



Full Harvest Farm, LLC
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Box #20
Even Week
4 November 2015

*** LAST BOX ***

Contents

Beets: Mixed Bunches
Broccoli
Brussels Sprout Stalk
Cabbage: Napa
Celeriac
Leeks
Onions: Red and Yellow
Peppers: Bell, Carmen
Potatoes: Red
Winter Squash: Butternut

Choice Box: Anything extra and not quite perfect . . .

These Napa cabbage heads are large and a little loose as they're not quite fully formed. We planted these late in the year, sometime in September, if memory serves. They've actually done very well, considering the days were shortening and the nights were cooler while they were in the ground. We've been lucky to have so many warm days this fall.

Napa cabbage would be a good choice for the "Shrimp with Cabbage" recipe.

Some of the Brussels sprout stalks will be topped with loose sprouts: eat them! They are delicious! Since they're so high on the plant, they tend to be very clean. I took 3 or 4 tops, washed them briefly, chopped them up and sautéed them in butter with onion, garlic, salt and pepper. So good.

They would also be great in this salad:

Brussels Sprout Christmas Salad

In a salad bowl, whisk together:

- 2 Tbsp. Tahini
- 1 Tbsp. honey
- 1 Tbsp. Dijon or other brown mustard
- 2 Tbsp. orange or lemon juice
- 5 Tbsp. olive oil
- ½ tsp. Kosher salt
- freshly ground pepper

Put into the bowl:

- 2-3 cups finely shredded Brussels sprouts, damaged outer leaves removed, stems trimmed
- 2-3 cups finely sliced kale—red, if possible—stems removed, 1/8" x 1" approx.

Toss the shredded Brussels sprouts and kale with the dressing, and allow to sit out at room temperature for an hour or two so the greens can absorb the flavors of the dressing and tenderize.

When you're ready to serve the salad, add:

- 1 cup toasted walnuts or hazelnuts
- 3 oranges, peeled and cut into small wedges
- 1 pomegranate, seeded

Toss with the greens and serve.

Altho most of you will receive one butternut squash, some of the Couple Shares will receive more than one small squash. Small squash taste as good as the larger ones, just in a much cuter size.

Curried Squash Soup

Serves 4-6

In a large saucepan, over medium heat, put:

- 2 Tbsp. butter
- 1 onion, diced

-Sauté until the onion is transparent.

- Add:
- 2 cloves garlic, minced
 - 2 tsp. ginger root, peeled and minced
 - 1 Tbsp. curry powder
 - ½ tsp. salt

-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.

- Add:
- 4 cups chicken or vegetable broth
 - 1, 2 lb. squash, peeled, seeds removed, cut into ½" dice, about 2-3 cups
 - 2 ripe pears, peeled, cored, cut into 1" pieces

-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.

- Add: ½ cup heavy cream

Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it. The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. You can substitute apples for the pears, which will take it in another direction.

Field Notes

Our main goal at this time of the year is to get land ready and plant our garlic.

After that, Chuck will plow some fields in preparation for spring planting, and we'll clean up the fields we've grown in this year. There are lots of tomato plants to burn on a low-wind day, wire hoops to pull up and row cover to stow away. We'll still be harvesting for our wholesale customers until the end of the month, or we get a killing frost, whichever comes first.

Please return any wax boxes you may have lingering in your garage/basement/trunk to your pickup site this

week. This is also the day to be sure to bring some bags with you, unload your vegetables into them, unfold your box and **leave it at your pickup site**. If you take your wax box home with you, please bring it back to your pickup site soon: we'll be picking these up when we deliver the Winter Storage Boxes on Nov. 18th.

Winter Storage Boxes are selling fast, so if you want one, go online now!

If you haven't registered, you'll need to before you can place an order. **Follow the directions in my recent email**. Ignore the message on our website's screen that says "Signup Disabled": this refers only to new CSA members. Since you've already "signed up" as a CSA member, you can register. Once you've set your password, log in, click on "Public Stores" and order your Winter Storage Box.

Now that we've delivered box #20, Chuck and I will inventory our remaining vegetables, and decide what else we can sell. If we have enough produce, we may even add a few more Winter Storage Boxes. We promise to finish this task by Monday, Nov. 9th, 5pm. I would check periodically, tho, in case we add something you want with a very limited quantity.

We thought it'd be nice to include a few pictures of some of our Worker Shares and Field Crew so you can see who harvests and preps the vegetables that go into your box.



Worker Shares Paula and Mike with Betty Jo harvesting beets.

Another year has come to an end. Despite some disease problems, the harvest was bountiful, even better than we expected. It's satisfying to be able to fill those CSA boxes with a nice variety of delicious vegetables.



Worker Share Jeanne weighs bags of potatoes.



2nd year Worker Share Kristen washes leeks.

We were particularly happy with the Canary melons, and will definitely be growing those again next year. We've also enjoyed the Beaver Dam peppers, so look for those in 2016.

Chuck and I want to thank you for being a part of our CSA family during this growing season. It has been a pleasure to share our love of good food, and the art of growing and preparing it, with you over these past 20 weeks. We also appreciate your kind and encouraging words, whether verbal, snail mail or email. It's nice to remember, when we're harvesting in the mud, or trying to anchor row cover in a 30 mph wind, that you loved the lettuce, the beans or the melons.

Chuck and I wish you the very best Holidays ever!
Until Next Year,

Terry & Chuck