Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #6
**Even Week**
5 August 2020

**Contents**
Broccoli
Carrots
Cucumber
Kohlrabi
Onions: Red Torpedo and Yellow
Potatoes: New
Sweet Corn
Tomatoes: Juliet, Mixed Slicers, San Marzano

**New Stuff:** cucumber, tomatoes
**Choice Box:** ??

**Cucumbers** are high in vitamin E (probably why they're so soothing on the eyes), and low in calories. Few vegetables are as satisfying on a hot summer day for replenishing liquids and filling you up.
Here's how I store cucumbers so they won't get mushy: I **DO NOT** PUT CUCUMBERS INTO A PLASTIC BAG. I put them in my refrigerator's vegetable drawer, cut or uncut. They'll keep for at least a week, often two. I discovered this by mistake one night, when I was too tired to dig up a plastic bag. I just tossed a half-used cucumber into my vegetable drawer, letting it fend for itself. 3 days later, I opened my frig to find a cool cucumber whose cut end was only slightly dried out, skin perfect. And, it was a thin-skinned, burpless variety, the kind that can go mushy overnight. I was amazed.
We're growing our cucumbers in a top-vented hoophouse, and training them up some metal fencing Chuck bought somewhere, years ago. The fencing has a very wide mesh, plenty big for vines to be threaded thru easily. We hang the rectangular fencing from support pipes in the rafters, and prevent it from swinging in the wind with a short post driven into the ground. Cucumbers grow quickly, so training the vines every other day is the best plan to keep up with them. Otherwise, they grow sideways, at an angle, or even towards the ground, especially if a cucumber is weighing them down.
The top vent on our hoophouse helps the heat escape. This is a great feature for growing in the summer, when the sun makes the inside of a greenhouse extremely hot—too hot, really. With a top vent, the heat rises up and out, leaving the hoophouse only a few degrees warmer than the surrounding air.

**Cucumber, Kohlrabi and Carrot Salad**
In a medium salad bowl, put:
1 small onion, cut in half and sliced thinly
1 medium cucumber, cut in half and sliced into thin half-moons
1 carrot, scrubbed and cut into julienne matchsticks
½ kohlrabi, peeled and cut into julienne matchsticks
-Toss vegetables together to mix them and break up the layers of onion.
**Dressing**: in a small bowl, put:
1 Tbsp. light soy sauce or Tamari
2 tsp. rice or black vinegar
1 tsp. sesame oil
1 Tbsp. lightly-crushed, roasted sesame seeds
Just before serving, stir the dressing to mix it and pour over the vegetables. Toss together and serve immediately: the longer this salad sits with the dressing on it, the more liquid the cucumber will release.

**Tomatoes** are native to Peru, and were first cultivated by the Aztecs and Incas in the 8th century. The word *tomato* comes from an ancient Mayan word "xtomatl. Europe got its first tomatoes via the Spanish explorers in the 16th century. The Italians embraced them first, followed by the Spanish and French. Now, we can't imagine a dish of spaghetti without them.
Store tomatoes, uncut, at room temperature. I have a bowl for them on my counter. They will keep for about a week or more, especially if they are ripening. If you cut into one and can't use it all, refrigerate it, but use the rest quickly.
Tomatoes get redder and softer the riper they are. Well, if they're normally red when ripe, that is. Most tomatoes start off green, change to light green, yellow to orange, then finally thru orange to red. Some of you will get tomatoes that are still in that orange stage. As they sit on your counter, you will see them change to red. The flavor gets a little better too. Worth the wait.
An easy way to store extra tomatoes is to freeze them whole. I'll wash mine, put them into the freezer anyplace they'll fit, then throw them into a ziplock freezer bag once frozen. This way, they don't clump together. If you just need one or two for a dish you're cooking, pull it out of the freezer, chop and add. If you don't like the skins, run some warm water over the frozen tomato. The skin will split and you can peel it away easily. Then chop and cook.

Chuck and I grow lots of different kinds of tomatoes every year. One of our favorites is Juliet, a large grape tomato. It has great tomato flavor, ripens early, and produces loads of bright, shiny fruit. It's not a juicy tomato, so makes a great salsa.
We also grow several different varieties of what we call "slicers". These are the juicy, round tomatoes folks use on sandwiches, in salads, etc. Some are smaller, some are larger, some are yellow instead of red, some are multicolored. We choose the varieties for their flavor, productivity, and tendency to NOT crack.
Tomatoes have just started to ripen in sufficient numbers to put some in all 120 boxes. There will be more in the coming weeks.

This week's new potatoes are unwashed, and in a paper bag. The paper keeps sunlight away from them, so you can actually store them inside the bag.
Broccoli is still a big on the strong side, so cooking it is best.
Last week, we put new potatoes inside a vented, plastic bag, because we were out of paper ones. If you still have some of those potatoes, take them out of the plastic bag and put them into a paper one. They'll breathe better and last longer.
There are fewer sweet corn ears left in our first patch, so fewer in your boxes this week. New beds are ripening, and we'll include them in the mix in the coming weeks. These plantings are much smaller than our initial planting, and so will the number of ears in your box.

**Field Notes**
Sunday's rain gave us 1.75"—a good dump. The soil had been getting dry, so the plants are appreciating the extra moisture.
Late last week we planted another round of zucchini in our western field. The first beds did not do well, the plants started dying almost from the beginning: powdery mildew (a disease zucchini is prone to), and other diseases that cause the fruit to rot on the vine, yellow leaves, and so forth. The plants are certainly not producing much fruit. So, we're giving it another go. Maybe we'll have zucchini in about 4 weeks.

I'll leave it there for now, folks.
Enjoy this cooler weather.
Take Care,
*Terry & Chuck*