



Full Harvest Farm, LLC
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Box #18
Even Week
26 October 2016

Contents

Beets: mostly Orange, a few Red
Cabbage: Green
Cauliflower: Mixed Types
Leeks
Peppers: Bell, Italian
Potatoes: Mixed Types
Rutabaga Greens
Rutabaga Roots

New Stuff: rutabaga roots

Choice Box: eggplant, peppers, etc.

Rutabagas are a relative of turnips but taste sweeter. Since they first appeared in Sweden in the 17th century, rutabagas are often called “Swedes”. Rutabagas are high in carbohydrates, vitamins A, C, calcium and some minerals and antioxidants. For maximum nutrition, do not peel them. Rutabagas can be used in any dish you would put potatoes, carrots or turnips into, like pot roast, soups or stews. They store well unwashed, or in a plastic bag in your crisper drawer.

Mashed Rutabagas with Bacon

Put into a pot of salted water:

4 cups peeled rutabagas, chopped into ¼” pieces
-Bring to a boil, then simmer until very tender, about 15 minutes.

While rutabagas are cooking, heat a small skillet over medium heat.

Add: 4 oz. bacon, sliced into ¼” slivers

-Cook until the bacon starts to crisp.

Add: 2 Tbsp. garlic, minced

-Saute 1-2 minutes until the garlic just starts to turn color.

Add to skillet: 2 Tbsp. butter

-Turn off heat. Strain rutabagas when very tender, and put into a mixer bowl. Add bacon mixture, salt and freshly ground pepper to taste, and beat until rutabagas are creamy. You can also mash them with a potato masher. Add milk or cream if rutabagas are too thick, but they hold enough water so they probably won’t need it. Serve at once.

These rutabaga greens have had 5 frosts on them, and are correspondingly sweet. Try them sauteed with

some onion and garlic, or add carrots too for a pretty vegetable side dish.

The beets came out of the field quite clean, so we did not wash them. Store them in the refrigerator--the dirt acts as a barrier to deterioration, so they’ll keep longer. A good scrub before using and they’re good to go.

Some beet bags will have 1 or 2 red beets in among the orange, some bags will be all orange. Orange beets are sweeter and milder in flavor than red, but still taste very much like beets. You can grate them raw into salads with no need to peel the skin off. They are also wonderful sauteed with some butter, salt and pepper. Chuck prefers them roasted.

Altho these beets range quite a bit in size, you do not have to worry that large ones will be woody: they will not. And, there’s less to clean when you’re ready to use them.

Simple Beet Soup

In a 3-4 qt. saucepan over medium heat, put:

2 Tbsp. olive oil

1 cup chopped onion

2 cloves chopped garlic

salt & freshly ground pepper

Sauté onion & garlic until transparent, stirring frequently.

Add: 1 large beet, peeled & cut into ½” (about 1 lb.)

6 cups chicken or vegetable stock

Simmer beets in stock until they are very soft, 15-20 minutes.

Puree mixture with a hand blender, regular blender or food processor. Be extra careful when pureeing hot liquids. If you prefer, leave it chunky.

Add: ½ cup heavy cream, *optional*

Stir to mix and taste for seasoning.

Serve with a dollop of sour cream, a sprinkling of chopped parsley and/or some chopped chives.

Field Notes

We’ve had a dry week here, for which we are grateful. The weather mavins predict rain for Tuesday night and Wednesday. Looks like we’ll be slogging thru the mud once again.

Sadly, the tomatillos did not produce as well as we hoped, and there were not nearly enough to put them into your boxes again—our apologies if you were looking forward to them.

On a happy note, our organic inspector from Midwest Organic Services Association came on Monday, and we passed with flying colors. Hooray!

Another reminder to bring your wax boxes back to your pickup site this week so we can get them when we deliver CSA boxes next week.

Racine site manager Jeff Siuta took a number of pictures at Farm Day. Here are 2 of them:



Have a great week!

Terry & Chuck