recommend roasting them and freezing any extra. Or, you can make this salad. The original recipe is from a book called "Cooking for Madam" by Marta Sgubin, who was nanny to Jacqueline Kennedy Onassis's children, and later cook and companion to Jackie. She says this salad was a huge favorite of Teddy Kennedy's.

Red Beet Salad

Vinaigrette: whisk together:

1 tsp. dry mustard
1 ½ tsp. Dijon or other brown mustard
¼ cup balsamic vinegar
salt and freshly-ground pepper to taste

Now whisk in: **¾ cup olive oil**

This makes enough dressing for 2-3 salads.

Scrub 3-4 beets, cutting off the tops and root, and trimming off the brown skin around the top. Slice beets into julienne sticks and sauté on low heat, covered, in a few tablespoons of olive oil. When beets are folk-tender, dump the contents of the pan into a bowl, pour some of the vinaigrette dressing over them and sprinkle with salt and pepper. Toss to coat and allow beets to cool. Vegetables absorb much more flavoring when they're hot or warm than they do when they're cold.

Now add: **½ cup chopped parsley or cilantro**

Toss to distribute the parsley. Serve now or chill for later.

This is probably the last time you'll get garlic scapes in your box. If you happen to have some still in your fridge, a suggest freezing these. Place them in a single layer on a pan, put them in the freezer, and leave them for several hours or overnight. Then, pile them in a ziplock freezer bag, get as much air out as you can, seal and back in the freezer. This way, you can pull scapes out individually rather than as a mass.

Field Notes

Last week's rain and wind blew down some of our most mature sweet corn plants. Hoping to keep them growing, Chuck and our Field Crew righted the unbroken ones, leaning them against their sturdier neighbors. They look good, ears seem to be getting bigger, fingers crossed. Sweet corn in a week or two? Can't be soon enough.

The subsequent balmy weather is much appreciated around here as we wait for the return of hot and humid. This too shall pass, and pretty quickly, if the forecast is to be believed.

Our green beans are forming pods, so we should be a week or so away.

Another treat for this time of year is new potatoes. We dug up some test plants over the weekend, and got some lovely ones. Another week or so in the ground, and we'll dig more up for your boxes.

Have a great week!

Terry & Chuck