Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
http://www.fullharvestfarm.com
Box #7
Odd Box
9 August 2023

Contents
Cilantro
Apples: Paula Red
Beets: Mixed Types
Carrots: Mixed Types
Cucumbers--Family Only
Kale
Onions: Ailsa Craig
Pepper: Jalapeño—Couple Shares Only
Zucchini

New Stuff: apples, cucumbers, Jalapeño pepper
Choice Box: Apples with some damage, and ??

Paula Red apples ripen in August. They have red skin with a patch of yellow or light green, and white flesh that sometimes has pink veins. Paula Red apples have a crisp tart/sweet taste. Like most early apples, Paula Reds do not keep for very long, so are best eaten soon. They're also great for apple sauce (leave the skins on) and pies.
Our orchard is certified organic. We do not spray, we trap. If you drive past our farm, you'll see red cups hanging in our trees and a milk jug hung in the crotch of the tree. The red cups are coated with a very sticky substance meant to prevent any insect that lands on it from taking off again. Red fruit is especially attractive to Apple Maggot Flies. These small flies land on red apples, insert an egg under the skin, then fly off to do the same to more red apples. The maggot that hatches eats its way thru an apple causing small, brown tunnels in the fruit. So we fool them with red cups and sticky stuff.
The jugs contain a mixture of apple cider vinegar, sugar and water. I'm not sure what they do, but I read an article in a farm magazine about a gentleman who learned this method from his father, does it every year and says he has great fruit. The ingredients are cheap, nontoxic and easy to mix and use. Most people have gallon or half gallon jugs, so we just save ours over the winter until we have enough for 1 per tree. It seems to help.
Certainly, we don't trap all the bad bugs. But this is the 3rd year in a row we've hung out red cups and jugs, and the quality of our fruit has improved significantly. So much so that we actually have enough to put into our CSA boxes, a first.
These apples will not be perfect like the apples you buy at the supermarket. They will have dimples, scars and occasional small holes. You will have to trim a bit off some of the apples so you can eat the rest. But the rest does not have any chemical residue on it, nor has it been waxed to make it look shiny. It's an apple as Mother Nature make them.

Cucumbers are high in vitamin E (probably why they're so soothing on the eyes), and low in calories. Few vegetables are as satisfying on a hot summer day for replenishing liquids and filling you up.
Storing cucumbers can be tricky as moisture appears to be their enemy. Here's how I store cucumbers so they won't get mushy: I **DO NOT** PUT CUCUMBERS INTO A PLASTIC BAG. I put them in my refrigerator's vegetable drawer, cut or uncut. They'll keep for up to a week. I discovered this by mistake one night, when I was too tired to dig up a plastic bag. I tossed a half-used cucumber into my vegetable drawer, letting it fend for itself. 3 days later, I opened my frig to find a cool cucumber whose cut end was only slightly dried out, skin perfect. I was amazed.
I recently read in "Real Simple" about another method that's supposed to work well: wrap a cucumber tightly in plastic wrap, then put the wrapped cucumber in an airtight container (or ziplock bag). Should last about a week.
We grow our cucumbers up trellises and mulch them with a thick layer of straw. We construct our trellises by planting 2 8ft., galvanized pipes in the ground (the verticals) about 6 ft. apart, then fasten another across the top (the horizontal), tie a string at the bottom between the 2 verticals, then tie strings from the top, horizontal bar to the string at the bottom. Train the cucumber vines up the strings by twining the vines up the vertical strings as the vines grow. I'm pretty sure I adopted this idea from the square-foot gardening book, and it worked well in my own garden, pre-farm. We tried it last year, and it seemed to work. The advantages are that light and air can circulate much better around a plant supported by a trellis, making it healthier, faster-growing, and less likely to contract powdery mildew, a common fungal disease in gardens. Since much of the fruit hangs above the ground, it's cleaner and easier to pick.
We're not sure how long it will take, but some week we'll put cucumbers in everyone's box.

Creamed Cucumber Salad
In a medium bowl, put:
½ cup sour cream
1 Tbsp. cider vinegar

1 tsp. Kosher salt
1 tsp. sugar
½-1 tsp. pepper
2 Tbsp. fresh dill weed, chopped (or 2 tsp. dried)
1 tsp. brown mustard
-Whisk together long enough to dissolve sugar and salt.
Add: **4 cups cucumbers, sliced however you prefer**
½ cup onion, minced
Toss with dressing, then let sit for 30 minutes for flavors to blend.
Adjust this recipe to fit the amount of cucumber you have.

The Jalapeño peppers are producing some nice-looking fruits. Since the Family boxes are getting cucumbers, we're giving the Couple boxes Jalapeño peppers. This plant is famous for producing a lot of peppers, so we think everyone will get one next week.

Some of the beets are getting pretty big in the field, which translates into large beets in some of your boxes. Chuck and I want to assure you that they are not woody, so no need to be afraid of large beets. The bigger ones have more flavor, making them great for roasting, sautéing, whatever you wish.
Here's a picture of one Chioggia beet that I sautéed Tuesday evening. It weighed 2.5 lbs., was not woody, and in fact tasted quite sweet when eaten raw. I didn't even peel it before cooking, just scrubbed it clean. It was delicious.



And, who can't use another kale recipe? One of our members sent me this one in 2012:
Kale with Bacon and Cannellini beans
3 slices uncooked bacon
3 cloves garlic, minced
1/2 tsp. crushed red pepper flakes
1 cup onion, diced
1 bunch uncooked kale, de-stemmed, roughly chopped
1 cup canned chicken, vegetable or beef broth
15 oz. canned cannellini beans, rinsed and drained (about 2 cups)
1 tsp. kosher salt
1 Tbsp. balsamic vinegar
1 tsp. sugar
Set a large, heavy pot or skillet over medium heat; add bacon and cook to desired crispness. Remove bacon from pot and set aside; leave bacon drippings in pot. Add garlic and red pepper flakes to bacon drippings; cook, stirring, until garlic becomes fragrant, about 30 seconds to 1 minute. Add onion; cook, stirring occasionally, until soft, about 10 minutes. Add kale; cook, stirring occasionally, until it starts to wilt, about 5 to 7 minutes. Add broth; cover and simmer over low heat until kale is just tender, about 8 to 10 minutes. Add beans; simmer, uncovered, until liquid is almost evaporated, about 5 to 7 minutes. Stir in salt, vinegar and sugar; sprinkle with crumbled bacon and serve immediately. Yields about 1 1/4 cups per serving.

Field Notes
The big news is sweet corn. Chuck decided it needed another week to size up. So next week we'll be putting it in the Couple boxes only. There won't be much, but we'll give you all we can.
The early drought has really affected the Ailsa Craig onions, leaving them smaller than usual. We dug up an entire bed containing 3 rows of onions to have enough to put these in your box. Last year, with more frequent rain, we got 3 times that weight in onions. Ah well, it is what it is.
The tomatillos are growing fast. Time to support them with 2 layers of a Florida Fence. That's what we'll be doing later this week (among other things).

And that's it for this week.
Enjoy!
TERRY & CHUCK