Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #8
Even Week
19 August 2020

Contents
Cilantro
Broccoli
Carrots
Cucumber
Kohlrabi
Peppers: Green Bell, Jalapeño
Sweet Corn
Tomatoes: Juliets, San Marzano, Slicers

New Stuff: cilantro
Choice Box: tomatoes

Cilantro, also called Chinese parsley, is commonly used in Asian and Mexican cuisines, and Americans have come to love it also. There's nothing like chopped cilantro in a good bowl of salsa. Wash it before using.
One method of storing cilantro is to wrap it in a damp paper towel, put in a plastic bag in your frig. Another is to clip the bottoms, stand the bunch in a glass with an inch of water, change the water every 2 days and keep in the frig. Cilantro will last about a week, properly stored. To keep it long-term, freeze the cleaned leaves in a zip-lock bag, and don't thaw them prior to using. Altho most herbs taste more intense when they're dried, cilantro loses its flavor when dehydrated, tasting nothing like the fresh version.

Broccoli Balls
Steam: 4 cups broccoli
-until tender.
Put in a food processor: 1 cup almonds, raw or toasted
-pulse in 1-second bursts until finely ground. Put into large bowl.
Now put the into the food processor:
steamed broccoli
¼ cup fresh basil leaves (or 2 Tbsp. dried basil)
¼ cup fresh parsley leaves
2-3 cloves garlic, peeled
and pulse in 1-second bursts until finely chopped.
Transfer to large bowl.
Add: 1/3 cup grated Parmesan cheese
1/8 tsp. cayenne pepper, *optional*
2 lg. eggs, beaten
½ tsp. kosher salt
freshly ground pepper
Mix all ingredients together thoroughly. Use a scoop to form balls, pressing down firmly to pack mixture into scoop, and space balls out on a sheet pan lined with parchment paper.
Bake in a 350 degree oven for 25 minutes, or until golden brown.
Serve over cooked pasta with your favorite sauce.
Broccoli balls freeze beautifully.

Despite being rather crowded by grass, the kohlrabi are growing large.
Mashed Kohlrabi
Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½" chunks and place these in a pan. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 20-30 minutes, or until very soft. Drain off the water completely. Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

The tomato crop this year is suffering from a disease called "bacterial speck". It expresses on the leaves and fruit as a small, black spot sometimes surrounded by a yellow ring. We find these spots on most of our slicing tomatoes and some of the Juliets. Fruit affected by bacterial speck IS SAFE TO EAT. It's just ugly. So, the tomatoes you're getting may have a few spots on them, or they may not—we've sorted them, and chosen only those with none or minimal spots, easily cut off if you choose to do so. Our slicing tomatoes are also being nibbled by something, likely an insect, and mostly around the stem. We haven't caught the offender in the act, but we're keeping our eyes peeled, so to speak. These areas are generally small, look a little shredded and black/brown as the tomato tries to heal itself. We recommend you cut that damage off. But there's a large amount of slicers with both bacterial speck and insect damage to put in the Choice Boxes this week. The Juliets with extra spots are in my kitchen. This is what I plan to do with them:
Easy Cooked Tomatoes
Into a pot, put:
tomatoes, washed, damaged parts cut off, roughly cut
Bring the cut-up tomatoes to a simmer and cook at least 30 minutes, long enough to reduce the volume

somewhat and thicken it a little. Puree with a hand blender, or keep chunky. If you want to remove the skins, run the mixture thru a food mill. Add salt and pepper to taste, if you wish. Let cool. Ladle into freezer containers and freeze.
I don't cut off the bacterial speck, but I do cut out any rotten areas. If I'm using slicers, I cut out the core, the worst of the insect and speck damage and any rotten spots. I prefer to puree my tomatoes with a hand blender. Then I pull out a variety of container sizes, 1 cup, 2 cups, quarts, and ladle the cooked puree into them, leaving extra room at the top for expansion in the freezer. When I need tomatoes for a recipe, I'll have an appropriate size handy. For sauce, I sauté my garlic, onions, mushrooms, etc., perhaps some tomato paste, then melt a few quarts of cooked tomatoes into it and I'm done.

Field Notes

We had a little rain over the weekend, perhaps ½". That's gone, and the ground is dry.
It's somewhat heart-wrenching to look forward to fresh tomatoes, then see most of your crop catch a disease—and early in the tomato season to boot. I'm determined to get my fair share, bacterial speck or no.
We're harvesting broccoli from patch #3, and this is looking pretty good. Heads are on the small side, but don't display much of the unevenness of our 1st patch.
Cauliflower patch #3, next to the broccoli, is big and beautiful and ready to be tied. In that same field are several beds of Brussels sprouts: Brussels sprout patch #2. The sprouts are sprouting and the plants are growing upwards—a fine sight.
Our field crew have been mowing, string weeding, rototilling, hoeing and pulling weeds by hand—everything they can to correct excess weeds and prevent the new ones from getting out of hand. That hard work is paying off, particularly in the kale and chard. Without the competing weeds, the chard has begun to fill out and grow. A little fertilizer and some rain, and we'll be ready to pick. The kale patch next door has been thinned as well as weeded. Now the plants are 12-18" apart, wide enough for the leaves to arch outwards. A little fertilizer will help, as well as green up those leaves, which are a bit pale.

On another subject, I'm working on [yet another] update to the "How To Manage Your CSA Account in Farmigo". The information about your pickup site, contained on the "Pick-up Directions" tab, often requires you to refresh the page in order to view the details, like address, site manager contact information, etc. I believe CSA members should not have to refresh the page to see these details—what's that password for, if not to protect that information? Customer service at Farmigo seems to agree with me, but hasn't provided a satisfactory answer as to why this is happening in the first place.
Bottom line: expect a new update in the next few days.

Chuck and I want to remind you to keep those wax boxes coming back to your pickup site. And, to unfold your box carefully, so none of the bottom tabs tear. Most of you are doing a beautiful job—Bravo!

Stay Healthy,
Terry & Chuck