Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #17
Odd Week
21 October 2020

Contents
Brussels Sprouts
Cabbage
Carrots
Garlic
Kale
Leeks
Lettuce: Green Leaf or Red Leaf or Romaine
Peppers: Bell, Carmen
Winter Squash: Butternut or Honeynut or ??

New Stuff: leeks
Choice Box: winter squash, etc.

Leeks are one of the best-tasting alliums around. Their flavor is sweet, mild, yet complex and delicious. Adding them to a dish improves the flavor. As leeks grow, farmers pile soil around the stalk to keep it white: sunlight causes photosynthesis, which turns the stalk green. It's still edible, but the white portion is sweeter. Young leeks have tender green leaves up to the point where they start to divide. Further up, they're a little chewy, higher up they get downright tough—best used in stock. When leeks grow bigger, the tough green part moves lower on the outer leaves, but stays pretty high on the inner leaves. Your knife will tell you when to stop chopping. Use leeks wherever you use onions.
This year, our leeks had to fight the grass for food and water, but they held their own. While not huge, they got to a decent size. Being stuck in the grass means we did not pile soil around them, so the inner layers should be relatively clean.
Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. Store leeks, unwashed, in a closed plastic bag in your vegetable drawer so their onion flavor doesn't travel to the other vegetables. They should keep 2 weeks or a bit longer.

Potato Leek Soup *Serves 4*
In a pot or large saucepan over low heat, melt:
4 Tbsp. butter
Add: **½ lb. leeks, washed and chopped**
¾ lb. potatoes, peeled and thinly sliced
-Cover and cook about 8 minutes.
Add: **4 cups chicken stock**
1 bay leaf
1 Tbsp. chopped parsley stems (yes, stems)
½ tsp. freshly ground pepper
½ tsp. dried thyme
-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 20-30 minutes.
Remove pot from heat, fish out the bay leaf, and puree. A hand blender is the easiest tool for this task, but a blender or food processor works as well. If you use a blender or food processor, be careful to cover the container so you avoid being splashed by hot liquid.
Return puree to pot and add:
1 cup heavy cream
-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.
If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to steaming and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle the milk, but not the cream.
Someone sent me this recipe, but I don't have notes on who it was. If you like casseroles, you'll like this:

Kugel with Cottage Cheese, Leeks & Dill
Cottage cheese was a favorite of early colonial settlers, who made it at home in their "cottages" because cheese keeps longer than fresh milk.
Ingredients
Kosher salt
8 tablespoons (1 stick) unsalted butter, plus more for greasing the baking dish
4 leeks, trimmed, halved lengthwise, and thinly sliced (about 2 cups)
3 garlic cloves, minced
1/4 teaspoon white pepper
12 ounces wide egg noodles
4 eggs, lightly beaten
24 ounces cottage cheese (about 3 cups)
8 ounces (1 cup) crème fraiche, can substitute milk or plain yogurt
1 tablespoon lemon zest
4 ounces feta, crumbled (about 3/4 cups)
3/4 cup finely chopped, fresh dill, or use ¼ cup dried dill
Directions
Preheat the oven to 350°F. Bring a large pot of salted water to a boil. Butter a 3-quart or 9 x 13-inch baking dish.
In a medium sauté pan over medium heat, melt 2 tablespoons of the butter until foaming. Add the leeks and cook, stirring occasionally, until the leeks are bright green and slightly wilted, about 5 minutes. Stir in 2 more tablespoons of the butter, garlic, and white

pepper and continue to cook until the leeks are very soft, another 5 minutes.
Once the water is at a full boil, cook the pasta according to the package instructions until very *al dente*. The noodles will continue to cook in the oven.
Melt the remaining 4 tablespoons (1/2 stick) of butter.
In a large bowl, whisk together the eggs, cottage cheese, crème fraiche, lemon zest, half the feta, the melted butter and 1 teaspoon of salt in a large bowl.
When the noodles are ready, drain them and combine them with the cheese mixture. Stir in the dill and pour the mixture into the buttered baking dish. Top with the remaining feta and bake until bubbling and browned on the edges, about 45 minutes. Allow to set and cool for 5 minutes before serving.

Brussels sprouts can sometimes be a little bitter. To tone that down, drop them in boiling, salted water and cook for 4-6 minutes. Drain and proceed with whichever recipe you prefer.

We picked all the peppers left in our pepper beds last Friday. There are plenty to put into this box, and next week's.

There will be a lot of wrinkled honeynut squash in the Choice Boxes this week. Apparently, this is a common problem with honeynut. It doesn't appear to affect the flavor, which is still sweet and nutty, you just have to use it up quickly. Another interesting feature of Honeynut is its thin, edible skin. I did not know that until I looked it up on the internet and read how this cross between butternut and buttercup squash came to be.

Field Notes
Late October—must be time to plant garlic.
Chuck has been plowing up fields for next spring as the cold weather creeps in. One of these fields will be worked so we can plant next summer's garlic.
First, Chuck decides how much garlic he's going to plant, and sets those bulbs aside. We like to grow big bulbs, if we can, so we choose our biggest bulbs for seed garlic. Then, one of our Worker Shares breaks up the bulbs into individual cloves. Once the field is ready and the fall weather cooperates, we hook up our waterwheel transplanter and get to work. As we drive slowly down the field, the spikes on the waterwheel poke a hole in the soil. The person riding the transplanter presses a clove with its pointy end up into the hole. Planting the cloves pointy end up means the root end is down, and gives the developing plant a significant advantage. Once a bed is planted, we put a thick layer of hay or straw over the bed. This insulates the young garlic shoots from spring's hot and cold cycle, keeping the ground cool and the garlic small until Mother Nature decides to warm up for good. Once that happens, we pull the mulch away from the garlic plants so sun can warm the soil and our garlic can happily inch upwards.
Looks like the weather gurus predict a short warm up, then another temperature dive at the beginning of next week. We prefer to time our last CSA deliveries to the end of October to avoid possible box contents freezing at the pickup site. That shouldn't be a problem this week, but next Wednesday, the nighttime temps are going below freezing. Best to get that box sometime in the afternoon, or as soon after work as you can.

Chuck and I have decided we will **not** offer a Winter Storage Box this year: there just isn't enough left to put into it. We certainly hope to have one next year, tho.

Next Wednesday is our last CSA delivery. The following Saturday is our last farmer's market in West Bend. If you want one more chance to buy Full Harvest Farm vegetables, come to the West Bend Farmer's Market on Saturday, October 31st—yes, Halloween. The market is located in downtown West Bend, starts at 7:30am and ends at 11am. This is a big market, one of the biggest in Wisconsin, and vendors will have a great selection of produce to sell.

Stay Healthy,
TERRY & CHUCK