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Box #20  
**Even Week**  
9 November 2016

### Contents

**Brussels Sprouts: Will be in separate boxes for both Couple and Family**

Cabbage  
Carrots  
Cauliflower  
Celeriac / Celery Root  
Garlic

**Kohlrabi: Family Only**

Leeks  
Lettuce: Mixed  
Winter Squash: Butternut

**Choice Box:** various

As it states above, we'll be delivering your Brussels sprout stalks separately. There will be a box set in front of the Couple Shares with a sign that states "Couple only Brussels Sprouts, Please take ONE". A similar sign will be on the Family Brussels sprout box. I saw Jacques Pepin make this dish on his cooking show a few years ago and was intrigued. "Cabbage? with shrimp?" I thought, and had to try it. Well, the combination is surprisingly elegant as well as delicious.

### Cabbage with Shrimp *serves 4*

In a large saute pan over medium heat, put:

1 cup chicken or vegetable stock

Add: 6 cups cabbage, chopped into 1/4"x2" pieces  
(any kind of green cabbage will work)

2 lg. cloves garlic, chopped coarsely

-Cook for 8-10 minutes, covered.

Add: 1 cup heavy cream

1-2 Tbsp. Dijon or brown mustard

1/4 cup white wine (**dry**, not sweet)

-Stir and simmer for a few minutes to evaporate the alcohol.

Add: 1 lb. shrimp, shelled completely  
salt & pepper to taste

-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.

NOTE: I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle

when boiled, so you can simmer your shrimp with an easy mind.

I've also made this with salmon filets, and it was just as good.

Erin Glosson sent me this recipe in August for a dish she learned to make in India:

### Carrot and Cabbage Masala

1 small head cabbage, chopped into 1 inch pieces

2 cups carrots, chopped into 1/2 inch pieces

1 large onion, diced

1 Tbsp cumin seed

1 Tbsp ginger garlic paste (could substitute fresh, grated or minced equal parts of each)

2 tsp. turmeric

1-2 tsp. salt

1 Tbsp butter, ghee, or coconut oil

Heat fat over low to medium heat. Add cumin seeds and fry them for 30 sec to 1 min, taking care not to let them burn. Add onion and sauté until beginning to soften. Add ginger garlic paste (or ginger and garlic) and sauté for a minute or so until it loses its sharp smell. Add turmeric and salt and incorporate. Allow to cook for 30 seconds. This is your masala. Add cabbage and carrots. Stir well to coat the veggies with the masala. Sprinkle with 1-2 Tbsp of water to aid in steaming veggies and keeping them from sticking. Cover. Cook until veggies are tender.

We're still having some powdery mildew issues on a few of the cauliflower. It should be only on the surface and easily cut off. We recommend you use your cauliflower soon.

We had enough kohlrabi for the Family boxes, but not the Couple. Altho these are very large, they are Kossaks, which are supposed to be huge and not woody. They will also store for months, uncut.

### Field Notes

We're delighted that the weather has continued dry and, for this time of year, warm. It's delightful to be outside in this cooler weather.

Garlic planting started on Monday, and will continue until all 8 beds are planted with 4 rows of garlic each. Next year we hope to have plenty of garlic for our CSA members, the farmer's market, and planting for 2018.

Because of the warmth, plants that normally hold tight at this time of year are actually growing, albeit slowly. We've seen progress in our broccoli, cauliflower, Brussels sprouts, kale, cabbage and leeks. 2<sup>nd</sup> week in November. Extraordinary.

Looking back over the season, we saw some real ups and downs. This was a good year for: zucchini, lettuce, leeks, peppers, green beans, tomatoes, eggplant and Brussels sprouts. This was a bad year for: winter

squash, melons, cabbage, kohlrabi, onions, cucumbers and potatoes. As we always do, we take a hard look at the things we can improve on, like hilling our potatoes A LOT, planting kohlrabi a few more times, keeping on top of the weeds in our onion field. Others we have to roll with, like the extremely wet weather that caused powdery mildew, poor pollination in our melons and winter squash—these can't be helped, as much as I would have liked to erect a tarp over our fields, or directed the bees into those squash blossoms. Like most years, the good outweighed the bad, and we plan to make 2017 a great year.

Among the good news this season is: Chuck had a thorough walk around the farm, and decided we can, after all, offer a **Winter Storage Box** using the items we have. Here's what's in it:

Red Beets	5 lbs.
Brussels Sprout Stalk	1 tall
Green Cabbage	1 med.
Orange Carrots	5 lbs.
Green Curly Kale	1 bunch
Leeks	3-4 lbs.
Mixed Potatoes	5 lbs.
Rutabagas	5-6 lbs.

The cost is \$50. We have 40 boxes available, along with a few other items you can add on. We'll deliver these on Sunday, Nov. 20<sup>th</sup>, in the afternoon.

Because of the likelihood of it being below freezing at that time of year, we will not be able to deliver to all pickup sites, so you may have to go to one further from your home. Here are the sites available:

- Full Harvest Farm
- Delafield
- Menomonee Falls
- Racine
- Sussex
- Waukesha
- Wauwatosa/Elm Grove

To order, you pretty much follow the same procedure you used to order extra produce thru Ecommerce except this time you must choose a pickup site. To make this easier, I sent you detailed instructions earlier Tuesday evening in the email titled: "Winter Storage Box". Let's keep the vegetable momentum going with a nice Winter Storage Box on the 20<sup>th</sup>.

Chuck and I want to thank all of you for joining us this season, for being a part of our CSA family. We get a real sense of accomplishment every time we deliver those boxes of fresh, organic produce, and are thrilled when you send us emails and notes praising this or that vegetable or recipe, and appreciating the hard work

that goes into planning and packing 215 boxes every week. It's a job and a joy, and we love it (mostly). Here's another photo from one of the highlights of our year: Farm Day.



Boy, we really should do this more than once.

Happy, safe holidays to all, full of fun, family and good food.

See you next year,

**Terry & Chuck**