Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #2
Even Week
7 July 2021

Contents
Beets: Orange and Red
Chard
Garlic, Fresh
Garlic Scapes
Lettuce: Green Leaf, Red Leaf or Romaine
Onions, Green
Sugar Snap Peas
Sunflower Greens

New Stuff: onions, sunflower greens

Onion, or *Allium cepa*, is the most widely used seasoning in the world. Historical references go back to 3200 BC. There are 300 species of alliums, and 70 of them are native to North America. Think garlic, chives, scallions—all the same family.
Onions are an excellent source of vitamins C and B6 and a good source of dietary fiber, folate, potassium and manganese. Onions also contain sugars, hence that sweet taste when you sauté them. An onion's layers are actually leaves, and are thick because this is the plant's nutrient storage for next year's growth.
At Full Harvest Farm, we grow both sweet and storage onions. Sweet onions, like Walla Walla or Vidalia, taste sweeter, but don't store well. It's best to put them in the refrigerator if you don't use them within the week. When you cut a sweet onion in half, you'll see the "leaves" are thicker and there are fewer of them. Storage onions will keep for months, especially in cool conditions. When you cut a storage onion in half, you'll see it has more, but thinner, leaves.
The onions in your box are very fresh, and their tops are still green: you can use them like scallions. To keep the leaves green, store them in the vegetable bin in your refrigerator. When they're this fresh, onions contain more liquid and may squirt when you chop them. Most of the onion bunches contain a variety of sizes, reflecting what we were finding in the field as we dug these up.

Sunflower greens are a "living" food, and especially good for you. They have a sweet, nutty flavor. We started these in warm water, then spread the seeds over a little potting soil. Next, they went into the germination chamber where it's warm and damp. Some of the sprouts may just be emerging from their shells. Before you enjoy these, you need to do a few things to finish them off.
First, place the container in a shallow plate, something that will catch water. Then, give them some water, about ¼ cup, and place them in a sunny location. Leave the plants in the window for a few days so they can continue to grow. They will reach for the light and the cotyledons (those leaf-like things) will appear. Gently pull or brush off the split seed shell at the end of those cotyledons if it doesn't fall off by itself. For best flavor and nutritional value, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you're ready to eat. Many of our members put the greens on sandwiches or in salads. Once the sprout is cut it's done. However, not all seeds sprout at the same time, so as you harvest some plants, others could emerge.
Yes, they will grow into sunflowers. And yes, you can plant them outside. Wait until the plants have their 2nd set of true leaves before you put them in the ground.

Just in case you want another way to prepare beets, try this salad. The original recipe is from a book called "Cooking for Madam" by Marta Sgubin, who was nanny to Jacqueline Kennedy Onassis's children, John and Caroline, and later cook and companion to Jackie. She says this salad was a huge favorite of Teddy Kennedy's.

Red Beet Salad

Vinaigrette: whisk together:

1 tsp. dry mustard
1 ½ tsp. Dijon or other brown mustard
¼ cup balsamic vinegar
salt and freshly-ground pepper to taste

Now whisk in: **¾ cup olive oil**
This makes enough dressing for 2-3 salads.
Scrub 3-4 beets, cutting off the tops and root, and trimming off the brown skin around the top. Slice beets into julienne sticks and sauté on low heat, covered, in a few tablespoons of olive oil. When beets are folk-tender, dump the contents of the pan into a bowl, pour some of the vinaigrette dressing over them and sprinkle with salt and pepper. Toss to coat and allow beets to cool. Vegetables absorb much more flavoring when they're hot or warm than they do when they're cold.
Now add: **½ cup chopped parsley or cilantro**
Toss to distribute the parsley. Serve now or chill for later.

I didn't include a recipe for chard in last week's newsletter, so here's a simple one:

Braised Chard

In a large sauté pan, over medium heat, put:
2 Tbsp. olive oil
Add: 1 bunch chard, washed, stems and leaves roughly chopped
Sauté for 3-4 minutes, stirring occasionally.
Add: ½ cup vegetable stock
½ tsp. salt
freshly-ground pepper
Cook for another 5 minutes.
Now add: 1 Tbsp. butter
Melt butter, then toss with chard to distribute. Serve while hot.
Remember that beets were bred from chard, and their leaves and stems are edible. You can use them in this recipe too.

We've started to harvest garlic, and the bulbs are impressive. I don't believe we've ever grown so much jumbo garlic before. It'll be interesting to see what the other beds reveal.
Garlic scapes are all picked. After this week, there will be no more.

Field Notes

Over the weekend, several beds of sweet corn grew about a foot and developed tassels. It'll take awhile for ears to form and grow large enough to harvest, say 3 more weeks or so.
On Friday, I noticed that some of the zucchini plants had fertilized flowers: that means they were forming fruit, or zucchini. Once that starts, the flowers come faster and faster, and the zucchini count goes up. You may have zucchini as soon as next week, altho it's more likely they'll be in your box the week after.
Chuck has another round of broccoli he wants to get into the ground, as well as lettuce. Lots of planting ahead of us.

We still have 2 Worker Share openings we'd like to fill. One is on **Wednesday morning** helping to pack CSA boxes, and the other is **Friday afternoon** washing the produce we plan to sell at the West Bend Farmer's Market. Both are barn positions. Worker Shares put in 4 hours per week and receive a Family box each week for their labor. For more information about Worker Shares, head to our website. If you want to move forward, email the farm at: fullharvestfarm@gmail.com.

We are also looking for help on the farm, even if it's just 1 or 2 days per week. We work Monday-Friday 8am to 4:30pm. We will train any likely candidates. If you know anyone who may be interested, please have them contact the farm at this email address (different from our CSA address): fullharvestfarm@yahoo.com.

Thank you to all the members who carefully unfolded their wax boxes so no tabs were ripped on the bottom. We appreciate you!
Also, please bring your wax boxes back to your pickup site so we can pick them up next week. Thank you!

Have a great week!

Terry & Chuck