



Full Harvest Farm, LLC  
7112 County Road S  
Hartford, WI 53027  
262 673-6760  
[fullharvestfarm@yahoo.com](mailto:fullharvestfarm@yahoo.com)  
Box #6 **Even Week**  
Newsletter #6  
30 July 2014

## Contents

Fennel  
Beets: Chioggia, Golden, Red  
Cucumbers  
Garlic  
Onions: Walla Walla  
Kohlrabi  
Sunflower Greens  
Zucchini

**New Stuff:** fennel, Walla Walla onions

**Choice Box:** zucchini

Because it's not usually used in this country, we're starting you out with a small amount of fennel. Fennel has been used for hundreds of years as an aid to digestion, is high in vitamin A, calcium, potassium and iron. The bulb and leaves have a mild, black-licorice flavor that is very good in salads, vegetable dishes and with fish. Fennel is not well known in this country, altho it is widely used in Europe. The frugal cook likes it because all of fennel is edible: bulb, stalks and leaves. To use, cut off the top of the root from the bulb, which is tough, and chop off the leafy stalks for use later. Wash the bulb under cold, running water to get out any dirt that may have sifted down between the layers. Place the bulb flat on your cutting board and slice it in half. Set the cut side down on your board and slice lengthwise. Decide how small you want your pieces to be before slicing across the bulb. Use the feathery leaves as a fresh herb. They lose some flavor each day, so go thru them as quick as you can. Or, add them to your next batch of pesto, or potato salad. You can dry fennel leaves on paper towels in your microwave. Store the dried, chopped leaves with your other herbs. If you make stock, the fibrous stalks are an excellent flavoring. One of our site managers cuts the stalks into 4" lengths and stores them in a jar of water in her fridge: it's one of her children's favorite snacks. Like sugar cane, you chew on the stalks to get all the tasty, tender bits, then spit out the fibrous part. Making an infusion (think tea) is a way to use a small amount of something, and get good flavor out of it. Here's how you can do that with your fennel.

## Fennel with Fish

Clean the fennel as described above, reserving some fronds to add later. In a 10" sauté pan, over medium heat, add:  
2 Tbsp. butter  
2 Tbsp. olive oil  
1-2 fennel bulbs, cleaned and sliced thinly  
- sauté just until the fennel begins to brown.  
Add: ½ cup water, stock or dry white wine  
-add the stalks, cut into 4" lengths (so you can remove them later), cover the pan, turn the heat to low, and cook the fennel until it is completely soft, about 15 minutes. While the fennel cooks slowly and flavors the liquid, snip off the rest of the leaves and chop them up. When the fennel is done, push the pieces toward the sides. You should have a thin layer of fennel-infused liquid on the bottom of the pan. If you don't, add more water, stock or wine. Scrape the bottom of the pan to loosen any stuck-on bits (this is called "de-glazing"). Add enough fish to fill up the area inside the cooked ring of fennel, season with salt, freshly ground pepper, and half of the chopped fennel leaves if you intend to turn the fish over. If you're using thin fillets, like Tilapia, you won't need to turn them over, so sprinkle all of the chopped fennel over the top. Cover the pan again, and simmer slowly, just until the fish is no longer transparent in the middle, but is still moist. The length of time will depend on the thickness of the fish. The best rule I've found is the simplest: Measure the fish at its thickest point, and cook it 10 minutes per inch, regardless of the cooking method. The fennel bulb is tender and delicious, but the stalk will be too fibrous for eating, so remove the stalks before serving.

## Fennel Tapenade

Puree in blender:

- 1/2 cup pitted kalamata olives
- 1 small fennel bulb
- 1 small clove garlic, chopped—or a scape
- 1 Tbsp. red wine vinegar
- 2 Tbsp. red onion, chopped
- 1-2 Tbsp. olive oil (or flaxseed oil)

Spread tapenade on bread, toast or crackers as an hors d'oeuvres, or on sandwiches like mayonnaise. Walla Walla onions fall in the "sweet" onion category, like Vidalia onions. Because these are fresh, you can use both the white and light green parts, and even the good-looking, tenderer green tops: let your knife tell you when those greens get too fibrous. Store these in a plastic bag in the fridge, they should last for a few weeks. You can use them in any recipe that calls for onions. A source I read suggested grilling the whole onion, greens and all. Sounds good.

Here's a salad I created yesterday, using one of my Asian cookbooks and combining 2 recipes:

## Cucumber, Kohlrabi and Carrot Salad

In a medium salad bowl, put:

1 small onion, cut in half and sliced thinly

1 medium cucumber, cut in half and sliced into thin half-moons

1 carrot, scrubbed and cut into julienne matchsticks

½ kohlrabi, peeled and cut into julienne matchsticks

-Toss vegetables together to mix them and break up the layers of onion.

**Dressing:** in a small bowl, put:

1 Tbsp. light soy sauce or Tamari

2 tsp. rice or black vinegar

1 tsp. sesame oil

1 Tbsp. lightly-crushed, roasted sesame seeds

Just before serving, stir the dressing to mix it and pour over the vegetables. Toss together and serve immediately: the longer this salad sits with the dressing on it, the more liquid the cucumber will release.

### **Field Notes**

The garlic harvest has begun!

Monday, Chuck used an undercutter, a rectangular piece of heavy steel that's pulled behind a tractor, to loosen the ground underneath the garlic beds, making them easier to pull up. Along with the bulbs you're receiving this week, the field crew is collecting all the garlic to dry in the greenhouse. Some of this will be saved and replanted in late October or early November, and will become bulbs ready for harvest a year from now. The rest will be put into your CSA boxes or sold at our farmer's market in West Bend.

Another project involves our new greenhouses. The simpler greenhouse has been tilled up and the ground fertilized with Chickitty Doo Doo (yes, and it's OMRI listed). The beds were laid with drip tape and covered with weed mat. Then, we'll plant cucumbers, peppers and perhaps some tomatoes in those beds.

In the other greenhouse with the top vent, are tomatoes. Wire cables have been strung the length of that greenhouse so that string can be tied to it, the other end anchored to the soil, and the tomato plants trained up that string. We will train the cucumber plants in the other greenhouse up string the same way.

You've been doing an excellent job of bringing your wax boxes back to the pickup site. Thank you!

Our site managers have asked me to remind those of you who are not unfolding your boxes to please do so. It makes it much easier for your manager to store them when they're unfolded and flat.

As part of the unfolding routine, the majority of you are carefully unfolding your box so none of the tabs or

cutouts are ripped. Thank you! We can reuse these food grade, wax boxes several times if they're handled properly.

Enjoy these milder temperatures.

Peace,

**Terry & Chuck**