Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #10
Even Week
31 August 2022

Contents
Cilantro
Cauliflower: White or Romanesko
Cucumber – Couple Shares Only
Garlic
Green Beans
Onions: Ailsa Craig and Red Torpedo
Peppers: Red Carmen or FlavorBurst, Jalapeño
Tomatoes: Juliets, Mixed Slicers
White Turnips
Zucchini and/or PattyPan Squash – Family Shares Only

New Stuff: cucumber, green beans, white turnips
Choice Box: ?

Cucumbers are high in vitamin E (probably why they're so soothing on the eyes), and low in calories. Few vegetables are as satisfying on a hot summer day for replenishing liquids and filling you up.
Here's how I store cucumbers so they won't get mushy: I **DO NOT** PUT CUCUMBERS INTO A PLASTIC BAG. I put them in my refrigerator's vegetable drawer, cut or uncut. They'll keep for about a week. I discovered this by mistake one night, when I was too tired to dig up a plastic bag. I just tossed a half-used cucumber into my vegetable drawer, letting it fend for itself. 3 days later, I opened my frig to find a cool cucumber whose cut end was only slightly dried out, skin perfect. And, it was a thin-skinned, burpless variety, the kind that can go mushy overnight. I was amazed.
I recently read in "Real Simple" about another method that's supposed to work well: wrap a cucumber tightly in plastic wrap, then put the wrapped cucumber in an airtight container (or ziplock bag). Should last about a week.
However you store them, moisture appears to be the enemy of cucumbers, so use whatever method reduces the moisture next to their skin.
Cucumbers are growing up trellises this year, mulched with a thick layer of straw. We construct our trellises by planting 2 8ft., galvanized pipes in the ground (the verticals), then fasten another across the top (the horizontal), tie a string at the bottom between the 2 verticals, then tie strings from the top, horizontal bar to the string at the bottom. Train the cucumber vines up the strings by twining the vines up the vertical strings as the vines grow. I'm pretty sure I adopted this idea from the square-foot gardening book, and it worked well in my own garden, pre-farm. We hadn't tried it here before last year, but it seemed to work then. The advantages are that light and air can circulate much better around a plant supported by a trellis, making it healthier, faster-growing, and less likely to contract powdery mildew, a common fungal disease in gardens. Since much of the fruit hangs above the ground, it's cleaner and easier to pick without having to bend over (much).
Another method is to use large tomato cages to support the vines. We've done this in the past and it's worked well enough with our square cages. You have to bend down more to harvest tho.
We hope to put cucumbers into everyone's box next week.

Creamed Cucumber Salad
In a medium bowl, put:
½ cup sour cream
1 Tbsp. cider vinegar
1 tsp. Kosher salt
1 tsp. sugar
½-1 tsp. pepper
2 Tbsp. fresh dill weed, chopped (or 2 tsp. dried)
1 tsp. brown mustard
-Whisk together long enough to dissolve sugar and salt.
Add: **4 cups cucumbers, sliced however you prefer**
½ cup onion, minced
Toss with dressing, then let sit for 30 minutes for flavors to blend.

Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: fresh beans are not as high in protein as dried beans.
Along with the green beans, Chuck planted a row of flat, yellow beans. There aren't a lot of these, so we mixed them with only the Family Share's green beans.
Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Another method is to roast them. Use the Roasted Beets recipe in newsletter #2 as a guide and check them after 10 minutes (or sooner).
Store your beans in the plastic bag they come in in your refrigerator, and use them soon.

Roasted Green Bean Salad

Turn your oven on to 425 degrees.
Using a half-sheet or jellyroll pan lined with aluminum foil (something with sides), roast: **1 cup walnuts** -just until they're a little browner, about 5 minutes.
Set them on a rack to cool a bit. While the walnuts are browning, rinse **a pound of green beans (or whatever you have),** snap off the stem end and spread them out on a dishcloth to dry.
In a large bowl put: **1 Tbsp. olive oil**
Put green beans into bowl and toss with oil until all beans are thinly coated. Transfer the walnuts to a plate to cool and spread the beans out on the half-sheet or jellyroll pan in a single layer. Roast on the top shelf about 20 minutes, stirring once or twice.
While the beans are roasting, whisk together in a large bowl:

3 Tbsp. Extra-Virgin olive oil
1 Tbsp. balsamic or sherry vinegar
1 tsp. minced garlic (more if you like)
½ tsp. dried thyme
salt & freshly ground pepper to taste

When the beans are done, put them in the bowl and toss: while hot, they'll absorb more of the flavor of the dressing. Allow green bean mixture to cool some.
To the cooler green beans, add:

1 cup tomatoes, cut into ½" dice
2 Tbsp. chives, chopped
½ cup Parmesan cheese, coarsely grated (or shaved with a vegetable peeler)
2 Tbsp. fresh basil, thinly sliced (or ½ tsp. dried)

Toss together, add toasted walnuts and toss again.

White turnips, or salad turnips as they're sometimes called, are a sweeter, milder version of the classic, purple-topped, turnip. Turnips are high in potassium, vitamin C, and contain some iron, magnesium, calcium and vitamin B_6.
White turnips are white from top to bottom and all the way thru with tender, leafy green tops. Turnip greens are edible and have a spicy flavor. Because the leaf has tiny hairs on it, most folks choose to cook turnip greens rather than eat them raw.
Store turnips in the vegetable drawer in your refrigerator. The roots should keep for a few weeks, the leaves 4-5 days.
White turnips are especially good raw, in salads, coleslaw or as a snack, like radishes. You can roast them, braise them or put them in stews—very versatile.
We were out picking green beans Monday afternoon, and Chuck revealed he had planted a row of white, salad turnips in one of the green bean beds. What a happy surprise! I love salad turnips, and had no idea he had any in the ground, much less a bed big enough to harvest!
There's a small critter called a wireworm that finds turnips, radishes, rutabagas and other brassicas very tasty. They are the larvae of click beetles, and eat their way into root crops. You may see some in the turnips as you cut them up. They aren't harmful, but I cut them out of my turnips and use the rest.

The tomato crop is ripening, and we're able to give you a good supply this week. Expect more slicing tomatoes as the season progresses, altho those large, grape Juliets are awfully good.

Field Notes

Friday's rain dropped 3/4" on us, with a little more over the weekend. Chuck and I would like a dry spell for awhile.
We transplanted the last cabbage and broccoli Thursday evening to take advantage of the coming rain, and all the little plants are upright and happy.
For us, September is melon season. The muskmelons usually ripen first, then the watermelons. I plan to take a stroll among the melons later this week so I can have more to report next newsletter.
Zucchini and patty pan squash are winding down. Good news?

Time to stop for the night.
Enjoy this week's box.

Jerry & Chuck