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Box #3
Odd Week
14 July 2021

Contents

Beets: Some Orange, Mostly Red, A Few White
Broccoli—FAMILY BOXES ONLY
Carrots: Orange, Purple, Yellow
Garlic: Fresh
Kale: Green Curly
Kohlrabi
Lettuce: Green or Red Boston Bibb
French Crisp-- FAMILY BOXES ONLY
Sugar Snap Peas

New Stuff: broccoli, carrots, kale, kohlrabi

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. To enjoy most of its nutritional value tho, eat broccoli raw. Or, gently cook or steam broccoli just until bright green and *al dente*. It's best stored inside a plastic bag in your refrigerator. Broccoli should keep for about a week. You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove. Check for them underneath the florets as you wash or cut broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. I imagine the killdeer and barn swallows find them quite a tasty treat.
The broccoli patch is just starting to produce heads, so we're only able to give it to the Family Shares in small amounts. When the rest of the patch starts producing, broccoli will show up for a few weeks in a row, at least.
Broccoli florets are aptly named: they are flower buds. If left to bloom, the buds open up into bright, yellow flowers. The younger a head of broccoli is, the smaller the buds. We try to harvest them when the buds are around 1/16". Sometimes, the buds don't mature evenly and you'll see larger and smaller buds on one head.
Depending on the heat and moisture, broccoli can have a sharp taste. Cooking it gets rid of that sharpness, even if it's 2 minutes in boiling water.

Famous for their beta carotene, **carrots** are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw. Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. If you get the leaves too (as some of you have this week) break them off and store them separately, or compost them. Carrot leaves are edible and can be put into soups or pesto, but they tend to be on the bitter side. Carrot roots will keep for months. We are famous for our carrots, so you're in for a real treat!
Altho this is our first carrot harvest, you'll find small, medium and large sizes in your bunches, as well as "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. This year, we're growing yellow, purple and orange carrots, so some of you may get all 3 colors in your bunches, others will only be orange. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.
Altho you don't have basil in your box, most of you have carrot tops (or will soon get some), so I thought you'd like to try this pesto. Our Head Field Worker, Kris, swears by it:

Basil and Carrot Top Pesto

Into a food processor or blender put:
- 3 Tbsp. nuts (almonds, pecans, Brazil nuts, etc.)
- 1 large garlic clove, or 2 Tbsp. garlic scapes
- 2 cups carrot tops, washed and roughly chopped
- ½ cup basil leaves, or other green herbs
- ½ cup olive oil, approximately
- salt and pepper to taste

Process everything until you have a smooth paste. If you like more oil in your pesto, feel free to add more oil until you get the consistency you want.

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.
Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, remove most of the center rib (very fibrous), then chop up as your

recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, just a little chewy but still green in color.
The curly green kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, remove that by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or, at least makes it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are usually sweeter and milder than older ones.
You may find some leaves with small holes or rips due to insect damage. They do not affect the flavor, but you should use those leaves first.
Here's a great way to use kale:

Kale Chips

Preheat oven to 350ºF.
Cut out the stems & center veins of a large bunch of kale. Chop the kale roughly into 1"-1½" pieces, wash and spin them as dry as you can. (You may have to do that step in batches.)
In a large bowl, stir together:

2 Tbsp. olive oil
Kosher salt or sea salt
freshly ground pepper

Toss the kale pieces in the mixture until all are coated. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread the kale out on the baking sheet as evenly as possible. Bake for 10-15 minutes, or until the leaves are very crispy. They will shrink some. Remove from oven, cool for 10 minutes, and enjoy.

In our neck of the woods, **kohlrabi** is a favorite vegetable. When I ask my West Bend Farmer's Market customers how they like to eat it, they say, "Raw, with a little salt."
Kohlrabi has a juicy, mild flavor, and is excellent eaten raw. If you've eaten broccoli stems, you'll find kohlrabi similar in flavor, which makes sense once you know they are close relatives and share the same botanical name *brassica oleracea*.
The name "kohlrabi" derives from kohl, German for "cabbage" and rabi, meaning "turnip". Many botanists believe kohlrabi was bred from both plants. The bulb is actually a swollen section of the plant's stem, which is why the leaves radiate from it.
The cultivar we're growing is named "Kossak". Kossak is an extra large kohlrabi that stays tender as it grows larger. No doubt you've seen them at farmer's markets and wondered about the size. Kossak also keeps for months, uncut and refrigerated, and still tastes great.
Nutritionally, kohlrabi contains large amounts of vitamins A and C as well as minerals potassium and calcium. High in fiber, kohlrabi has only 40 calories per cup.
To use it, trim off the leaves and peel it with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs, underneath the kohlrabi's skin and work your way around it like you would peel an apple. With the skin removed, slice it any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Store kohlrabi in a plastic bag and put it in your frig to keep it from drying out. It'll keep for several weeks, unpeeled.

Couscous with Kohlrabi & Chermoula Dressing

Makes 6 servings.
In a small saucepan, put:

1 cup water or stock

-cover, and bring to a boil.
Add: **1 cup couscous**
Cover, turn off heat and let sit for 5 minutes. Uncover, fluff with a fork and put into a large serving bowl.
In small bowl, put:

1-2 tsp. minced garlic
2 Tbsp. minced cilantro
2 Tbsp. minced fresh parsley
1 tsp. paprika
½ tsp. ground cumin
1 tsp. Kosher salt

-mash these together with a fork, or put into a mini-chopper.
Add: **3 Tbsp. fresh lemon juice**
3 Tbsp. olive oil
Whisk together, then pour over couscous. Mix.
Add: **2 cups peeled, diced kohlrabi**
½ cup diced radishes
16 olives (kalamata are recommended)
½ cup crumbled feta cheese
Toss gently, and serve.

Waukesha site manager Wendy Copeland sent me this recipe:

Frittata with Chard

1 small onion, chopped
3 large ribs and leaves of Swiss Chard (more if you're using beet tops)
Fresh herbs, chopped (oregano, basil, thyme, etc.)
4 garlic cloves, chopped
6 large eggs
Cream
Butter
Shredded cheese (I used fresh parmesan)
Salt & Pepper

Suggested additions: mushrooms, tomatoes, bacon, sausage.
Remove the ribs from the Chard and chop to the same size as your onion. Sautee both in butter. When it's almost done, add the chopped garlic. Add salt and pepper to taste.
While that's cooking, mix the eggs and cream.
Spread the veggies evenly in the pan. Pour the egg mixture on top. Cover and cook on low until done. Top with cheese. Serve when cheese is melted.
Optional: serve with diced tomatoes or salsa on top and a sprig of parsley or cilantro.

Field Notes

It's getting dry again out there. We have a fair chance at some rain Wednesday and Thursday, fingers crossed.
Monday, we planted fall cauliflower and broccoli. We also have 3 beds of lettuce in the ground that need their inner rows: we plant 4 rows of lettuce in our lettuce beds. This will be the area the lettuce will come from that's in your box in mid-August. I expect us to plant 3 more successions by Labor Day.
Many thanks to our Sunday weeding crew: David & Connie Turbiville, Tracy MacDonald, Dave Deaven and Linda McClure. We got 2 beds of leeks completely clean. Woo-hoo!



Here's what the leek beds looked like when we started:



Here's what the leek beds looked like when we finished:

The poor leeks were so used to leaning on the weeds around them, they couldn't stay upright on their own. Once they get some water, either from rain or drip tape, they'll stand up straighter. Then we can go thru with a tractor and hill the soil up alongside them. Piling some soil alongside leeks prevents sunlight from getting to that part, so no photosynthesis, keeping it white.

And that's all I have for you this week.
Enjoy this cooler spell of weather, and hope for about an inch of rain.
Take Care,
Terry & Chuck