Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #3
Odd Week
13 July 2022

Contents
Basil
Beets: Orange and Red
Carrots: Orange and Yellow
Garlic: Softneck
Kohlrabi
Lettuce: Red Boston Bibb or Mixed Types
Sugar Snap Peas
Zucchini or Pattypan Squash

New Stuff: kohlrabi, zucchini / pattypan squash
Choice Box: ?

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 cultivars we're growing this year are "Winner" and "Kossak". Winner is a tasty, normal-sized variety we've grown and liked for years. Kossak is an extra large kohlrabi that stays tender even at full size—which is BIG. No doubt you've seen them at farmer's markets, wondered about the size and if they were tough. 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 (or basil?)
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 and process until combined.
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.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C, potassium and calcium. Store zucchini in the vegetable drawer in your frig—it should keep 4-5 days or longer.
A common problem with zucchini is poor pollination. Since insects move the pollen from the male flowers to the female flowers, plenty of insects mean plenty of pollination. Many of you know that the bee population has decreased dramatically in the last 10+ years due to neonicotinoid insecticides, parasites and habitat loss. When the insect population is low, pollination suffers causing some fruits to be badly formed, with one end narrow and pointy instead of sausage shaped. Some of you may get zucchini with this configuration. Simply cut off the pointy, soft end and use the rest.
Zucchini will be a constant, but not overbearing, item in your boxes for many weeks.
Zucchini tastes especially good on the grill. Simply slice into planks, brush with olive oil, sprinkle with salt and pepper and grill until soft.
We're also growing some pattypan squash this year, a new item for us. Pattypan doesn't get very big, and is

best picked on the small side. The skin is tender, so no need to peel.
Our Pattypan is a version of the native American White Scallop squash, grown by Indians for hundreds (if not thousands) of years. Our variety is mostly bright yellow with a green ring around the bottom. It, also, is great on the grill.
Or, try this recipe:

Baked Parmesan Zucchini Sticks

Preheat your oven to 350 degrees F.
In a small bowl, put:

- ½ cup grated Parmesan
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ½ tsp. dried basil
- ¼ tsp. garlic powder

In a medium bowl put:

- 2 Tbsp. olive oil

Add: 4 small zucchini (or the equivalent), quartered lengthwise
Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.
Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

Chuck planted some early, yellow carrots, much to my surprise, so we've mixed them into your bunches with the orange. I like this yellow carrot a lot, and believe we'll be planting it in the future. The purple ones are growing, but slower. When they're ready, we'll mix those in too.

Field Notes

We've gotten little bits of rain here and there over the past week, so plants are growing and generally happy. Our field crew and Worker Shares have been weeding regularly, so our fields are growing (mostly) the vegetables we planted.
Last week, we transplanted all the melons: yellow watermelon and muskmelons and a few new ones like our first seedless watermelon. In the past, seedless watermelons didn't have enough flavor to earn a place in our fields, but breeding has finally resulted in pretty tasty, seedless melons. So, we'll see come September.
Looks like the sweet corn crop will be late this year. Chuck is just working on the field we'll be planting in, so we hope to get transplants into the ground this week.
Another project we're working on is using our hoophouses for cherry tomatoes and cucumbers. The superstructure will be great for cucumbers, which we'll train up strings tried to poles in the rafters.
We also plan to put up trellises in the field for cucumbers using galvanized pipe for the vertical posts and a galvanized pipe as a crosspiece. We tie string to the crosspiece and train the cucumber vine up the string. It'll be fun to see where they like to grow the best.
We could train the cherry tomatoes up strings as well, altho I prefer the Florida Fence method—gives the plants more support overall since we tie their horizontal strings to T-posts. Works much better than a tomato cage.

And, that's where I'll leave it for this week.

Take Care,

Terry & Chuck