Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #4
Even Week
20 July 2022

Contents
Basil
Cabbage: Green
Carrots: Orange & Yellow
Garlic Bulb
Kale: Green Curly
Lettuce: Green Romaine
Onions: Small
Zucchini and/or Pattypan Squash

New Stuff: green cabbage, onions
Choice Box: ??

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories and still contains significant amounts of vitamins A and C, calcium, potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.
Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest, and store those pieces in a plastic bag.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. I like to add it to vegetable medleys. If you overcook cabbage, it turns an ugly gray color and has a sulfury smell.
Cabbage is one of the vegetables that actually seems to increase in volume after you cut it. The reason is that cabbage leaves are tightly packed in their head, so cutting them releases that tightness. This explains why a smallish head makes so much coleslaw.
Here is a recipe I love, that only needs some cabbage, not lots. The original came from Jacques Pepin.

Cabbage with Shrimp *serves 4*
In a large sauté pan over medium heat, put:
1 cup chicken or vegetable stock
Add: **4-6 cups cabbage, chopped into ¼"x2" pieces (any kind of green cabbage will work)**
2 lg. cloves garlic, chopped coarsely
-Cook for 8-10 minutes, covered.
Add: **1 cup heavy cream**
1 Tbsp. Dijon or brown mustard
¼ cup white wine (dry, not sweet)
-Stir and simmer for a few minutes to evaporate the alcohol.
Add: **12-16 oz. shrimp, shelled completely**
salt & pepper to taste
-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.
NOTE: I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle when boiled, so you can simmer your shrimp with an easy mind.
I've also made this with salmon filets and sea scallops, and it was just as good, altho you might want to increase the brown mustard a little bit.

Onion, or *Allium cepa*, is the most widely used seasoning in the world. Historical references go back to 3200 BC. There are 300 species of alliums, and 70 of them are native to North America. Think garlic, chives, scallions—all the same family.
Onions are an excellent source of vitamins C and B6 and a good source of dietary fiber, folate, potassium and manganese. Onions also contain sugars, hence that sweet taste when you sauté them. An onion's layers are actually leaves, and are thick because this is the plant's nutrient storage for next year's growth.
At Full Harvest Farm, we grow both sweet and storage onions. Sweet onions, like Walla Walla or Vidalia, taste sweeter, but don't store well. It's best to put them in the refrigerator if you don't use them within the week. When you cut a sweet onion in half, you'll see the "leaves" are thicker and there are fewer of them.
Storage onions will keep for months, especially in cool conditions. When you cut a storage onion in half, you'll see it has more, but thinner, leaves/layers.
The onions in your box are very fresh, very young and their tops are still green: you can use them like scallions. To keep the leaves green, store them in the vegetable bin in your refrigerator. The bulbs are small and reddish because the onions we thinned to get these are red. When they're this fresh, onions contain more liquid and may squirt when you chop them. To reduce that possibility, cut slower.

I like kale, the crispness of the leaves, the texture and lovely green color and the flavor contrast with other vegetables. I also feel good about eating something with such a high nutritional value. So, I started collecting recipes, and have some great ones.
Try this:

Kale Salad with Cheddar and Apple

in a large bowl whisk together:

2 tablespoons fresh lemon juice
1 small garlic clove, minced
5 tablespoons extra virgin olive oil
Salt and pepper to taste

Add: **4 cups kale, stems removed, washed, finely chopped**

-toss kale with dressing and let sit for at least an hour. This softens and milds the kale as well as infusing some of the flavor of the dressing into the leaves.
When you're ready to serve the salad, add:

2-4 tablespoons coarsely chopped, toasted almonds
1 apple, grated
2 ounces sharp Cheddar cheese, grated

Garnish with: **freshly grated Parmesan**

Wendy, one of our Waukesha pickup site managers, sent me this recipe:

Vegetarian Zucchini Feta Fritters

Whisk together in a large bowl:
2 eggs
½ cup onion, chopped
1/3 cup mint leaves, chopped
1 tsp. cumin, ground
½ tsp. salt
½ tsp. pepper

Whisk in:
1 cup whole wheat flour

Shred: 1 lb. zucchini
- Squeeze zucchini in a towel to remove excess moisture. Place into mixing bowl.

Also add: ½ cup feta cheese, crumbled
-Mix well.
-Drop ¼ cup portions of batter into a pan with olive or canola oil, fry, flipping twice. Drain on paper towel. Serve with ranch dressing and additional feta cheese.

Field Notes

Friday's downpour gave us 1.7" of rain in 4 hours. We needed to harvest for the West Bend Farmer's Market that morning, so we put on our rain gear and picked. In the pouring rain. My boot got stuck in the mud and I almost fell on my butt. About the time we got back to the barn with our kale, chard and basil, the rain had stopped. Chuck worked in the basement of the barn while we ducks slogged thru the mud. Then, he headed out to pick. At least his lettuce harvest was dry.
We've been paying particular attention to heading off weeds before they get too big. Whether we hoe them up, cut them off just below the surface with a knife, or pull them up by the roots, we're bound and determined not to lose crops to weeds this year. That hard work is paying off big time. The onion beds are the cleanest in years, and we expect a great harvest of large onions. The tops are nice and green, getting taller, and the bulbs are swelling. We're still about a month or so away from maturity.
Broccoli and cauliflower are maturing. I spotted some purple cauliflower as well as white that were ready to pick, so look for those in upcoming boxes. To keep white cauliflower as white as possible, we tie the outside leaves closed over the head when we first see it, leaving enough room for the head to get nice and big. When that head is the right size, we cut it. Cauliflower stores well in the cooler, so we can accumulate enough to put in your boxes if the beds don't produce 120 heads all at once.
Chuck dug up some new potatoes over the weekend. They were good sized, so a week or so more in the ground should give us a nice crop of new potatoes. It takes about 300 lbs. to put enough in all the boxes for one week.

Drink lots of water this week—we are.
And, Stay Cool,

Terry & Chuck