



Full Harvest Farm, LLC
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Box #14
Even Week
23 September 2015

Contents

Broccoli
Eggplant
Kohlrabi: Kossak
Lettuce: Boston Bibb, Romaine
Onions: Red and/or Yellow
Peppers: Carmen, Jalapeño
Tomatoes: Slicers, Juliets
Winter Squash: Spaghetti

New Stuff: Spaghetti squash

Choice Box: tomatoes, peppers, spaghetti squash & ?

Winter squash is here.

Spaghetti squash is a light yellow, oval, mild winter squash which has flesh that comes apart in short, tender strings. It will store in cool (50-55 degrees), dry conditions for about a month or two, but not much longer.

Check the skin before storing winter 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. At this point, switch to a fork and scrape the flesh out of the spaghetti squash to encourage the presence of those thick, tender strings. Put some butter, salt and pepper, and perhaps some grated cheese on top and enjoy the flavor! Folks often serve spaghetti squash with tomato sauce, but the more robust tomato tends to overpower the squash.

DO NOT BE AFRAID OF THE LARGE KOHLRABI. “Kossak” is bred to be large, and to store well over the winter. Uncut, Kossak will keep in your refrigerator for, literally, months. I had one that

traveled from our cooler to our vegetable drawer sometime late last winter, and was cut into a salad only a week before this year’s kohlrabi were ready to pick. It was still tender and sweet: they seem to get sweeter with age.

Altho kohlrabi is great raw, it’s also terrific cooked and mashed.

Mashed Kohlrabi

Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½” chunks and place these in a pot. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 15-20 minutes, or until very soft. Drain off the water completely (save for soup). Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

You can thank Rick Steves and his travel shows on PBS for my interest in this recipe:

Ajvar or Roasted Eggplant & Pepper Spread

Line a half-sheet/jellyroll pan with aluminum foil.

Space out on pan:

a 1-lb. to 3/4-lb. eggplant, pierced several times with a knife so it doesn’t explode in the oven

about 2 lbs. red bell peppers/hot peppers, etc., cored, seeded and cut in half (approx.)

Put into a 450°F oven and roast until the vegetables are somewhat charred. (You could also do this on the grill). Transfer the vegetables to a large bowl (tongs are great for this). Cover the bowl with plastic wrap and let vegetables steam until cool enough to handle. Uncover and peel the eggplant and peppers. Put into a food processor or blender.

Add: 4 Tbsp. olive oil (preferably extra-virgin)

4 large garlic cloves

3 Tbsp. fresh lemon juice, or to taste

1 small fresh Jalapeño chile, seeded (wear rubber gloves)

salt and pepper to taste

Process until everything is uniform in size.

If you want the *ajvar* thicker, transfer the mixture to a heavy saucepan and simmer, stirring frequently, 15 to 20 minutes, or until reduced to about 2 cups.

Cool dip and chill, covered, at least 1 day and up to 1 week.

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

The ground is still damp from last week's rains.

There are 2 events coming up this weekend.

The first one I want to tell you about is the fundraiser for the Farm Fresh Atlas of Southeastern Wisconsin. It's taking place this Saturday evening Sept. 26th at Engine Company No. 3, 217 W. National Ave., Milwaukee. Kyle Cherek of "Wisconsin Foodie" will be the guest speaker. Tickets are \$75 per person for VIP admission to the pre-dinner cocktail and hors d'oeuvres starting at 5:30pm. Dinner starts at 7pm; tickets for dinner are \$65 per person and include wine, Kyle Cherek's speech, and a raffle. Full Harvest Farm, LLC will be donating a \$50 gift certificate to the cause.

Chuck and I often attend this fundraising dinner, and the food has always been very good. With Peter Sandroni of La Merenda—and now Engine Company No. 3—in the kitchen, the food should be pretty spectacular. The FFA's goal is to sell 130 tickets in order to make up the shortfall for layout and administration costs due to expected cuts in UW and UW Extension funding. Suffice it to say they have plenty of tickets left. We've advertised in the Farm Fresh Atlas of SE Wisconsin for the last 13 years, and feel it is a good organization to support. If you want an entertaining evening of good food and interesting ideas in support of a worthwhile organization that benefits small farms like ours, local farmer's markets and food businesses, call Leigh Presley at: 262 857-1948, or 262 767-2905. You can also order online at: <http://www.farmfreshsewi.org/fundraiser>. Valet parking and a cash bar will be available.

The other event is **FARM DAY**. We're hosting our CSA members, their family and friends, at our farm on Sunday, Sept. 27th. We'll start the cider pressing process at 1pm with picking apples in the orchard, washing and cutting those apples, then crushing and pressing them to make cider. If you'd like to take some fresh, unpasteurized cider home with you, bring a quart container, and we'll fill it up.

About 2:30pm, Chuck will lead a tour of our fields, and show you just where your vegetables are grown, and how.

We'll wrap up the afternoon back at the barn with a raffle for Fabulous Prizes: fresh produce from our farm, and a half gallon of cider.

Enjoy the beautiful weather this week. We look forward to seeing you Sunday!

Terry & Chuck