



Full Harvest Farm, LLC
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Box #13
Odd Week
16 September 2015

Contents

Cilantro
Brussels Sprout Tops
Cabbage
Cauliflower
Garlic
Melons: Canary, “Brilliant”
Peppers: Carmen, Sweet Delilah
Tomatoes: Mixed

New Stuff: Brussels sprout tops, Sweet Delilah peppers

Choice Box: cantaloupes, peppers

Yes, indeed, Brussels sprout tops, a tasty treat you’ll only get this once. These tender tops are sweet and delicious. Eat everything: the leaves, the stems and especially the stalk—that’s the best part. You can store them in the plastic bag they come in until you’re ready to eat, although it’s best to eat these within 3-4 days. We’ve eaten them steamed, sautéed, stir fried and in soup. Steaming is my favorite. Choose your favorite method and enjoy!

The reason you’re getting Brussels sprout tops is, we break this part of the plant off in order to make the plant put more energy into forming the sprouts and not in growing upwards. Breaking the tops off of Brussels sprouts is rather labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bag after garbage bag, and hauled them all to their car. The next week, they brought lunch and we got to taste what all that hauling was about. Wow! We’ve been eating them ever since.

When you get Brussels sprouts in your box, expect a bunch of leaves as well—much better and sweeter than collard greens.

Sweet Delilah is an Italian-style pepper: sweet, not hot, with a long, conical shape, usually bigger than Carmen. Most of these have turned red, although not all are completely red. There may be a small blemish on one, but we’ve tried to give you peppers with one or two surface blemishes only, if that.

If you get a pepper, or tomato, with a lot of damage (we try, but we can’t catch everything every time),

PLEASE let us know so we can replace it. We want you to be happy with the produce in your box. A nice head of ripe cauliflower tastes much sweeter than that slightly bitter vegetable we find in the grocery store.

Use the roasting method in newsletter #1 for cauliflower florets, and toss some dried basil and ½ cup or so of Parmesan or cheddar cheese into the bowl for a flavor boost.

Here is a recipe for the Indian dish “Aloo Gobi”

<http://www.foodnetwork.com/recipes/aarti-sequeira/cauliflower-and-potatoes-aloo-gobi-recipe.html>

It’s basically spiced cauliflower and potatoes.

Here’s one with cauliflower and tomatoes:

<http://www.foodnetwork.com/recipes/food-network-kitchens/cauliflower-with-tomatoes-recipe.html?ic1=obinsite>

I recommend using a large bowl for tossing the cauliflower and tomatoes with the spices, then spreading them out on a rimmed baking pan, lined with aluminum foil—much easier.

Field Notes

Interestingly, the peppers seem to be fighting off the bacterial speck that attacked them this summer. As I harvest peppers, I’m seeing new leaves without spots, and the plants are producing flowers, which, if we have a long, warmish autumn, might result in more fruit. The eggplant has definitely fought off the disease they had earlier this season. They’re producing more fruits and flowers, so we should be able to give you eggplant again.

The tomatoes are still forming fruits, at least for a little while yet. We’ve started to see late blight on the fruit. This shows up as yellow spots on the tomatoes, brown spots on the leaves of the plant. Late blight will kill all the tomatoes it’s infected within 2 weeks. This disease is the main reason we change the location of our tomato patch every year. If the fungus overwinters (stays alive) in tomato stems, leaves or fruit, it will infect next year’s crop. This pathogen, *phytophthora infestans*, is the one that caused the 1845 Irish potato famine. Potatoes are a perfect host for *P. infestans*, since you have to use some of last year’s potatoes to plant this year’s crop.

A quick reminder that Farm Day is Sunday, Sept. 27th. We’ll start at 1pm with cider-making, then head out to the fields around 2:30 for a tour. We’ll wrap it up with a raffle for Fabulous Prizes and finish around 4pm.

Chuck and I hope to see you there!

Soonish, **Terry & Chuck**