Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #12
Even Week
14 September 2022

Contents
Cilantro
Carrots: Mixed Colors
Cauliflower
Cucumbers
Green Beans
Lettuce: Mixed Types
Peppers: Red Carmen, Jalapeno, Green or Red Bell
Potatoes: Red or White
Tomatoes: Lots of Slicers, Juliets

Choice Box: overripe melons, peppers, tomatoes

This will be the last bunch of cilantro for several weeks. We just planted a late crop, but it's tiny, and will need time to grow.
At present, there're a fair amount of purple carrots, so that's mostly what's in your bag. These were dug up several weeks ago so some are quite big. We've stored them in our cooler with the dirt on, to help preserve them, but it's time to move along--more carrots to dig.
The next patch of cauliflower is ready. Don't know how far it'll go, but there's broccoli out there too, so that's something to look forward to.
Sunday's storm blew down some of the top pipes on our cucumber trellis. Luckily, only a few fell and the vines didn't suffer too much, altho some cukes were harmed. We set them back in their holders and zip-tied the ends—hopefully they'll stay up thru the next storm.



The vines are producing more cucumbers, and look very healthy overall. Many of them have grown up to the top bar (6 ft.) and beyond. We'll try to train them along the top for awhile, then I expect them to head back down a different string.

Here's something a little different to try:
Avocado Cucumber Salsa
1 avocado, peeled, pitted and diced small
2 Kirby cucumbers, peeled and diced small
2 tablespoons finely chopped red onion
1 ½ tablespoons chopped fresh cilantro
1 ½ teaspoons finely grated lime zest
1 tablespoon freshly squeezed lime juice
½ jalapeño, seeded, if desired, and finely chopped
¼ teaspoon kosher salt
¼ teaspoon black pepper
In a bowl, mix together the avocado, cucumbers, red onion, cilantro, lime zest, lime juice, jalapeño, salt and pepper.

Chuck tells me the green bean patch is still going strong, so it looks like we'll have them for another week. Another week if the deer don't eat them first. Hoof marks in the dirt and lots of nibbled plants are cause to set up our solar electric fence around the green beans. It might work, and worth a try. We've also tried a sprayer that goes off when it senses motion. A few deer got a bath with that one.
We are definitely in pepper season now. The Carmens are turning red right and left, as is our early red bell, Margaret. Even some of our blocky bell pepper Olympus are bright red. This means a steady supply of peppers in your boxes: red, yellow, green—so colorful!
Peppers are easy to freeze. Wash, cut in half, cut out the stem, core and seeds, put in your freezer. Once frozen, pop them into a heavy-duty ziplock bag and back into the freezer. Doing them individually lets you take peppers out of the bag easily because nothing is stuck together. I bring lots of damaged peppers into my kitchen and freeze them exactly this way. Well, minus the damage, of course. It's so nice to have peppers in the freezer during the winter to put into chili, tomato sauce, curries—whatever you like.
Here's a recipe I found last year and loved—it's described as an Italian stew:
Peperonata
In a large pot over medium heat put:
3 Tbsp. olive oil
2 onions, chopped
3 cloves garlic, chopped
-sauté until soft and lightly browned, stirring often, about 5 minutes.
Add: **4 potatoes, chopped**
5 tomatoes, chopped (about 3 cups)
4-6 sweet peppers, cut into ½" chunks—
using different-colored peppers makes the stew very pretty
1 cup stock, if needed

1/3 cup capers, drained
¼ cup basil, chopped
salt and freshly-ground black pepper

Simmer until the potatoes are soft. Stir occasionally. Taste, and adjust seasoning as necessary.

Before the deluge, Chuck dug potatoes so we'd have them for this box. We've left them with some dirt on, so give them a gentle scrub.

And tomatoes have ripened en masse. Now is the time to make sauce, salsa, tomato juice, or just freeze them whole (my preference). We'll have lots of good slicing tomatoes, nice canning tomatoes, and even San Marzanos (eventually) for sale in our Webstore. You can start ordering for next week's delivery Thursday morning.

Field Notes

After the mist let up sometime Monday night, the grand total was 4" in the rain gauge. Plenty wet out there now.

Some parts of our farm hold water longer than others because the soil contains more clay and the ground is fairly level. We have broccoli growing in one such field. Altho Chuck was able to pick some that was growing on the edges, he didn't get very far into that field with mud oozing up around his ankles. Maybe it'll be drier tomorrow . . .

Chuck has been checking on our Brussels sprout crop, and informs me it's growing taller by the day. We'll be breaking the tops off in a week or two, and packing these delicious greens in your boxes.

Lettuce planting is almost done for the year. We'll be putting in perhaps one more bed.

Chuck and I will be adding more WebStore items soon. We're thinking perhaps pints of mixed cherry and grape tomatoes? Tomatillos, Jalapenos, and those Habanero peppers I won't touch—too hot for me.

If you haven't written this on your calendar, now's the time:

Farm Day is Sunday, Sept. 25th, from 1-4pm

We'll be making apple cider and touring the fields. Chuck and I look forward to meeting new friends and seeing old ones. So far, the weather looks good.

Have a great week!

Terry & Chuck