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

Contents
Brussels Sprout Stalk
Carrots: Purple & Yellow
Garlic
Leeks
Onions: Red and Yellow Storage
Peppers: Green/Red Bell, Jalapeño
Potatoes: Mixed Red and White
Winter Squash: Orangetti or Other Spaghetti

New Stuff: leeks
Choice Box: ?

Leeks are one of the best-tasting alliums around. Their flavor is sweet, mild, yet complex and delicious. Adding them to a dish improves the flavor. As leeks grow, most farmers pile soil around the stalk to keep it white: sunlight causes photosynthesis, which turns the stalk green. It's still tasty and tender, but the white portion is sweeter. To clean leeks, chop off the floppy leaves and the root end, slice it down the middle and rinse under running water, getting between the layers as much as possible. That soil mounded around the stalk tends to sift down between the leaves. Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. The floppy leaves are tough, but make an excellent addition to stock. The upper part of the green stalk will be tough also: let your knife tell you when it's time to stop cutting.
Store leeks, unwashed, in a closed plastic bag in your vegetable drawer so their onion flavor doesn't travel to the other vegetables. They should keep 2 weeks or a bit longer.

Potato Leek Soup *Serves 4*
In a pot or large saucepan over low heat, melt:
4 Tbsp. butter
Add: **½ lb. leeks, washed and chopped**
¾ lb. potatoes, peeled and thinly sliced
-Cover and cook about 8 minutes.
Add: **4 cups chicken stock**
1 bay leaf
1 Tbsp. chopped parsley stems (yes, stems)
½ tsp. freshly ground pepper
½ tsp. dried thyme
-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 20-30 minutes.
Remove pot from heat, fish out the bay leaf, and puree. A hand blender is the easiest tool for this task, but a blender or food processor works as well. If you use a blender or food processor, be careful to cover the container so you avoid being splashed by hot liquid.
Return puree to pot and add:
1 cup heavy cream
-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.
If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to a simmer and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle the milk.

The Brussels sprout patch needs some time to grow, so you'll probably not get Brussels sprouts in next week's box. They will be in the Winter Storage Box, and offered as an Extra Item in our WebStore to be delivered Nov. 16th.

There used to be a restaurant in West Bend called "Januli's". It was started by 3 friends. Chuck and I often ate lunch there with my parents in our early days on the farm, and my father especially liked this soup.

Tuscan Sausage Soup *serves 6-8*
In a large saucepan over medium heat, brown:
1 lb. Italian sausage
Add: **2-3 cloves garlic, peeled and chopped**
½ tsp. red pepper flakes
½ tsp. Italian seasoning (oregano, basil, thyme)
Now add:
1 quart chicken stock
1 lb. potatoes, scrubbed & cut into bite-sized pieces
Cook until potatoes are done, 10-15 minutes.
Now add: **½ cup heavy cream**
Taste the soup and add salt and pepper as needed.
Wash and coarsely chop about **2 cups spinach**. Put about ¼ cup into each bowl, and ladle soup on top. Serve immediately.

Field Notes
Chuck and I spent Sunday afternoon covering our late crops of lettuce, broccoli, Napa cabbage, kohlrabi, radishes, etc. in anticipation of this week's freezing nighttime temperatures. Our hope is that everything pulls through and starts to grow again when it warms up later this week.

Wednesday night will be below freezing, and the high for the day in the low 40's. Please pick up your CSA box as soon as you can after work this week.
Next week starts out warm, but cools down midweek—at least that's what the weather folks are predicting right now. We're hoping next Wednesday will be warm. Fingers crossed.

The **Winter Storage Box** will go on sale shortly. Keep an eye on your email Inbox for the announcement and my instructions on how to order one. Or two.

Reminder: Please bring back all the wax boxes you have at home so there are fewer boxes for me to pick up on Oct. 26. **Thank you!**

You have one more week to order Extra Produce from the WebStore. We'll deliver your order Wednesday, Oct. 26. The WebStore opens Thursday and stays open until midnight Sunday.

I'm keeping it short and sweet this week.
Stay Warm,
TERRY & CHUCK