Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #13
Odd Week
22 September 2021

Contents
Cilantro
Carrots
Kale: Green Curly
Onions
Peppers: Carmen, Jalapeños, Red/Yellow Bells
Tomatillos
Tomatoes: Juliets, Slicers
Winter Squash: Butternut

Choice Box: peppers, etc.

There is nothing new in the box this week, so I'll have to fill this with recipes and pictures.
Carrots! Oh joy, oh rapture. We'll be digging these up on a regular basis in the coming weeks, so carrots will come again soon.

Kale and Butternut Squash
In a Dutch oven over medium heat, put:
2 Tbsp. olive oil
2-3 cups butternut squash, peeled, seeds removed and cut into ¾" pieces
-Cook, tossing occasionally, until squash starts to soften, about 10 minutes.
Add: **1 cup vegetable or chicken broth**
1 Tbsp. whole-grain mustard
¾ tsp. kosher salt
¼ tsp. freshly ground pepper
-Mix to distribute mustard.
Now add: **1 bunch kale, stems removed, chopped coarsely and washed, about 10 cups, loosely packed**
-Simmer, covered, stirring occasionally, until the kale is tender.

Member Marilyn Pritchard sent me this recipe earlier in the week, and I tried it last night. It's an Italian vegetable stew called "Peperonata". Quick to put together, and infinitely adaptable. And perfect for this time of year when peppers and tomatoes are abundant.
Peperonata
In a large pot over medium heat, put:
3 Tbsp. olive oil
2 onions, chopped
3 cloves garlic, minced
1 tsp. salt
freshly-ground pepper
red pepper flakes, *optional*
Sauté, stirring often, until onions start to brown.
Add: **3 red peppers, chopped**
3 yellow peppers, chopped
Sauté, stirring often, until peppers start to brown. All this browning builds flavor.
Add: **5 tomatoes, roughly chopped (about 4 cups)**
4 potatoes, ¼" dice
1/3 cup capers, drained
¼ cup fresh basil, chopped, or 1 Tbsp. dried
Cook until potatoes are soft, 15-20 minutes, while the tomatoes give up their liquid. Stir often. If necessary, add water or stock to increase liquid. Taste and season as needed.
If stew needs more flavor, add some tomato paste, or stock concentrate.
The core flavors in this stew are the peppers and tomatoes. Feel free to vary the other ingredients, adding mustard greens, kale, spinach, turnips, rutabagas, etc. Serve with some good bread.

And if you need another recipe for tomatillos:
Avocado-Tomatillo Salsa Verde
Put the following ingredients into a blender or food processor:
½ medium avocado
1 romaine lettuce leaf, torn into pieces
1 serrano chile, finely chopped (a Jalapeño will do)
¼ medium white onion
1 garlic clove, peeled
1 pound tomatillos (about 8), husks removed, rinsed, quartered
½ cup (packed) cilantro leaves with tender stems
Kosher salt
Blend until everything is smooth, season with Kosher salt to your own taste.
Salsa can be made 2 days ahead. Cover and chill. Try with fish or pork.

Field Notes
The Monday night-Tuesday morning rain gave us 1.5". These overnight rains are convenient for us farmers as they're gone when the sun comes up. The ground was dry enough to soak the water in, so harvesting wasn't an overly-muddy job.
We mowed down the weeds over the onion beds, and searched for every onion we could find. This is it. Onions hate being crowded, and will not grow large when they are. Because they're planted early in the

season, when there's the most chance for growth, we have to be out there discouraging those weeds often. Sadly, we let the onions down.



This is the bed we clipped your cilantro from on Tuesday. Pretty lush, eh?



This bin of Jalapeño peppers looked so pretty when we got it back to the barn, we just had to take a picture. Okay, there are a few others in there as well . . .

It's tomato season, finally, and we've got extra for canning. Here are the details:

10 lbs. for $20

These are ripe tomatoes with soft spots, blemishes, cracks, scarring, etc., tomatoes you will have to slice bits off of so you can use the rest. Plan to do something with them 2-3 days after delivery.

Starting Thursday, Sept. 23rd, you can order canning tomatoes in our online store for as long as the 10-lb. boxes hold out, or Sunday midnight, whichever comes first. If we sell out, try again in a day or 2: we may add more boxes as we continue to pick tomatoes—there are always some that become canners.

Instructions on how to order will arrive in your Inbox Wednesday night or Thursday. You order extra produce thru your CSA account, and it's pretty easy. Payment is by check, made out to Full Harvest Farm, LLC and snail mailed to us (our address is at the top of every newsletter).

Tomatoes will arrive the Wednesday after you order, packed in 5/9 bu. boxes and **labeled with your name** and items. We tend to place these extra orders underneath the table that holds your CSA box to separate them and avoid confusion.

We're happy that the Covid pandemic is not preventing **Farm Day** this year, but it is changing the way we're going to do it. To better protect everyone, we'll make cider outside, under canopies, instead of in the basement of our barn. The weather will be partly sunny with a light wind—pretty much a perfect fall day, so this should be easy to pull off. We'll arrange a progression, starting with a sterilizing tank where you'll empty your apple bucket. Next, we'll scoop the apples from the tank and pass them to the apple chopping stations. There will be more stations so more folks can chop up apples than we could fit into our barn. The shredding machine will be next, then the cider press. Cider will be collected from the press and poured into a large urn from which you can sample it. We'll have plenty of cups on hand. Bring a half gallon container with you so you can take some home, and we'll slap an "Unpasteurized" label on it.

We'll start picking apples and making cider around 2pm. Chuck will start the field tour around 3:30pm. We'll wrap things up by 5pm, plenty of time for you to drive home and watch the Packer game that evening. Bring your family and friends for a lovely afternoon in the country.

We're looking forward to this Sunday, and meeting as many of you as possible.

Take Care,

Terry & Chuck