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Box #1
Odd Box
28 June 2023

Contents
Parsley Plant: Curly or Italian Flat Leaf
Dill
Beets, Red
Chard
Garlic Scapes
Kale
Lettuce: Green Leaf

New Stuff: Everything
Choice Box: You may put anything into the Choice Box or take anything out of it. You do not have to put anything in to take anything out.

The first couple of boxes in the CSA season tend to be smaller, with fewer items, less variety and less volume, than subsequent boxes. For example, the first 2 boxes will be heavy on the greens because this is what grows quickly in the spring. Very shortly, other vegetables will have grown large enough to harvest, and boxes are fuller, amounts larger and there's more variety. Chuck and I appreciate your patience while Mother Nature works her magic.

Parsley prefers full sun. Plant this in the ground or a pot and give it a little fertilizer and plenty of water to start out. In 2-3 weeks, after it's adapted to its new home and put down extensive roots, the plant will produce nice, long, green stems with tasty, green leaves you can use in your kitchen. Pick the biggest stems with the most mature leaves to encourage the plant to keep growing.
Parsley is a biennial. This means it flowers the 2nd year of its life span. If anyone has had a parsley plant survive the winter outside, you probably noticed it started to flower very quickly, in late spring or early summer.
You're getting either curly or Italian flat leaf parsley this week. What's in your box?

The **dill** has been in the ground long enough to be flowering, so bunches may contain flower buds. To store dill, place it in a small jar or glass with an inch of water in the bottom, then refrigerate. Use it as soon as possible. Fresh dill is great in potato, tuna, lettuce or cucumber salad, on fish, chicken, what have you.
Dill dries beautifully. Wash it to remove any soil, then spread out on paper towels to dry. If you have a dehydrator, you're all set. If you don't, turn your oven on its lowest setting, let heat for 2 minutes, then turn the oven off. Spread your dill sprigs out on a sheet pan or cookie sheet, place in the oven, and leave there until the leaves are crispy. You may have to turn your oven on again for a minute or 2 to get to this stage. When dry, gently pull the leaves off the stem above a piece of parchment or wax paper, crumbling them a bit smaller as you go. Use the paper to pour the dried dill into a jar and screw the lid on tight. Save the stems for stock. Your own, dried dill weed tastes better than what you can buy at the store. With the stage these plants are at, we're not sure there will be any dill in next week's box.

We grow two different kinds of **beets** here at Full Harvest Farm: **orange** and **red**. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves. Orange beets can sometimes be grated and tossed, raw, into salads—taste a slice for sweetness first. Red beets have the most flavor and are red inside and out. Their leaves tend to be darker green and the stems dark red. The root, stem and leaf are all edible, and each part tastes a little different. Fresh beets have tender skins, so **don't peel your beets**: that's where most of the vitamins are! High in vitamins A and C, beets also contain carotene. The beet greens contain good portions of vitamin C, calcium and iron. Chop them and the stems into ½" strips, sauté in a little butter or olive oil. So good you'll look forward to eating your greens!
To store beets, cut off the greens, put leaves/stems into a plastic bag then into the vegetable drawer in your refrigerator. Use within 3-4 days for best flavor. Store the roots in a separate plastic bag in your refrigerator, and they'll keep for weeks, altho they'll taste best if you eat them within a week.
In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets
In a medium bowl, put:
1 Tbsp. olive oil
½ tsp. salt
¼ tsp. freshly-ground pepper
Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean, trimming off the tap root. Do NOT peel, as the skin provides better flavor, important vitamins and needed

fiber. Cut beets into largish chunks and put into a bowl. Toss with oil, salt & pepper until all beets are evenly coated. Line a pan **with sides** with aluminum foil (this helps with cleanup and prevents oil fires in your oven). Spread the oiled beets in the pan, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. The skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

Chard, often known as "Swiss" chard, is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid like spinach does, your body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.
We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, light green, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder than red beets. Some of the chard leaves have a rip or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf. Insects who chew are also fond of chard, so you may find a roundish hole or two. We permit these only when they are few.

Chard with Walnuts and Feta
Wash: **1 bunch Swiss chard**
Cut off chard stalks near the base of the leaves and chop into ½" pieces. Cut large leaves in half, stack, and chop into ½" pieces.
In a large skillet over medium heat, heat:
2 Tbsp. olive oil
Add: **chard stems, chopped**
1/4 cup walnuts
2 cloves garlic, thinly sliced
Cook, stirring, until garlic is golden, about 2 minutes.
Add: **chard leaves, chopped**
½ tsp. Kosher salt
¼ tsp. pepper
Cook, stirring, until the chard ribs are just ender, 2 to 3 minutes.
Sprinkle with: **1/2 cup crumbled feta**
Serve immediately. Makes about 4 servings.

Garlic scapes come from the hardneck variety of garlic. They are the plant's graceful way of forming a seed sack, or "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove in November will result in a whole bulb the next summer. The entire scape is edible and delicious with a mild, garlic flavor. Use them like scallions, in anything you want the taste of garlic in. They're also great in pesto, soups, scrambled eggs, etc.. Store these in a plastic bag in your fridge and they should keep for a few weeks. They also freeze well.

Garlic Scape Dressing *Makes 1 cup*
2 garlic scapes, coarsely chopped
2 green onions, coarsely chopped
1 teaspoon honey
2 teaspoons Dijon mustard or similar brown mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt
1/8 teaspoon fresh ground black pepper
1/2 cup extra virgin olive oil
Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Process until smooth. With machine on low, slowly add the olive oil until well mixed.

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.
Raw kale will get tenderer and milder if you toss it with a dressing an hour or 2 before eating. I think the effect is from the vinegar and salt.
Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, remove most of the center rib (very fibrous), then chop up as your recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, mostly tender with just a little chew, and still green in color.
The curly green kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, remove that by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or,

at least makes it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are usually sweeter and milder than older ones.
You may find some leaves with small holes or rips due to insect damage. They do not affect the flavor, but you should use those leaves first.
Here's a great way to use kale:

Kale Chips
Preheat oven to 350ºF.
Cut out the stems & center veins of a large bunch of kale. Chop the kale roughly into 1"-1½" pieces, wash and spin them as dry as you can. (You may have to do that step in batches.)
In a large bowl, stir together:
2 Tbsp. olive oil
Kosher salt or sea salt
freshly ground pepper
Toss the kale pieces in the mixture until all are coated. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread the kale out on the baking sheet as evenly as possible. Bake for 10-15 minutes, or until the leaves are very crispy. They will shrink some. Remove from oven, cool for 10 minutes, and enjoy.

We grow lots different kinds of **lettuce** here at Full Harvest Farm, green leaf, red leaf, green Romaine, red Romaine, green Boston bibb (sometimes knows as buttercrunch), red Boston bibb, red oak leaf, French crisp, etc. Lettuce goes into most of our boxes, so you're likely to get all of these at some point.
Wash lettuce thoroughly before eating—rain splashes soil onto it. We always do an initial washing, but it will need more. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. If you have a lettuce spinner, great, use it. If you don't, consider buying one: it's a real time saver for washing lettuce. And, it'll help you keep your lettuce fresh longer. Clean, mostly dry lettuce leaves will keep for a few weeks when stored in a ziplock freezer bag with most of the air gently squeezed out and the bag sealed.

Field Notes
We've had a very dry spring, which is rather an unusual event. Altho it's nice to be able to plant when the ground is dry, it's nice to see the plants in the ground growing bigger because of rain. This spring, we've had to irrigate with drip tape, and often. Luckily, Sunday dropped .25" and Monday gave us another .2". We'll take it.

More news about the farm next week. There's a lot of information to cover in the 1st newsletter.

One of the biggest problems we have on the first delivery day is someone taking the wrong size box. I try to get ahead of that by showing you a picture of the box your vegetables are packed in.



If you bought a **Couple or Every-Other-Week Couple Share**, you'll pick up this box, a 5/9 bushel. Short, squat, white, **light blue** lettering.



If you bought a **Family Share**, you get this box, a ¾ bushel. Tall, colorful, with red, white and green lettering.
If you forget what you signed up for, the size Share is next to your name on the signin sheet.

If you can not or do not get your box on Wednesday, your site manager will automatically hang onto it for 24 hours from the close of the site. Call, text or email your site manager within that time to arrange retrieval.

One last reminder: unfold your CSA box before you leave it behind at your pickup site. Many sites have a large container you can set them into. This helps your

site manager store your box easily until we pick it up next week.
Here's the link to watch a short YouTube video on how to unfold a wax box:
http://www.youtube.com/watch?v=IEaBFTlnGdo

Chuck and I find ourselves with extra plants, both herb and vegetable plants, after the big sales push earlier this month at the West Bend Farmer's Market. Herbs include: basil (Genovese and Thai), parsley (curly and flat leaf), oregano, thyme, rosemary, and lavender (Munstead and Ellagance). We still have cherry, grape and slicing tomatoes, Brussels sprouts, kale and head lettuce plants. We'll be putting these up for sale on our WebStore starting Thursday June 29th.

And that's it for this week's extra-long newsletter.
Enjoy box #1, and stay cool.

Have a wonderful 4th of July!!!

See you on the 5th
Terry & Chuck