



Full Harvest Farm, LLC
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 Box #16
Even Week
 12 October 2016

Contents

- Carrots: Mixed Colors: Orange, Purple, Red, White, and Yellow
- Cauliflower: Mixed Colors: Green, Orange, Purple or White
- Eggplant
- Leeks
- Lettuce: Red Leaf
- Peppers: Italian—Red and Green, Orange or Yellow
- Potatoes: Red or Russet (Idaho)
- Tomatoes: Slicer

Choice Box: scratch & dent canary melons, Italian peppers, some Brussels sprout tops. The canary melons in the Choice Box this week were planted late and harvested Friday. Many of them have some damage, so we're putting those in the Choice Box for you to carve up. Lots of peppers have one bad spot that can be easily removed, leaving the bulk, which is very usable. We also have a few Brussels sprout tops left from last week's harvest. Chuck decided to try a number of new, colored carrot cultivars this year and ordered white, cream, yellow, red and purple. We've been digging up these colored carrots for the past week, by hand (which means with a potato fork) because the ground has been too muddy to drive a tractor into that field. We finally got enough to put them into your boxes. You'll find all 5 colors in there (I'd say 6, but I can't tell the cream from the white carrot.) Oh, yes, the red carrots are few and far



between, so if you get one, consider yourself lucky. This is also the week we put colored cauliflower in your box. It could be any one of the

colors listed above. What's in your box?

Curried Cauliflower & Potatoes *Gobhi Aloo Sabji*

In a small bowl, put:

- 1-2 Jalapenos, cored, seeded and chopped

- ½" ginger root, peeled and minced
- 1 tsp. cumin seeds
- ½ tsp. mustard seeds

Into a saucepan over high heat, put:

- 2 Tbsp. oil
- 2 Tbsp. butter

-Add spice/chili mixture and fry until mustard seeds start to pop (not long).

Add: 3 potatoes (about 1 lb.) cut into 1"x1/2" spears

- 1 cauliflower (about 2 lbs.) cut into florets

-Stir fry for 4-5 minutes, or until vegetables start to brown.

Add: 2 tomatoes (about ½ lb.) coarsely chopped

- ½ tsp. turmeric
- 2 tsp. ground coriander
- ½ tsp. garam masala
- 1 tsp. brown sugar
- 1 tsp. salt

- 2 Tbsp. parsley or cilantro, minced

-Stir well, cover and cook gently over low heat, stirring occasionally, about 15-20 minutes until the vegetables are tender. Add water as necessary if vegetables start to stick. Sprinkle more parsley or cilantro on top to serve.

Peppers are a mixture of Italian, sweet peppers. Everyone will get red as well as yellow or orange with the occasional green. These peppers produced well this season, despite all the wet weather. Some will have a soft spot at the tip you should cut off, but the rest of the pepper is great. It's likely you'll get Italian peppers in next week's box as well.

These will be the last tomatoes of the season. The vines are dead so there is almost no decent fruit remaining.

Field Notes

We got lucky: instead of rain Wed., Thurs. and Friday, we got a few sprinkles Wed. and Thurs., but that was it. The ground should have a chance to finally dry out. Saturday morning they predicted a possible frost, so we covered the peppers, tomatillos, eggplant, late lettuce, some broccoli.

Thursday we gathered in our winter squash harvest. It was disappointing. Altho Chuck planted about the same number of plants as last year, most flowers weren't pollinated. Instead of 5-6 squash per plant, we got about 1-2. All the rain caused some powdery mildew damage on what did grow, and insects got some more, both by bringing in diseases that killed some plants, or by chewing on the fruits as they lay on the ground. We'll be able to give you butternut squash once, but that's it. We've placed it in box #20. The spaghetti squash were almost decimated by rot, and

insects attacked most of our small, golden buttercup vines.

Gathering winter squash from the field is a team sport. We spread out from the piles of squash to the trailer, toss the squash from person to person, finally to Chuck, who sizes it and puts it into the appropriate bin.



When one pile is finished, we move down the field to the next. This year, the gathering didn't take long.

The rutabaga patch looks good, nice leaves and larger roots. Thinning worked.

Celeriac (celery root) was planted late and is still looking good, altho on the small side. We'll leave this in the ground as long as we can so it can get bigger.

We'll probably put this in the last 2 boxes.

That's it for now.

Enjoy this cooler, dryer weather!

Terry & Chuck