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Box #2
Even Week
6 July 2022

Contents
Nasturtium Plant
Beets: Orange and Red
Broccoli: Family Boxes Only
Carrots
Garlic: Fresh
Garlic Scapes
Lettuce: Green Romaine
Sugar Snap Peas

New Stuff: Nasturtium plant, broccoli, carrots, garlic, sugar snap peas
Choice Box: Basil plant

Nasturtiums are a flower I've grown and loved for years. It's beautiful: the flowers have intense, vibrant colors that seem to glow from within, the leaves are round and green, but the best part is: it's all edible. Flowers, stems and leaves have a spicy, peppery flavor that makes your mouth say "Wow!" This cultivar, Alaska, grows to about 6"-8" high and spreads 8"-10" wide. The seeds were a mix of colors: yellow, orange, salmon and red. Plant it in sun to part sun, keep it watered and fertilize now and again. Your nasturtium will reward you with lots of gorgeous blooms that you can pick for bouquets, use as an edible garnish, or in salads for a gorgeous look and peppery kick. What color will your flower be?

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. When the rest of the patch starts producing, broccoli will show up for a few weeks in a row, at least, then again when the next patch is producing.
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 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. Leaves/tops should be broken off and stored 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 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, altho your bunches this week are all orange. We have purple carrots in the ground now, but we usually plant yellow later in the season. 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, 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, etc.)
1 large garlic clove, or 2 Tbsp. garlic scapes

2 cups carrot tops, washed, & 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.

We dug this fresh **garlic** Tuesday from the softneck beds (the kind that doesn't form scapes). Because it is fresh out of the ground, the covering over each clove is still moist and tender. You should still peel off the top layers over the clove first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, leave the garlic out on your counter to dry. As it dries, the covering leaves will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.

Sugar snap peas are a real tribute to pea breeding—so sweet you can eat the whole thing, pod and all. To eat, pull off the "string" first: grab the stem and pull along the back towards the other end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching.
The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or mixed with other vegetables. Store sugar snap peas in your refrigerator, in the plastic bag they came in.
I find that sauteeing snap peas in a little butter with some salt and pepper is the best way to enjoy their delicious flavor.

You can always use another beet recipe. The original here is from a book called "Cooking for Madam" by Marta Sgubin, who was nanny to Jacqueline Kennedy Onassis's children, and later cook and companion to Jackie. Marta wrote this salad was a huge favorite of Ted 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 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.

And now it's time for **Terry's Favorite Way To Cook Any Vegetable**: Get out a 9"-10" skillet with a lid. Put it on a low flame and add **2 Tbsp. butter**. Add the vegetable(s) you want to the skillet, some **salt and freshly-ground pepper**. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way.
I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.

Field Notes

We had 2 bouts of rain on July 4th, resulting in almost an inch of rain. Much needed and eagerly anticipated, I might add. The beet greens and carrot tops look much sprightlier.
Chuck and I spent part of our weekend planting Brussels sprouts, and are happy to report that all beds are finished. Brussels sprouts are one of those vegetables that take so long to mature, you only put it in once.
Other crops you only plant once are melons and winter squash. All those went into the ground on Friday. We're making progress.

Chuck and I hope you all had a lovely 4th of July!
Take Care,

Terry & Chuck