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Box #11
Odd Box
6 September 2023

Contents
Parsley: Flat Leaf
Beets: Loose, Mixed
Broccoli
Carrots
Cucumber—Couple Shares Only
Garlic
Kale
Pears or Apples
Peppers: FlavorBurst or Red Ace, Jalapeño
Tomatoes—Family Shares Only

New Stuff: Pears
Choice Box: wonky pears, peppers

Chuck decided to pick our pear trees over the Labor Day weekend, so thank him for these. There weren't very many this year, so you only have a few. Pears ripen best on your counter. When the top gives to slight pressure, they're ready to eat.
There weren't quite enough for everyone to get pears, so some of you are getting apples.

The new broccoli beds are producing some nice heads. We've been able to harvest plenty for your boxes this week.
Because this broccoli grew in hot and dry conditions, it will taste rather strong if you eat it raw. We recommend you cook it, which will eliminate that strong flavor. If you really like it crunchy, you can parboil it first. Just drop the florets into boiling water for 2 minutes, then drain and run them under cold water to stop the cooking. It'll still have some crunch, but the strong flavor will be gone.
Here's a recipe one of our site managers gave me several years ago:
Broccoli, Cilantro and White Miso Soup
500g (1 lb 2 oz) frozen broccoli florets, or 1 head of fresh broccoli, chopped into florets
250g (9 oz/2 cups) frozen peas
500ml (17 fl oz/2 cups) vegetable stock
leaves from 5 sprigs of fresh cilantro
200ml (7 fl oz/generous 3/4 cup) canned full-fat coconut milk
2 tablespoons coconut butter
2 teaspoons white miso paste
hulled hemp seeds, to serve
coconut milk, to drizzle
Put broccoli florets, peas and vegetable stock into a large saucepan. Place over a high heat and bring to the boil. Reduce the heat to a gentle simmer. Cover and cook for approximately 5-8 minutes or until the broccoli is cooked but not mushy.
Remove from the heat and let sit for 5 minutes to cool slightly. Add the cilantro leaves, coconut milk, coconut butter and miso paste. Transfer to a blender or use a hand blender to purée the soup until smooth.
Serve the soup with a sprinkle of hemp seeds and a drizzle of coconut milk.

Cucumbers are growing well, but aren't producing enough to give one to everyone, so just the Couple Shares are getting cucumbers.
To balance things out, only the Family Shares are getting a tomato—we had a few left from Pinehold Garden's generosity last week.

You may find some small patches of white aphids on the underside of a few of your kale leaves. These are wooly aphids, and they're moving into the kale patch. Wash the leaves in soapy water to kill and remove these little critters.
Here's another soup for the cooler days to come:
Sausage, Kale & Lentil Soup
In a Dutch oven over medium-high heat, put:
1 lb. Italian sausage
1 cup onion, chopped
2 cloves garlic, chopped
½ tsp. freshly ground pepper
-Cook, stirring often to break up the sausage, until the meat is in small pieces and onion is a little brown.
Add: 7 cups chicken broth
-stir, scraping off any bits stuck to the bottom of the pan.
Add: 1 28 oz. can tomatoes
2 cups orange lentils, washed
To wash lentils, put them into a medium bowl. Fill the bowl with water about an inch above the lentils, and stir with your hand to loosen any dust, dirt or grit. The water will get cloudy as soon as you start stirring with your hand. Dump the rinsed lentils into a strainer, removing all the water, then back into the bowl for another rinse, then repeat a third time. After straining them for the final time, dump them into the pan and bring to a boil. Washing off this dust/dirt improves the flavor of the final dish.
Turn heat down so soup simmers and cook for 15-25 minutes, or until lentils are soft. Timing will depend on the size of the lentils.

Add: 5 loosely packed cups kale, stems removed, coarsely chopped
-Stir and simmer until kale is tender, 10-15 minutes. Taste for salt and add more if necessary.

Our FlavorBurst pepper patch is turning color fast. These are so good when they turn from light green to yellow, then orange. Mother Nature didn't mature enough FlavorBurst for everyone, so we switched to Red Ace. This is an early-maturing red bell pepper (green to red), and there were enough to finish out the 128 peppers we needed.

Field Notes
Dry, dry, dry. Dry and hot.
We're hoping hard that Wednesday will drop some rain on us.
Chuck has been moving the pipes and hoses around so he can give everything that needs it a decent drink.

The new green bean patch is starting to produce. We hope to put some green beans in next week's box.

Tomatoes are still slowly growing. Not many ripe ones to be had yet.

Work Day
Chuck and I are holding a Work Day this Sunday, September10, from 2-5pm. Our goal is to clear the carrot patch of weeds.
Carrots do not grow well when there are lots of weeds in their space. It's problematic when the seeds take so long to germinate that the weeds get a big head start.
Bring some gardening gloves—the thin kind with plastic palms and a knit back work great. You can feel the weeds and grab them without them slipping out of your fingers.
Also bring a hat, sunglasses, sunscreen, a kneeler (if you have one—we have extra), a water bottle and those gloves.
Please reply to our fullharvestfarm@gmail.com account to let us know you're coming. Thank you!

THANK YOU to all of you who are careful when unfolding your wax boxes from week to week. A sound box is plenty strong enough to handle the weight of carrots, beets, winter squash, potatoes, onions, etc. And a greater concentration of heavier vegetables is coming, so we need our wax boxes as intact as possible. We like **not** seeing ripped tabs on the bottom of a box.

And that's it for this week.
Enjoy this cooler weather—I know I will!

Terry & Chuck