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Box #5
Odd Box
26 July 2023

Contents
Beets: Mostly Red, Some Orange
Carrots
Garlic
Kale
Lettuce: Red Boston Bibb
Onions
Patty Pan Squash
Zucchini

New Stuff: carrots
Choice Box: ??

We are famous for our carrots, so you're in for a real treat!
Best known for their beta carotene, **carrots** are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. **No need to peel a fresh, garden carrot**: the skin is thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, because they've been out of the ground a long time and their skins can be a little bitter. Also, if the skin shows a grayish color, or you taste a bitter flavor after you've eaten an old carrot with the skin on.
Store carrots inside a plastic bag to keep them from drying out, and put them in your refrigerator. When you get carrots with leaves, break the leaves off and stored separately, or compost them. Carrot leaves are edible and can be put into soups or pesto, but they can be on the bitter side. Carrot roots will keep for months.
You'll find a range of sizes in your bag, as well as "carrots with character": double, triple or quadruple roots, lovey-dovey carrots twisted around each other, etc. This is the way they grow in every soil, but farmers sort out the odder shapes and sell only the mono roots to grocery stores. Whether you have a perfectly-shaped mono root or one that looks like it's running away, they all taste the same. This year, we're growing yellow, purple and orange carrots, altho this week most folks are getting orange. We did wash a yellow or purple carrot here and there. We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots.

Some of the beets are really big. DO NOT BE AFRAID OF THE BIG BEETS. They will not be woody, they're just big.
CSA Member Sandy sent me the original recipe, but I had to put my own spin on it:

Beet Relish

2 pounds (907g) whole beets, washed and cut into large, even chunks
Wrap beet chunks in foil, place on a sheet pan and roast at 400 degrees until fork tender.
While the roasted beets are cooling, make this:
In a small saucepan over medium heat, put:
1 cup (237ml) apple cider vinegar * see note
½ cup (64g) granulated sugar * see note
¼ teaspoon celery seed
½ teaspoon salt
-bring the mixture to a simmer and cook until the liquid is reduced by half.
In a small bowl, put:
½ teaspoon corn starch
1 tsp. water
Whisk together and mix into the vinegar. Simmer until thickened and remove from the heat.
Put the beets into a food processor and process in 1 second bursts until finely chopped. Put into a bowl.
Pour vinegar mixture over the beets, mix well.
Allow to sit at room temperature before refrigerating.
Transfer to warm, clean jars.
** To make the relish less sweet and a bit more vinegary, use 1/4 cup of sugar and keep the vinegar at 1/2 cup.*

Kale & Lentils with Tahini Sauce
In a small saucepan, put:
2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander
-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.
While the lentils are cooking, whisk together in a large bowl: 2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper
When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.
Into a skillet, put:
¼ cup water

1 bunch kale, washed, center rib removed and sliced into thin strips

-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

Grilling Sauce for Zucchini

In a small bowl, whisk together:

¼ cup olive oil
1 Tbsp. balsamic vinegar
1 Tbsp. soy sauce
salt & freshly ground pepper

Soy sauce helps to emulsify the vinegar and oil. Wash the zucchinis and cut off the ends, no need to peel. Slice them into lengthwise slabs, ½" thick. Brush both sides with the grilling sauce. Grease your grate, and grill the slices over the coals, turning as needed. They're done when you can't see any whitish streaks, and the slabs are moist and limp.

Zucchini "Apple" Squares

Crust: 4 c. flour
2 c. sugar
1 ½ c. butter (3 sticks/12 oz.)

Work the butter into the flour/sugar with a pastry blender, 2 knives or the paddle attachment on a KitchenAid mixer. Reserve 1 ½ cups. Press remainder into 9"x13" pan, greased, and bake at 375 degrees for 10 minutes.

Filling: 6 c. zucchini peeled, cored, cut into chunks
2/3 c. lemon juice (bottled okay)
1 cinnamon stick

Cook until zucchini is translucent over medium heat. Remove cinnamon stick.

Add: 1 c. sugar
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. reserved crust mix to thicken

Stir and remove from heat. Spread filling onto crust. To the remaining 1 cup reserved crust mix, add: 1 tsp. cinnamon

Sprinkle on top of filling. Bake 375 degrees for 20 minutes or until crust browns. Serve warm or chilled.

Note: To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.

Field Notes

Another dry week for us. Here's hoping Wednesday gives us more much-needed rain. Chuck is spending a lot of time setting up and moving drip tape.

Because of the lack of rain, our early broccoli and cauliflower patch did not produce much. We were able to put broccoli into only one box. The cauliflower plants in that field were so small they produced heads that ranged in size from a ping pong ball to a baseball, if they produced heads at all. The next planting went into the ground last Friday. This means there won't be broccoli or cauliflower until sometime in September.

The drought has also affected our cucumber plants. The poor things just sat in the ground and did nothing until we had a few rains. Thursday, we erected our cucumber trellises and started the plants twining around their strings. Some plants even had tiny cucumbers on them. By Monday, Chuck had irrigated them and the plants were 3"-4" longer. One even had a pickle-sized cucumber! We're a few weeks away before we'll have enough to put into 130 boxes, but they're coming.

With fingers crossed and a lot of hope in our hearts, we planted some melons on Thursday. If we have enough hot weather for them to mature, you might get some melons in your boxes later in September.

On the happy side, the peppers are growing nicely, have buds and blooms, and look pretty happy. The Field Crew got them mulched shortly after they went into the ground, and there's a line of drip tape along each row. Life is good for the peppers.

It's time to put stakes in the ground to support the tomatoes.

We'll be adding another line of twine in the Florida Fence that supports the next patch of sugar snap peas. Altho this patch is producing, it's not producing enough to put into 130 boxes. Give it another week or so, and we'll see.

The sweet corn has tassled, and ears are forming. Happy Day! Sweet corn in a week or two.

And that's it for now. Pray for rain.

Take Care,

Terry & Chuck