



Full Harvest Farm, LLC
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Box #13 **Odd Week**
Newsletter #13
17 September 2014

Contents

Broccoli

Carrots: Orange

Garlic

Onions: Red, Walla Walla

Peppers: Beaver Dam, Green Bell

Tomatoes: Mixed Slicers

Watermelon: Peace

Winter Squash: Delicata

New Stuff: Delicata squash, watermelon

Delicata squash is a small, beautiful, sweet winter squash. It will store in cool (50-55 degrees), dry conditions for about a month. Check the skin before storing squash: if there are any holes or soft spots, plan to use that squash soon and cut out the soft spots first. Winter squash contains far more vitamin A than summer squash, is an excellent source of potassium, high in fiber and complex carbohydrates.

The best way to bake any winter squash is to wash the outside, cut off the stem, then cut the squash in half. Set your oven at 400 degrees, line a half-sheet pan with aluminum foil to make cleanup easier, and place the squash on the foil, cut side down. Do not remove the seeds yet—they give the roasted squash more flavor. Bake for 30-60 minutes, or until the squash is soft when you poke it with your finger. Remove from the oven, flip them over and scoop out the strings and seeds using a large spoon.

Delicata's make a lovely container for filling with its large, shallow seed cavity. You can fill it with anything you'd put into a pepper or cabbage leaf. A thick stew, fried rice or beans all make good fillings. Be creative.

As we did last year, we've grown a seeded, yellow watermelon. Unlike last year, we have enough watermelons for everybody—maybe even twice! If you have a cool place to put it, you can store an uncut watermelon out of the refrigerator. Once you cut it, store the rest in the frig. We've wiped these off in the field, but recommend washing the outside with soap and water before you cut it. We hope to be able to fit these small melons into your boxes along with everything else, so this box will be heavy.

Bulgur Pilaf with Roasted Vegetables

Preheat oven to 450°F.

In a large bowl, put: 3 Tbsp. olive oil
1 tsp. Kosher salt
freshly ground pepper

Add: 2 lg. carrots, scrubbed and cut into ¼" coins
2 peppers, cored, seeded and cut into ½" dice
2 cups broccoli, florets separated and cut into halves or quarters, tender stems cut into ½" pieces
1 lg. red onion, cut in half, halved again, then into ¼" slices

-Toss the vegetables in the bowl until all pieces are evenly covered with oil mixture. Cover a half-sheet pan or roasting pan with aluminum foil and spread vegetables out on it in a single layer. Roast vegetables in hot oven 15 minutes. Stir the vegetables around so other sides are exposed, and roast 10 minutes more, or until brown and tender.

While vegetables are roasting, put a large skillet on the stove over medium heat.

Add: 1 Tbsp. olive oil
1 cup onion, chopped

-Cook, stirring often, until onion is golden, about 10 minutes.

Stir in: 1 ½ cups coarse-grain bulgur
¼ cup raisins

Add: 2 cups chicken or vegetable stock
½ tsp. salt

-Bring to a boil, stir to blend, then cover and cook over low heat until the stock is absorbed, about 10 minutes.

Now add: ¼ cup Kalamata olives, pitted & coarsely chopped

1 Tbsp. fresh mint, chopped
1 Tbsp. fresh dill, chopped
1 Tbsp. fresh parsley, chopped
1 tsp. orange zest, grated
half the roasted vegetables

-Mix, then transfer to a serving platter. Top with the remaining roasted vegetables and a handful of toasted, chopped nuts.

If you don't have fresh dill, use dried, same with the mint, or you can leave it out altogether.

Field Notes

We've had about an inch of rain since last week. The big storm passed us by.

Tuesday morning, we found frost on the windshields of our vehicles, even tho the low temperature was supposed to be around 40 degrees. It seems like just a week ago we were wearing shorts and tank tops, now it's wool socks and long johns. Looks like we're going to have a bit of a warm-up, tho, so don't pack away those shorts just yet.

We're just about done with transplanting for the year. There are still some flats of lettuce that may make it into the ground.

Farm Day is a few weeks away on Sunday, September 28th. As we have in the past, we're going to start by making cider. It's a group effort, and the group reaps the rewards, so bring a quart container along to fill. Here's our schedule so far:

1pm – pick apples in the orchard to make cider

2pm – cider-making begins

3pm – Chuck gives a tour of our fields and the new hoophouses.

4:30pm – Raffle: win fabulous prizes!

All of the map programs have updated their information so we are accurately located on them. Type in “7112 County Rd. S, Hartford, WI”, and the corner of Cty. S and Crooked Rd. should pop up. If you have an older GPS in your car, try entering the intersection information of Cty. S and Crooked Rd. That should get you here. Come and see where your vegetables are grown. We'd love to see you!

September is a good month for planting: everything is on sale as greenhouses and nurseries want to reduce their inventories. Plants still have a good month or more to put down roots and get acclimated so next spring they can really take off.

As it happens, I have some plants for sale:

French hybrid lilac, “Albert Holden”, dark purple, double flowers, very fragrant. Plants vary in size and will cost \$5 for a 2 ft. to \$20 dollars for a multi-stemmed, 5 ft. plant. Full sun.

Hosta “August Moon”, light green leaves with lavender flowers in August, will grow to 30” across. Part sun/part shade. \$5 each.

Trumpet vine, red-orange. Full sun. \$5.

Heucherella “Green Spice”, part sun. \$5.

Pulmonardia “Spilled Milk”, part sun/part shade. \$5.

Impatiens, double flowers, peach/salmon, prolific bloomer inside or out, easy to care for. \$3.

Other odds and ends that I've potted up and need a good home. Have a look around on Farm Day, or send me an email and we'll deliver your plant to your pickup site along with the next box.

Have a wonderful week!

Terry & Chuck