



Full Harvest Farm, LLC
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Box #14 **Even Week**
Newsletter #14
24 September 2014

Contents

Cilantro
Broccoli
Brussels Sprout Tops
Carrots: Orange
Lettuce: Mixed
Melons: Cantaloupe or Watermelon—Couple Boxes
Watermelon only: Family Boxes
Peppers: Anaheim, Iko Iko
Tomatillos
Winter Squash: Buttercup

New Stuff: Brussels sprout tops, Anaheim peppers, tomatillos, buttercup squash.

Yes, really, Brussels sprout tops. They are sweet, delicious, and quick to cook. Here's how: Get out a large pan or pot (I use my pasta pot), put an inch of water in the bottom and 1 tsp. salt. Wash the Brussels sprout tops, trimming off any discolored bits. Put the whole top, stem **and** leaves, into the pot and cover. Bring the water to a simmer and cook until the stem and leaves are just tender but still bright green, about 5 minutes or so. Serve as a vegetable. The stem is the best part, very tender and sweet, and the leaves are great too. They taste very different from Brussels sprouts.

We found out about these from the Hmong that sometimes help us on the farm. They invited us to eat lunch with them one day, and passed us a container full of steamed Brussels sprout tops. We noticed them hauling off garbage bags full of tops earlier in the week, but we'd given permission, and chalked it up to their resourcefulness in finding edible plants wherever they are. Being adventurous eaters, we gamely took a top, scooped up some rice and bit in: wow! It was sweet, tasty—a gastronomic revelation. I know these are a footnote in the catalogue of things you've thought of eating, but give them a try.

Store Brussels sprout tops in your vegetable drawer, in the plastic bag they came in. They'll keep a week or longer, much like kale.

Anaheim is a medium-hot pepper, long, slender and pointed. Their heat is inconsistent from pepper to pepper, with some being very mild and other fairly

fiery. To check how hot a pepper is, cut it open and touch the cut to your tongue. If you get a hot sensation right away, it's pretty hot. If you don't taste the hotness right away, hold the cut side to your tongue for several seconds. The longer the heat takes to show up, the milder the pepper. Store Anaheim peppers in your refrigerator, as you would any other pepper.

Tomatillo means "little tomato". It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies. Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.

To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir fries, or in any number of Mexican dishes, like salsa verde or enchiladas.

The cultivar we're growing matures thru green to a light yellow-brown, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they have the best tart-sweet contrast at this stage.

Here is an easy, delicious salsa verde recipe. I use a combination of green and yellow tomatillos.

Raw Salsa Verde *Makes about 2 cups*

In a blender or food processor, put:

- 1 lb. tomatillos, husks removed, washed and cut into quarters
- 1 tsp. chopped garlic (or more as you wish)
- 1 shallot or small onion, coarsely chopped
- 1/3 cup cilantro, roughly chopped, loosely packed
- 1/2 tsp. ground cumin
- 1/2 cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
- salt & freshly ground pepper

Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.

Chicken Tacos with Greens

Preheat broiler.

Line a half-sheet pan with aluminum foil. Put on it:

- 1/2 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 take 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.

Buttercup is another delicious winter squash. The flesh is bright orange, dry, but yummy. Bake it as you would any other winter squash. Cut side down with the seeds intact in a 400 degree oven is the best.

Field Notes

We got a sprinkle more rain over the weekend, but not much. The ground is drying out, but heavy morning dews help keep plants hydrated. With cool nights and days, they don't need a lot of rain.

Chuck has finished transplanting outside for the year. The next project is to drag the hoopouses into the next field, then plant spinach inside for the cold weather.

This is the time of year when damaged produce can show up despite our best efforts. I've cut open a **perfect**-looking pepper or tomato, and found rot or mold inside. Or, a ripe melon goes into the box and arrives damaged or soft. It doesn't happen often, but sometimes an item will get past us and end up in your box. If this happens, PLEASE let us know and we'll gladly replace it. We want you to be happy with the produce in your boxes.

Farm Day is this Sunday, September 28th. Here's the schedule I published last week:

1pm – pick apples in the orchard to make cider

2pm – cider-making begins

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

4:30pm – Raffle: win fabulous prizes!

If you are coming with small children, please keep a careful eye on them at all times. Our farm is definitely **not** childproofed, and there are numerous hazards that can injure children and adults alike, from tomato cages hiding in the tall grass to farm implements with sharp edges.

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!

Enjoy this beautiful weather. We are!

Terry & Chuck