Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #7
Odd Week
12 August 2020

Contents
Basil
Broccoli: Some Couple/EOW Shares
Carrots
Cauliflower: All Family Shares, Some Couple/EOW
Cucumbers
Lettuce: Romaine
Onions: Ailsa Craig
Peppers: Green Bell
Sweet Corn
Tomatoes: Juliets, Slicers

Choice Box: damaged peppers, cauliflower, tomatoes

The Japanese beetles have descended on our farm this year. Among the plants they like to chew on is basil. They prefer the tender, new leaves in the middle of the plant, altho any leaf will do. We left behind leaves with lots of damage, but many of you will get some leaves with a hole or 2, or a nibble around the edges. The cauliflower has now outpaced the broccoli in production, so most of you will receive cauliflower this week. However, broccoli is still growing, and we're still picking it when ready. Some Couple/EOW boxes contain broccoli instead of cauliflower.

I adapted this recipe from Yamuna Devi's very fine book: "The Art of Indian Vegetarian Cooking". If you don't have exactly the amount of potatoes and cauliflower called for in this recipe, don't run to the store, just use what you have. Spices are available in most supermarkets. Once you've tried *Gobhi Aloo Sabji*, feel free to adjust the spices to your liking. If you don't like hot, spicy food, leave out the chilies.

Curried Cauliflower and Potatoes
Gobhi Aloo Sabji

Put a large skillet or saucepan over medium-high heat.
Add: **4 Tbsp. ghee, or a mix of oil and butter**
-until the ghee is hot but not smoking.
Add: **1-2 hot chilies, stemmed, seeded, chopped**
1 Tbsp. cumin seeds
1 ½ tsp. black mustard seeds
½ " fresh ginger root, scraped and chopped
-stir and fry until the mustard seeds turn gray, sputter and pop, a lot like popcorn. Have the potatoes and cauliflower ready to add to the pan.
Add: **1 lb. (approx.) potatoes, cleaned and cut into spears**
1 medium cauliflower (about 2 lbs.), cored and cut into florets
-fry, stirring often, about 5 minutes, or until the vegetables show a few brown spots.
Add: **2 medium tomatoes, roughly chopped (about ½ lb.), or a 15 oz. can tomatoes**
½ tsp. turmeric
1 tsp. ground coriander
½ tsp. garam masala
1 tsp. brown sugar
1 ¼ tsp. salt
1-2 Tbsp. cilantro or parsley, chopped
-and stir to distribute the spices. Turn the heat to low, cover the pot and cook, stirring occasionally, for 15-20 minutes, or until the vegetables are tender. If the pot gets too dry, add some water or stock.
Serve with a sprinkling of cilantro or parsley over the top.

Member Sara Krizan sent me this recipe, one of her favorites:

Thai Cucumber Salad
Put into the bottom of a medium bowl:
1/3 cup rice vinegar
2 Tbsp granulated sugar
1/2 tsp. toasted sesame oil
1/4 to 1/2 tsp. red pepper flakes
1/2 tsp. salt
-whisk together.
Add: 2 large cucumbers, cut as desired
3 green onions
1/4 cup chopped peanuts

"Ailsa Craig" is a sweet onion like Walla Walla. Remove them from the bag and store in the crisper drawer of your refrigerator. We only bagged them because they varied in size, and to keep rolly polly onions from rolling around in your box. But they'll keep longer if they can breathe.

The first green, bell peppers of the season! What will you make first? The plants are big and healthy, with lots of peppers growing steadily, and flowers waiting to be pollinated. Should be a good crop. Our sweet, Italian "Carmen" peppers are looking good too. We prefer to let these fully ripen to a rich red before we harvest so you can enjoy their best flavor. However, there are always some with tip

issues, especially when these long peppers grow near the bottom of the plant and lay in the dirt. We've picked a lot of these for your Choice Box. Cut off the bad spot and enjoy the rest.

Sweet corn will probably be in dribs and drabs after this week: the patches are small and we have to divide it up amongst the 120 CSA boxes we pack each week.

The Juliet tomatoes continue to produce prolifically. The slicing tomatoes, not so much. We picked more than last week, but it would be nice to have even more available. And they will be, I'm just impatient.

Field Notes

We got about ½" of rain on Sunday, and a little more Monday evening. The ground is a bit muddy, but drying out quickly.

Chuck was happy to have Mother Nature water our last carrot crop so he could shut off the sprinklers. When the ground dries out, we'll be in there with hoes to keep the weeds down between the rows of carrots.

We are feverously putting in the last of our broccoli and cauliflower for this season. If Mother Nature is kind, we'll harvest this in mid-October.

Another bed of lettuce went in last week. We'll be putting in at least a few more before Labor Day. Planting after that is just too big of a gamble. The shorter days and cooler nights really slow lettuce's growth down, changing the days to maturity from 30 to around 45. Luckily, lettuce is one of those crops that can tolerate mild freezes and just tastes better after it thaws. As long as those roots are in the ground, lettuce, like spinach, will be just fine.

Time to put both this newsletter and newsletter writer to bed. Looks like we have a week's worth of lovely weather to enjoy.

Stay Healthy,

Terry & Chuck