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Box #16 **Even Week**
Newsletter #16
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Contents

Broccoli or Cauliflower – SURPRISE!

Brussels Sprout Tops

Cantaloupe

Garlic

Peppers: **Red Bell – Family Boxes**

Red Bell – some Couple Boxes

Red Bell and Red Carmen – some Couple Boxes

Spinach, Bunched

Tomatoes: Mixed Slicers

Winter Squash: Butternut

Choice Box: very ripe cantaloupes.

We're sprinkling cauliflower in the boxes this week, so we don't know which sites will get one (or two), and which won't. We intend to mark the cauliflower boxes with a "C", in case you want cauliflower (or not).

Otherwise, the boxes will contain broccoli.

Lots of CSA members have emailed us, saying how much they like the Brussels sprout tops. They were happy to hear that we were putting them in this week's box. Along with the leaves, the shorter, top stems are very sweet and tender. My favorite part is still the top of the main stem. Too bad there's only one.

Your cantaloupe should be eaten ASAP as it is probably very ripe. They were rescued from the frost and have been in the cooler for about a week. We've gone thru them for soft spots, but it's possible we may have missed one. If this happens, just cut it out and enjoy the rest, but enjoy it **now**. There will not be any more melons this season. Indeed, it's very unusual to be able to put them in the box this late.

We have a number of very ripe cantaloupes where part of them is still edible, so we've put these in the Choice Boxes this week. Be prepared to cut a chunk away. Might be a good smoothie ingredient, along with a Brussels sprout leaf or 2.

Before the frost, we picked all the bell peppers that had started to turn color, whether red or yellow. This week, you're getting mostly bell peppers that are all or partly red. We came up a bit short on those, so we filled the gap with red Italian Carmen peppers.

Carmen is a sweet pepper that grows long and pointy. I think it's the best-flavored pepper I've had, especially

grilled. You'll get Carmens again, altho some of them will be green.

We're delighted to be giving you spinach that's been thru at least one frost. It survives easily as a plant, and thaws looking as if nothing happened to it. But the taste now, that just gets better with every frost. Here's a recipe sent to me by CSA member M. Schneids, in 2009. I've changed some of the proportions, since the original recipe called for ½ cup of garlic, which seems like way too much for a pot of stew. Besides, it would take a long time to peel and chop that much garlic.

Inner Warmth Peanut Stew

In a large pot over medium heat, put:

¼ cup olive oil

1 medium onion, diced

2 Tbsp. garlic, minced

2 Tbsp. ginger, peeled and minced

½ tsp. salt

½ tsp. pepper

Sauté until the onions turn transparent.

Add: 1, 2-3 lb. winter squash, peeled, seeds removed and cut into ½" cubes

4 cups tomato juice

2 cups chopped tomatoes

Stir, bring to a boil, then turn down heat and simmer until the squash is tender.

Add: ½ to 1 cup peanut butter—you decide

Stir until peanut butter is thoroughly mixed in.

Just before serving, stir in: ½ cup cilantro, chopped
Serve over rice.

Field Notes

As expected, we had a light frost over the weekend.

Friday found us picking everything we did not plan to cover: eggplant, green beans, some peppers, tomatoes, and tomatillos. Then, the row cover came out and was spread over wire hoops we stick in the ground over the plants to protect them from the weight of the fabric.

We weigh down the windward side of the row cover with a combination of rebar and cat litter jugs that we fill halfway with water. If there's wind, it helps us spread row cover over the plants by picking up this lightweight fabric and blowing it out like a sail.

We also got 1.25" of rain over Friday night and Saturday. The ground was dry enough to soak up most of that moisture without creating too much mud.

'Tis the season of roots and greens. Ready?

Terry & Chuck