Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #3
Odd Box
12 July 2023

Contents
Parsley: Flat Leaf (but a few curly)
Beets: Orange
Broccoli
Garlic: New
Kohlrabi
Lettuce: Mixed Heads of Green Boston, Red Romaine, Red Leaf
Sugar Snap Peas
Zucchini or Patty Pan Squash

New Stuff: parsley, broccoli, garlic, kohlrabi, patty pan & zucchini squash
Choice Box: ??

Parsley has often been touted as a breath freshener, but did you know it helps relieve indigestion? That's one of the reasons it's so often used as a garnish in restaurants. Chinese medicine recommends parsley, along with cilantro, to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron.
Chefs generally prefer flat leaf parsley, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me. I leave it to you to decide your preference.

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. To enjoy most of its nutritional value tho, eat broccoli raw. Or, gently cook or steam broccoli just until bright green and *al dente*. It's best stored inside a plastic bag in your refrigerator. Broccoli should keep for about a week. You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove. Check for them underneath the florets as you wash or cut broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't. I imagine the killdeer and barn swallows find them quite a tasty treat.
Broccoli florets are aptly named: they are flower buds. If left to bloom, the buds open up into bright, yellow flowers—edible flowers. The younger a head of broccoli is, the smaller the buds. We try to harvest them when the buds are around 1/16". Sometimes, the buds don't mature evenly and you'll see larger and smaller buds on one head.
The broccoli patch is producing just enough to give everyone some. Due to the lack of rain, the heads are small, so we've bunched them together where necessary. Never fear, there's another patch in the works. When that one is ready, broccoli will show up for a few weeks in a row, at least, then again when the next patch is producing.

Depending on the heat and moisture, broccoli can have a sharp taste. Cooking it gets rid of that sharpness, even if it's 2 minutes in boiling water.

We dug this fresh **garlic** Tuesday from the softneck beds (the kind that doesn't form scapes). Because it is fresh out of the ground, the covering over each clove is still moist and tender. You should still peel off the top layers over the clove first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, leave the garlic out on your counter to dry. As it dries, the covering leaves will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.

In our neck of the woods, **kohlrabi** is a favorite vegetable. When I ask my West Bend Farmer's Market customers how they like to eat it, they say, "Raw, with a little salt."
Kohlrabi has a juicy, mild flavor, and is excellent eaten raw. If you've eaten broccoli stems, you'll find kohlrabi similar in flavor, which makes sense once you know they are close relatives and share the same botanical name *brassica oleracea*.
The name "kohlrabi" derives from kohl, German for "cabbage" and rabi, meaning "turnip". Many botanists believe kohlrabi was bred from both plants. The bulb is actually a swollen section of the plant's stem, which is why the leaves radiate from it.
Nutritionally, kohlrabi contains large amounts of vitamins A and C as well as minerals potassium and calcium. High in fiber, kohlrabi has only 40 calories per cup.
To use it, cut off the outer layer with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs with your paring knife, underneath the kohlrabi's skin and work your way around it like you would peel an apple.

With the skin removed, slice it any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Store kohlrabi in a plastic bag and put it in your frig to keep it from drying out. It'll keep for several weeks, unpeeled.

Couscous with Kohlrabi & Chermoula Dressing

Makes 6 servings.

In a small saucepan, put:

1 cup water or stock

-cover, and bring to a boil.

Add: **1 cup couscous**

Cover, turn off heat and let sit for 5 minutes. Uncover, fluff with a fork and put into a large serving bowl.

In small bowl, put:

1-2 tsp. minced garlic
2 Tbsp. minced cilantro
2 Tbsp. minced fresh parsley
1 tsp. paprika
½ tsp. ground cumin
1 tsp. Kosher salt

-mash these together with a fork, or put into a mini-chopper and process until combined.

Add: **3 Tbsp. fresh lemon juice**
3 Tbsp. olive oil

Whisk together, then pour over couscous. Mix.

Add: **2 cups peeled, diced kohlrabi**
½ cup diced radishes
16 olives (kalamata are recommended)
½ cup crumbled feta cheese

Toss gently, and serve.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C, potassium and calcium. Store zucchini in the vegetable drawer in your frig—it should keep 4-5 days or longer.

A common problem with zucchini is poor pollination. Since insects move the pollen from the male flowers to the female flowers, plenty of insects mean plenty of pollination. Many of you know that the bee population has decreased dramatically in the last 20+ years due to neonicotinoid insecticides, parasites and habitat loss. When the insect population is low, pollination suffers causing some fruits to be badly formed, with one end narrow and pointy instead of sausage shaped. Some of you may get zucchini with this configuration. Simply cut off the pointy, soft end and use the rest.

Zucchini will be a constant, but not overbearing, item in your boxes for many weeks.

Zucchini tastes especially good on the grill. Simply slice into planks, brush with olive oil, sprinkle with salt and pepper and grill until soft.

We're also growing some pattypan squash again this year. Pattypan doesn't get very big, and is best picked on the small side. The skin is tender, so no need to peel.

Our Pattypan is a version of the native American White Scallop squash, grown by Indians for hundreds (if not thousands) of years. Our variety is mostly bright yellow with a green ring around the bottom. It, also, is great on the grill.

Or, try this recipe:

Baked Parmesan Zucchini Sticks

Preheat your oven to 350 degrees F.

In a small bowl, put:

½ cup grated Parmesan
½ tsp. dried thyme
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. garlic powder

In a medium bowl put:

2 Tbsp. olive oil

Add: 4 small zucchini (or the equivalent), quartered lengthwise

Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.

Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

Field Notes

Still on the lookout for rain. We hope Wednesday's forecast drops more than the ½" they're saying.

Monday and Tuesday were big transplant days. We got all the winter squash in the ground, tomatoes, more lettuce, rutabagas, carrots, green beans, Brussels sprouts—I'm sure I'm missing something. Ah, potatoes! Very satisfying to get all that planted!

Have a great week everyone!

Terry & Chuck