Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #15
Odd Week
5 October 2022

Contents
Garlic
Kale
Melon: Muskmelon or Watermelon
Onions: Ailsa Craig
Peppers: Carmen, Green or Red Bell, Jalapeno
Potatoes: White Superior
Tomatoes: Slicers
Turnips: White Salad
Winter Squash: Sonca Butternut

New Stuff: butternut squash
Choice Box: Peppers, tomatoes, salad turnips with issues

Sonca butternut squash is a Hungarian variety. When fully mature, Sonca butternut has an orange skin, sometimes marbled with green. The flesh is dark orange with a sweet taste and smooth texture. Treat it as you would any other butternut squash, roasted, stir-fried, in combination with other vegetables, on pasta—lots of possibilities.
And here's one, a favorite of mine:

Curried Winter Squash Soup *Serves 4-6*
In a large saucepan, over medium heat, put:
2 Tbsp. butter
1 onion, diced
-Sauté until the onion is transparent.
Add: 2 cloves garlic, minced
2 tsp. ginger root, peeled and minced
1 Tbsp. curry powder
½ tsp. salt
-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.
Add: 4 cups chicken or vegetable broth
1, 2 lb. winter squash, peeled, seeds removed, cut into ½" dice (butternut pref.)
2 ripe pears, peeled, cored, cut into 1" pieces
-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.
Add: ½ cup heavy cream
Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it. The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. You can substitute apples for the pears, which will take it in another direction.

Here's a good story from CSA member Jeff back in 2007:
"I'm not sure that this is something that would be of general interest, but it's the only kale recipe that I've ever known and I thought you might enjoy the story. My parents are from the Netherlands and grew up during "the war" under German occupation. Some of the few things that were readily available were potatoes, onions, waste cuts of pork and kale. A coarse mashing of boiled potatoes, onions and kale is known as Boerenkool (Farmer's Kale). The lesser cuts of pork became bacon and bacon grease was the dressing for Boerenkool. Before the awareness of the detrimental affects of bacon fat, we used it. We later switched to butter and eventually to margarine, and who knows what is best? Mom eventually took to laying a pre-cooked sausage, like Kielbasa, on top of the Boerenkool to warm up before the meal began. We six children didn't really care for Boerenkool, but, as adults, we never miss an invitation to have it now."
Jeff didn't have a recipe, but I found many variations online. This is a very easy dish to put together, and one that doesn't need exact measurements. The more ingredients you put into the casserole dish, the more people you can feed.

Boerenkool
makes one high-calorie dish
Into a casserole dish or Dutch oven, put:
a layer of potatoes, scrubbed and cut up
a layer of onions, roughly chopped
a layer of kale, washed, stem removed and roughly chopped
-now pour in enough **beef or chicken stock** to come halfway up the potatoes. If you don't have stock, use salted water. Lay **ring bologna, Polska Kielbasa, brats** or some other sausage on top. Crank some **pepper** over everything, and cover. If you're using a casserole dish, put it into a 350°F oven. If you're using a Dutch oven, put it over medium heat and simmer until the potatoes are fork-tender.
While the potatoes et al are cooking, fry up:
½ lb. bacon, cut into ½" strips
-until crisp. Remove from heat, let cool a few minutes, and add:
3 Tbsp. butter
1 Tbsp. cider vinegar

-Swirl around the pan to melt the butter and mix. When the potatoes are done, remove the sausage and cut it into serving pieces. Pour the contents of the skillet into your casserole/Dutch oven. Mash all the ingredients with a potato masher leaving them still lumpy. Adjust the salt and pepper, add the sausage pieces, and enjoy!

This will be the last box you get tomatoes in. The plants are winding down fast.

Chuck's bed of white salad turnips is growing great. We picked some whoppers out of it. Unfortunately, the wireworms love the turnips as well as the slugs. So, we've allowed a small amount of wireworm damage and some slug holes (small, round, shallow—they don't eat much) in the turnips we bunched. The roots are so large, we felt you would still have lots of usable root even if you had to slice off some. Our farmer's market customers say they roast these turnips, or put them in stews and soups. The good looking leaves are edible, but cook them first.

Two of our field crew, Kris and Melissa, have made this salad and love it:

Watermelon Salad with Cheese and Chilies

1/3 cup lime juice
2 scallions, white & green parts separated and sliced thin
2 serrano chiles, stemmed, halved, seeded and sliced thinly crosswise (Jalapenos work well too)
1-2 Tbsp. sugar (optional)
¾ tsp. salt
6 cups watermelon pieces, 1" cubes
3 oz. cotija cheese, crumbled (about ¾ cup), divided (or other cheese)
5 Tbsp. chopped fresh cilantro, divided
5 Tbsp. chopped, roasted, salted pepitas, divided (or another nut or seed)

Combine lime juice, scallion whites and serranos in a large bowl, let sit for 5 min. for flavors to meld.
Add watermelon, ½ cup cotija cheese, ¼ cup pepitas and scallion greens, stir to combine.
Transfer salad to a shallow serving bowl. Sprinkle with remaining cheese, cilantro and pepitas, and serve.
Feel free to substitute another melon, pepper, cheese or nut/seed for an item in the recipe.

Field Notes

We've had a number of frosts so far, but no freeze—yet. Chuck and our crew covered several crops: tomatoes, peppers, green beans, radishes, turnips, beets, to protect them from freezing. So far, we've been successful in keeping most of these plants alive. The green beans were abandoned after the last picking, so those are dead. The tomatoes are dying of the usual diseases, altho some plants have not been killed from frost. Everything else is still alive and growing, albeit slowly.
Last week, we clipped all the squash stems so they could start to dry down. To protect the squash from frost, we lined them up in the center of the field and covered them. During the day, we pull the cover back so the stems can continue to dry down. This week, we'll be collecting those squash in large totes, and placing them in our greenhouse. There are a few fans on at all times to keep the air circulating and vegetables dry (greenhouses can get very humid). With luck, we'll have plenty of squash to put into these last 4 boxes, sell at the West Bend Farmer's Market, and include in our Winter Storage Box.

Speaking of our Winter Storage Box, Chuck and I are working on finalizing the basic box. We size the portions so the box comes in at around $50. Also, we'll put other items on our WebStore that you can add. It's not necessary to buy a Winter Storage Box to order extra vegetables. The basic Winter Storage Box gets packed into a 1 1/9 bushel box. We'll deliver everything about 2 weeks after the last box.
Chuck and I will let you know what's going to be in it as soon as we can.

On that note, I'll sign off.
Have a great week,

Terry & Chuck