



Full Harvest Farm, LLC
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Box #16
Even Week
7 October 2015

Contents

Cilantro
Broccoli
Cabbage
Eggplant
Lettuce: Romaine/Mixed Types
Peppers: Red Bell and/or Carmen
Yellow Bell: Family Boxes only
Potatoes: Red and White (but mostly Red)
Tomatillos
Tomatoes: Old German and/or Red Slicers, Juliets

New Stuff: tomatillos, Old German tomatoes

Tomatillo means “little tomato”. It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies. Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.

To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir fries, or in any number of Mexican dishes, like salsa verde or enchiladas.

The cultivar we're growing matures thru green to a light yellow-brown, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they believe tomatillos have the best tart-sweet contrast at this stage. I prefer mine on the sweeter, more mature side.

Here is an easy, delicious salsa verde recipe. I use a combination of green and yellow tomatillos.

Raw Salsa Verde

Makes about 2 cups

In a blender or food processor, put:

1 lb. tomatillos, husks removed, washed and cut into quarters
1 tsp. chopped garlic (or more as you wish)
1 shallot or small onion, coarsely chopped
1/3 cup cilantro, roughly chopped, loosely packed
1/2 tsp. ground cumin
1/2 cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
salt & freshly ground pepper

Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.

Roasted Salsa Verde

Makes about 2 cups

Turn on your broiler, or set your oven as high as it will go.

Line a half sheet or jellyroll pan with aluminum foil.

Put on the pan in a single layer:

1 lb. tomatillos, husks removed, washed and cut in half

1 Jalapeño, washed, halved, stem, seeds and/or ribs removed

1 small onion, cleaned and quartered

2 lg. garlic cloves, UNpeeled

-Roast until the contents are slightly charred, 5-15 minutes or more, depending on the temperature of your oven. When done, remove from oven and let cool 15 minutes on a rack.

Put into a food processor or blender:

contents of pan—**but peel the roasted garlic**

first

1 Tbsp. lime juice (fresh if you have it)

1/3 cup fresh cilantro, loosely packed

salt and freshly ground pepper to taste

Process until you've reached the consistency you desire: less for a chunky salsa, more for a smooth one. Taste and adjust the seasonings.

Old German tomatoes are an heirloom variety with pretty coloring, great taste and the usual heirloom drawbacks: cracking, uneven maturation. Old Germans tend to ripen at the blossom end (the bottom) first, then the top.

Old Germans haven't been as prolific this year, nor do they quite measure up to last year, but they're still good. We've tried to give everyone an Old German, but ran a few boxes short, so those folks will get a large, red slicer. These may be the last tomatoes this year.

CSA member Fen Li has put together a video on how to make sauerkraut. Here's the link:

<https://www.youtube.com/watch?v=4TOZDstMr9U>

Field Notes

We've started to drag out row cover and wire hoops so we can cover the crops we think we can hang onto for a little while, like peppers, eggplant, tomatillos. These can only take a few light frosts. Carrots, beets, broccoli, cauliflower and cabbage can survive several lighter frosts. We wait until the plant has thawed before we harvest. Kale and Brussels sprouts usually sail thru a frost with no damage, just getting sweeter with each one. Once the temperature gets down to the single digits tho, nothing survives.

These are the last 5 boxes of our CSA season. Expect more storage items, especially in the last 2 boxes.

Enjoy the week.

Terry & Chuck