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
20 October 2021

Contents
Cilantro
Brussels Sprout Stalk
Garlic
Kohlrabi
Leeks
Peppers: Carmen, Jalapeño
Potatoes: Superior
Spinach
Winter Squash: Butternut

New Stuff: leeks, spinach
Choice Box: peppers, etc., 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, we 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. To clean leeks, chop off the floppy leaves and the root end, slice it down the middle and rinse under running water, getting between the layers as much as possible. That soil we mound around the stalk tends to sift down between the leaves. Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. The floppy leaves are tough, but make an excellent addition to stock. The upper part of the green stalk will be tough also: let your knife tell you when it's time to stop cutting. 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.

Spinach is high in chlorophyll and vitamins A and C, making it one of the most nutritious leafy greens out there. To take advantage of these nutrients, eat your spinach raw. Don't be afraid of the larger leaves in this bunch: they have more flavor and are still tender. Store it in a plastic bag in the vegetable drawer of your frig where it should keep for about a week, and wash well before eating—we had a lot of rain that splashed up onto the plants. Again, that lettuce spinner is a great help with spinach, too.
This recipe seemed like a timely one. You can substitute 2-3 cloves of garlic for the garlic scapes.

Cilantro, Spinach & Garlic Scape Pesto

Into a blender or food processor, put:
2 cups, total, packed, cilantro and spinach (stems too), washed and spun as dry as you can get it
¼ cup garlic scapes, coarsely chopped
½ cup olive oil
½ tsp. salt
½ tsp. freshly-ground pepper
¼ cup sunflower seeds (or whatever you have)
¼ cup grated Parmesan cheese
Process all ingredients just until uniform in size. Add more salt, pepper, oil, etc. to suit your taste. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 2 Tbsp. per serving, taste, then increase the amount if desired.

This is likely the last week for potatoes. We hope to finish digging them after the ground dries out.
You will notice there are no tomatoes in your box this week. The cold has changed their flavor somewhat, as has the rain, and many have split. Plus, there are other vegetables ready and only one more box after this one. Time to diversify.

Field Notes

We woke up Sunday morning to find frost on the cars, and a low temperature of 30 degrees. Oh no! That afternoon, we pulled row cover over the tomatoes, peppers and tomatillos as there was a possibility of frost Monday morning. A good thing we did, because we got another frost. Altho the mornings are warmer right now, and the row cover has been pulled back for now, more frost is expected Friday, Saturday and Sunday mornings.

Wednesday afternoon and Thursday will likely find us harvesting as many tomatoes as survived the rain and the cold. We'll do our best to empty the pepper patch and those will go into the cooler.

Some of the leafy greens will need to be covered to have any chance of surviving, like chard, cilantro and arugula. Others will have no trouble: lettuce, spinach, kale, broccoli, cauliflower, cabbage, kohlrabi and Brussels sprouts, all of which get better after a frost. Once it gets down to 24, 25 degrees, we'll lose the broccoli, cauliflower, etc., but the Brussels sprouts and curly kale are pretty hardy.

We are not sure if tomatoes will be available in next week's webstore. It will depend on the harvest.

Please bring any wax boxes you have to your pickup site this week. This will be the last chance I'll have to pick them up during my regular delivery. Thank you!

We've made but little progress on finalizing the Winter Storage Box beyond a list of possibilities. We will deliver it on a Wednesday to your usual pickup site before Thanksgiving. Fingers crossed, we can email everyone later this week with all the juicy details.

We thought you might enjoy a picture of us gathering butternut squash for your box. We call this the "Squash Toss".



Hope you're enjoying these few warm days as much as we are.

Take Care,

Terry & Chuck