Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #9
Odd Week
26 August 2020

Contents
Beets: Orange and Red, Loose
Broccoli
Cabbage: Family Boxes Only
Cucumbers: Couple Boxes Only
Lettuce: Green Romaine
Peppers: Carmen, some Bell
Potatoes: Rose Gold
Sweet Corn
Tomatoes: Juliet

Choice Box: Tomatoes, peppers

The first beet patch is officially cleaned out. We pulled up mostly red beets, with some orange, so you're likely to get a mix, altho no guarantees. Red are my favorite for roasting. Without the tops to deal with, prepping them for the oven is much quicker.

Simple Beet Soup
In a 3-4 qt. saucepan over medium heat, put:
2 Tbsp. olive oil
1 cup chopped onion
2 cloves chopped garlic
salt & freshly ground pepper
Sauté onion & garlic until transparent, stirring frequently.
Add: **3 cups beets (approx.), peeled & cut into ½"**
6 cups chicken or vegetable stock
Simmer beets in stock until they are very soft, 15-20 minutes.
Puree mixture with a hand blender, regular blender or food processor. Be extra careful when pureeing hot liquids. If you prefer, leave it chunky.
Add: **½ cup heavy cream,** *optional*
Stir to mix and taste for seasoning.
Serve with a dollop of sour cream, a sprinkling of chopped parsley and/or some chopped chives.

The first cabbage patch did not fare as well as the beets did in fighting the tall grass, so they are small. We picked these to clear out the bed. There are more green than red, and we will try to give you one of each, but, again, no guarantees. We only had enough to put them into the Family Boxes.

Here's a recipe one of our CSA members sent me in 2016:
"I have a cooked cabbage and carrot recipe that I learned to make in India. One of my favorites. The amounts are all approximate as I don't usually measure when I cook, so people should feel free to play around with it :)"
Carrot and Cabbage Masala
1 small head cabbage, chopped into 1 inch pieces
2 cups carrots, chopped into 1/2 inch pieces
1 large onion, diced
1 Tbsp. cumin seed
1 Tbsp. ginger garlic paste (could substitute fresh grated or minced equal parts of each)
2 tsp. turmeric
1-2 tsp. salt
1 Tbsp butter, ghee, or coconut oil
Heat fat over low to medium heat. Add cumin seeds and fry them for 30 sec to 1 min, taking care not to let them burn. Add onion and sauté until beginning to soften. Add ginger garlic paste (or ginger and garlic) and sauté for a minute or so until it loses it's sharp smell. Add turmeric and salt and incorporate. Allow to cook for 30 seconds. This is your masala. Add cabbage and carrots. Stir well to coat the veggies with the masala. Sprinkle with a 1-2 Tbsp of water to aid in steaming veggies and keeping them from sticking. Cover. Cook until veggies are tender.

Sad news on our cucumber patch: there's a disease that is killing the plants, so we picked all the cucumbers that were left and pulled the plants up. Chuck thinks it's in the soil, so there's no point in trying to replant. Next year, I think we'll plant some cucumbers inside the hoophouse, some outside, and see which does better. We had enough to give cucumbers to the Couple and EOW Shares, but not enough for everyone.
Our sweet, Italian Carmen peppers are turning red, so we're taking a break from green bell peppers. Sweet Carmen's are so good when they fully mature to red, that we decided to hold off picking these as a green pepper. This is the week. Try a bite raw, and you'll see what I mean.
Our Carmen patch didn't have quite enough for everyone, so some Couple Boxes will contain yellow bell peppers. Yes, they started out green and matured to yellow. Cool, eh?
Store peppers in the vegetable drawer of your frig. They should keep for 4-6 days, possibly more if uncut.
Rose Gold is a yellow-fleshed, rosy potato. We've not grown this cultivar before, so we'll be interested in how you like them. We did not wash these because the skins are still thin. Besides, the soil helps preserve them for longer term storage. Keep them in the paper

bag, which protects them from sunlight, until you use them, either in your frig, or at room temperature.
Last of the sweet corn, folks.
This week, Juliet tomatoes for everyone!
Adam found this while he was bagging beets Tuesday afternoon. He brought it over to show Kris, who was working on the tomatoes, and this is the happy result:



This beet must have split when it was quite a bit younger. It healed the split, but the gap got wider as the beet grew larger.

We thought it would be nice for you to see who was washing, sorting, weighing and portioning your vegetables each week. Here are those wonderful Worker Shares: From left to right: Ralph, Adam and Leah.



Field Notes

Tuesday's rain dropped 1.5" at the farm. Much needed. Altho, if we could have chosen, we would have asked for a day when we weren't harvesting vegetables for CSA boxes. But that's my only complaint.
Everything on the farm was looking a bit parched, and Chuck started moving around drip tape to water those crops that needed it most. Drip tape is a very efficient way to water on a small scale farm. It does take time to lay the tape at the plant base, connect it to your water source, then move it somewhere else to water another crop, but what doesn't?

Our next patch of beets is growing nicely. The greens are, well, green for orange beets, red for red beets, no sign of powdery mildew. Can't wait.
Our new cauliflower patch is starting to produce heads large enough to tie. When you grow white cauliflower, you tie the "wrapper" leaves over the top of the head when it's small to keep out sunlight which protects the head and keeps it white. You don't have to do this for green, orange or purple cauliflower.
Chuck and our field crew planted the last of the broccoli, cauliflower and cabbage on Monday. These will be harvested sometime in October.
Chuck and the crew also harvested 2 beds of potatoes Monday, namely the Rose Gold potatoes you're getting in this week's box. Best potato crop we've had in years, he says.

This is the last of the hot, hot weather, with any luck.
Stay Healthy,
TERRY & CHUCK