



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #10 **Even Week**
Newsletter #10
27 August 2014

Contents

Pears
Garlic
Kohlrabi: Couple Boxes
Broccoli: Couple Boxes
Broccoli or Cauliflower: Family Boxes
Cabbage
Lettuce: **Mixed, Couple Boxes**
Green Boston, Family boxes
Peppers: Green Bell, or Carmen, or Iko Iko
Potatoes: Early Ohio
Tomatoes: Green, some Cherry and a Slicer

New Stuff: tomatoes

One of the great rewards of summer is a lovely tomato. Ours are slow in ripening, but we have a quantity of light green tomatoes, perfect for:

Fried Green Tomatoes

Heat a 10" cast iron skillet over medium heat. Meanwhile, in a pie plate put: ½ cup flour or cornmeal salt and pepper to taste
-Wash and core tomatoes, then slice ½" thick.
Add to skillet: ¼ cup peanut oil, or other oil
Dredge both sides of tomato slices in flour mixture, then add to skillet. Fry until golden brown, turn, and cook to the same color on the other side. Drain tomatoes on paper towels, and serve hot.

The greener the tomato, the more acidic the fried, green tomatoes will taste. If you use light green tomatoes, the flavor will be sweeter.

Green Tomato Cake or Muffins

Preheat oven to 350°F.

In a large bowl, whisk together: 1 cup oil
3 eggs
-whisk until emulsified—until the 2 ingredients do not separate and are a bit thicker. This ensures a consistent crumb in the final product.
Now whisk in: 2 ¼ cups sugar
2 tsp. vanilla
Stir in: 1 cup chopped nuts
1 cup raisins
2 ½ cups diced green tomatoes
½ to 1 cup coconut (optional)
Sift together onto wax paper or parchment:

3 cups all-purpose flour
1 tsp. salt
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. nutmeg

-Add dry ingredients to wet, and stir just until there are no lumps. Adding the dry ingredients last means you stir the flour around the least amount, forming short gluten strands for a tenderer texture. The longer you stir, the longer and stronger those wheat gluten strands become, and the tougher the texture of your cake. The lumpy ingredients, nuts, raisins, etc., help to break up gluten development because they get in the way. This means you have a little longer to get all dry ingredients moistened and remove dry lumps. A little baking advice from your local pastry chef.

The field crew went on a mission to find all the ripening tomatoes they could to put in your boxes this week. They gathered quite a few varieties of cherry tomatoes and a limited number of slicing tomatoes. The orange cherry tomato is called "Sungold", very sweet, kind of like tomato candy. They tend to crack easily. Often, they look whole when you harvest them, and crack later. We grow them because they're so good, even cracked.

Field Notes

Another inch of rain in the last week and high humidity. Ugh.

At least we got in some rutabagas on Saturday, and the rain on Sunday watered them.

This has been a strange year: things are later than normal, but the late, cool spring has been part of the cause, as has the rainy June, when it was hard to get into the fields and plant.

Unfolding boxes: We are finding some severely torn tabs on the bottom of the ¾ bushel, Family boxes. Please pay particular attention to the bottom tabs on the boxes when you unfold them. If you slide the tabs out of the L-shaped holes level with the bottom of the box, they will not tear. If you pull up on the tabs, they will tear. If the rip is long, that box will not support enough weight to be used anymore. However, when the bottom tabs remain intact, we can reuse that box 5-6 times, saving us money and the environment trees. We appreciate your help with this.

Tuesday, I (Terry) was picking pears to put into your boxes, when the ladder I was on shifted and I fell about 8 ft., hitting the ground hard. 4 Xrays later, they found I had broken 2 ribs and my "greater tuberosity"—the top of my arm. It's painful, and my physical activities

will be extremely limited for several weeks. But, when I think what might have happened from a fall at that height, I feel very lucky.

I also feel very lucky to be working with the field crew and Worker Shares who pitched right in, worked late, and got us ready to pack this box. I'm extremely grateful to Natalie, who helped me wash my many scratches, Katie, who worked late to pick and bag the pears in your boxes, Dan who helped her in the orchard, Cindi, Stephanie and Scott for doing their jobs so beautifully in the barn, to Anthony in the tomatoes, and especially to Ryan and Jessy for filling in for Chuck and I while we waited for Xrays and medication, kept in touch and stayed late to finish the last bits and pieces, and clean it all up. What a fantastic group of amazing individuals. We are so blessed.

This means I won't be delivering CSA boxes for several weeks at least--Chuck will do it. I can't work the farmer's market, pick, wash or pack. My job is to get better—and catch up on office work. Right now, typing is painful, but not impossible. So, I'll take it slow, and, hopefully, be back to normal in a month (I'm hoping hard).

Thanks for understanding.

Stay safe,

Terry & Chuck