Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #8
Even Week
17 August 2022

Contents
Cilantro
Beets, Loose: Red
Carrots: mostly Orange, some Purple
Garlic: Georgia Crystal
Kale: Green Curly
Lettuce: Red Leaf or Green Romaine
Pepper: Carmen, Jalapeño
Zucchini / PattyPan Squash

Choice Box: ?

Oooff, the cilantro is getting tall! We've given you a mix of regular and lacey leaves. As cilantro stretches upwards, the leaves change their shape and flavor, acquiring a lemony taste.

Most of you will be getting red beets, some will get a few orange with the red. We cleared the 2nd beet patch, cut off the leaves and barrel-washed the roots for this week's portion. A barrel washer is the preferred method for washing lots of root crops. It is literally barrel-shaped. As it turns, it sprays water on the roots inside. As the roots roll and rub against each other, the soil loosens and the water washes it away. We use it to clean beets, carrots, potatoes, turnips, rutabagas—things like that.
Site manager Dave Deaven sent me this recipe a few years ago:

Pickled Eggs and Beets

4 beets
8 eggs, hard boiled, peeled
1 onion, sliced thin
1 cup white vinegar
2 tsp. sugar
2 tsp. salt
1 tsp. pepper

1. Cover beets with water, bring to a boil, reduce heat to low and simmer for about 30 minutes, or until beets are soft.
2. Place beets in cold water, remove skins and slice into ¼" thick slices.
3. Place hard-boiled eggs and onions into jar, cover with sliced beets, and pour in pickling solution, topping off with water until beets are covered. Refrigerate for 48 hours before eating.

Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has fewer ingredients and relies on the main vegetable for most of its flavor, so, that main vegetable better taste pretty good—as do our carrots.

Potage Crécy or Carrot soup

In a 4-quart pot over medium-low heat, put:
3 Tbsp. butter
1 cup onion, chopped -more, if you like
½ tsp. freshly ground pepper
Sauté the onions slowly until they are tender and translucent.
Add: 6 cups chicken stock
1 lb. carrots, scrubbed and chopped (about 4 cups)
Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)
Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.
Taste for salt and pepper and adjust these as needed.
If you want a more elegant soup, add a cup of heavy cream to the puree, heat to steaming and serve.
You can use this same, basic recipe and substitute broccoli, cauliflower, parsnips, beets, celeriac, etc. for the carrots. As long as the main vegetable tastes great, so will your soup.

This week's garlic is Georgia Crystal. It's a hardneck variety, the kind that forms scapes in June. Hardneck garlics tend to have larger cloves and fewer of them in the bulb. Georgia Crystal is a white garlic with mild flavor, good for eating raw and sautéing, not great for roasting as it loses most of its flavor.

Altho we have a large kale patch, the flea beetles have decided to multiply and feed. Flea beetles are small, shiny, black bugs about 1/8" long and tear drop-shaped. They are fond of leafy greens like kale, and eat lots of small holes along the edges of the leaves. The holes cause the leaf around it to brown and die. Many of the leaves were damaged too much to put into your bunches, so we left them on the ground where they'll serve as mulch and, eventually, fertilizer. You may see a little flea beetle damage on some portion of your kale, but it'll be minor. That's how you know it's organic, right?

We've been picking on this lettuce patch for a week or so now, and it's produced some lovely heads.

You'll be pleased to read that the pepper patch is maturing, and peppers are starting to change color. Many of you will receive a partially-red Carmen pepper this week. This is our favorite, sweet, Italian pepper with the long, tapered body that often curves up a little at the tip. It's best when fully red when it has lots of flavor, raw, cooked, stuffed or grilled. The Carmens are starting to mature to red already, much earlier than last year. Hooray!

The Jalapeños are producing lots and lots of beautiful, green peppers. Look for these in upcoming boxes.

And, what can I say about the summer squash? Most of the plants are very healthy and still producing well, especially the pattypans. We've never grown these before, and I must say I'm impressed with how many flowers these plants produce, as well as their flavor and interesting shape. We'll likely plant pattypans next year.

Field Notes

Chuck and I are looking forward to a week with very little rain. The ground is drying out and is easy to work. Chuck has been plowing and rototilling several fields in preparation for planting fall cabbage, broccoli, lettuce, spinach, possibly even some arugula (fingers crossed).

Further pepper news: our FlavorBurst patch has produced lots of beautiful, blocky, light green peppers that are now starting to turn yellow. Yellow to orange is the color you wait for with FlavorBurst, and believe me, it's worth the wait. We think we'll have enough in a week to put them into your boxes.

Margaret, an early green-to-red pepper and new to our farm this year, looks like a keeper. Chuck and I have tasted a few of the ones that are turning red, and they are very good indeed.

Now for the bad news: no sweet corn this year. Chuck didn't have enough time to prepare a field for it, and now the transplants have become root-bound and started to die. Yes, I'm sad too.

And you'll be wanting to know when tomatoes will arrive, eh? The good news is: very soon. There are lots of green fruits on all the plants. Juliet, our largish, red grape tomato, is the first to ripen, and produces lots of delicious fruit. We picked almost 2 flats of these on Tuesday—not enough to put into the boxes, but enough for us to think you may find them in next week's box.

Chuck and I are encouraged by the number of fruit all over the tomato patch. It can't be long now.

We've also planted a nice-sized tomatillo patch. Great flavor, even raw. Give them a few more weeks to mature enough fruit, and we'll put them into your boxes.

Do you have a favorite recipe that uses tomatillos? I'm looking for ideas. I've got several salsa verde recipes already, so something else please. Thanks in advance!

And that's it for this week.

Enjoy all this beautiful weather! Aren't we lucky?

Take Care,

Terry & Chuck