



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #17
Odd Week
14 October 2015

Contents

Parsley: Curly or Flat Leaf
Carrots: Orange and Yellow
Cauliflower
Eggplant
Lettuce: Green Boston
Peppers: Beaver Dam
Tomatillos
Winter Squash: Spaghetti

New Stuff: Beaver Dam peppers

Choice Box: scratch and dent peppers, ??

Beaver Dam peppers were brought to Beaver Dam, Wisconsin by Hungarian immigrants. Altho the Joe Hussli family is usually credited, other families claim they also brought seeds from “the old country”. Slow Food lists the Beaver Dam pepper in its heirloom produce “Ark of Taste”.

Beaver Dams are a medium-spicy pepper that looks very much like a Poblano: wide at the top, tapering to a point, with a distinctive sunken stem. They can also grow quite contorted. Beaver Dams start out green and turns to red when fully mature. The closer to red they gets, the hotter they get. You’ll be getting them in a variety of ripenesses, from light green to fully red. To reduce their spiciness, remove both the inner ribs and the seeds before using in any recipe. Since Beaver Dam peppers are not a hybrid pepper, they will cross-pollinate with other varieties, taking on other characteristics. These were planted in the same field we’re growing our bell, Jalapeño and Italian peppers, which may account for some of them not being hot at all. To check for spiciness, hold your tongue on a cut edge of the pepper. If you feel heat after a second or three, it’s somewhat spicy. The quicker you taste the heat, the spicier the pepper. Store these as you would any other pepper. They should keep for a week or 2.

Chicken Tacos with Greens

Preheat broiler.

Line a half-sheet pan with aluminum foil. Put on it:
½ lb. tomatillos, husks removed and washed
1-2 fresh chili peppers, washed, cut in half, seeds removed

Put tomatillos and chili peppers under broiler until dark brown. Turn and broil other side. Remove and put into a blender or food processor, with any juices. In a large skillet set over medium heat, put:

1 Tbsp. olive oil

1 onion, cut in half, then into ¼” half-moons

Cook, stirring as needed, until the onion turns light brown.

Add: 1 lg. clove garlic, peeled and coarsely chopped
Cook, stirring, for about 2 minutes more. Put contents of skillet into blender/food processor and blend to a medium-coarse consistency.

Put the skillet back on the heat and add:

1 Tbsp. olive oil

Pour the contents of the blender/food processor into the skillet and set it on medium-high. Cook until the contents are noticeably darker and thicker.

Stir in: 1 cup chicken broth

1 bunch greens, washed, stems removed if kale or collards, cut into ½” ribbons

Partially cover the skillet and simmer until greens are soft, but still bright green. This will vary depending on which type of greens you use. Spinach cooks in a few minutes, chard takes about 5, collards or kale 10-15.

Add: 1 ½ cups cooked chicken roughly chopped

Heat chicken just to warm it.

Stir in: 3 Tbsp. cilantro, chopped
salt to taste

Finishing the dish: For tortillas, bring 1" of water to boil in a large pan. Wrap tortillas in a kitchen towel, place in a vegetable steamer, and place above boiling water, covered, for 1 minute. Turn off heat and keep tortillas in steamer, lid closed, for 20 minutes.

To serve, set out the warm tortillas, sour cream, queso fresco or grated mozzarella and chicken. Build tacos one at a time, and eat with your hands.

Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has fewer ingredients and relies on the main vegetable for most of its flavor, so, that main vegetable better taste pretty good—as do our carrots.

Potage Crécy or Carrot soup

In a 4-quart pot over medium-low heat, put:

3 Tbsp. butter

1 cup onion, chopped *-more, if you like*

½ tsp. freshly ground pepper

Sauté the onions slowly until they are tender and translucent.

Add: 6 cups chicken stock

1 lb. carrots, scrubbed and chopped (about 4 cups)

Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)

Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.

Taste for salt and pepper and adjust these as needed. If you want a more elegant soup, add a cup of heavy cream to the puree, add any additional stock to reach the consistency you prefer, heat to steaming and serve. You can use this same recipe for broccoli, cauliflower, parsnips, beets, celeriac, etc. As long as the main vegetable tastes great, so will your soup.

Field Notes

We've gotten a little rain here and there this week, but not much. Nights have been cold, but no frost yet. The weather report says the weekend will be very cold with lows in the 20's. Summer is definitely over. After this weekend, the eggplant, peppers and tomato plants will be dead. We'll cover our remaining broccoli, cauliflower, beets and chard as well as the lettuce and spinach. The kale and Brussels sprouts will survive and their taste will improve with each frost.

Member Kim Sedlachek shared this picture of the nasturtium plant she received:



Chuck and I are planning to offer a Winter Storage Box to our members this year. We're working out just what will be in it, the amounts and the cost. There will be a limited number of these boxes available.

Two things we can tell you are we plan to deliver the Winter Storage Boxes on Wednesday, Nov. 18th. Not all pickup sites will be available to members. Because

of the likelihood that the weather will be cold, possibly below 32 degrees, the boxes must be inside a structure that is, preferably, heated. We're conferring with our site managers about this now.

Chuck and I will have the final information in next week's newsletter. Then, we can start to take orders. If you like the idea of extending your CSA season a little longer, consider ordering a Winter Storage Box.

Time to get out the wool socks and long underwear. Enjoy the week!

Terry & Chuck