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Box #17 **Odd Week**
Newsletter #17
15 October 2014

Contents

Beets: Red
Broccoli
Kale: Lacinato
Lettuce: Green Boston and/or Romaine
Onions: Red and Yellow
Peppers: Green Bell
Tomatoes: Cherry, Green, Red
Winter Squash: Buttercup and Butternut

It's possible that some of the Couple boxes may have cauliflower in them instead of broccoli. Surprise!
The lettuce in your box this week may have some slug damage in the form of little holes in the leaves or discoloration of the stem. The holes in the leaves do not affect the taste—I just wash it normally and use. The orange discoloration on the stem (we find this mostly on Romaine lettuce) is deterioration, and should be cut out. The leaves are not affected, so all of the leaf area can be used, only the orange part of the stem should be discarded.

Green Gumbo

In a large pot over medium heat, put:

¼ cup vegetable oil

1/3 cup flour

-Whisk the ingredients together and cook, whisking often, until the roux turns the color of peanut butter.

Add: 1+ cup chopped onions

1 Tbsp. minced garlic

1 bell pepper, cut into ¼" dice

½ cup celery, cut into ¼" dice

½ tsp. salt

freshly ground pepper

1/8 tsp. cayenne pepper

Sauté until the onion and pepper start to brown a bit around the edges, about 10 minutes.

Add: ½ lb. ham

½ lb. sausage

½ lb. other meat or sausage, cut into ½" cubes

Sauté until the meat just starts to brown.

Add: 6 cups chicken or vegetable stock

1 tomato, chopped

4-8 cups greens: kale, chard, beet tops, spinach, carrot tops, collards, Brussels sprout greens,

turnip greens, mustard greens, lettuce—whatever you have, washed, tough stems removed, cut into ½" slices

2 bay leaves

1 tsp. thyme

1 tsp. oregano or marjoram

-Bring the ingredients to a simmer and cook the greens just until they're tender, about 15 minutes. If you use tender greens, like spinach and lettuce, that don't need to cook that long, put them in later.

You can serve this as it is, or over rice. The first time, I used all ham, since I had a lot to use up. Try to put in as many different greens as you can—it makes the gumbo better. They say you'll make as many new friends as the number of greens in this dish.

You're getting slicing tomatoes at a number of ripeness stages, from light green to light pink to red. The unripe tomatoes will turn red in time. To ripen them quicker, leave them out where the sunlight can reach them—a windowsill, sunny table, etc. To ripen them slower, wrap them in paper (but not newsprint), store them in a dark, cool place or even, God forbid, in the refrigerator. The refrigerator messes up the taste and texture, so cool is better than cold. However, don't expect these to taste the same as a sun-ripened tomato. Without those days on the vine, in the sun, the flavor components just do not develop.

The cherry tomatoes are riper and should taste pretty good.

These are the last tomatoes you'll be receiving this year. One of my Worker Shares, Kristen, made salsa verde with green tomatoes instead of tomatillos, and said it was great. The raw salsa verde recipe is in newsletter #14. Check online for one that roasts the tomatillos/tomatoes. Or, make fried green tomatoes (newsletter #10). Chuck prefers light yellow to pink tomatoes for this very Southern dish.

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

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

So far, we've gotten about 1.3" of rain. The ground was rather dry, so the plants will enjoy this moisture.

Ahead of the storm, Chuck went around and fertilized Brussels sprouts, celeriac, broccoli, etc.

Saturday morning, the temperature went down to 31 degrees. The frost on the grass didn't melt until about 9am that day. Most of the tender crops that weren't protected by row cover are completely brown. But, for other crops, frost causes sugars to develop and improves their flavor. Kale, Brussels sprouts, spinach, lettuce, collard greens, cabbage and parsley all taste better after a few, light frosts.

Chuck is keeping a careful eye on the Brussels sprouts, which are taking their time ripening, like everything else this year. We plan to put them in the last, two boxes, so you will all get them at least once. Along with the sprouts, you'll get a bunch of Brussels sprout leaves. Now that you know how good the tops are, you'll enjoy the leaves as well.

It's time to make a big effort to return your wax boxes to your pickup site, especially if you are an Every-Other-Weeker. If you bring your boxes back now and keep returning them, the site managers won't have to store a large pile of boxes after we deliver the last one. The best solution is to bring your own bag to the pickup site and unload your box into it. Then you can unfold your wax box and leave it for us to pick up next week. Thanks for your help with this.

Considering all the crops we still have in storage and out in the fields, Chuck and I will be offering a **Thanksgiving Box** this year. The cost will be \$50 for a bushel box filled with mostly storage vegetables. Among the possible contents are: carrots, beets, potatoes, onions, garlic, winter squash, Brussels sprouts, cabbage, celeriac, rutabagas, turnips, collards, kale, broccoli, kohlrabi, or ??? We'll give you more details next week.

You will be able to pick them up at our stall at the Oconomowoc Winter Farmer's Market on Sunday, Nov. 23rd, at our farm on Monday, Nov. 24th, or at a few other pickup sites to be determined on that

Monday. We'll be checking with those site managers who have protected garages or porches where the boxes will not freeze, to see if they want to manage one, more pickup.

Once we get the details finalized, we can start taking orders for Thanksgiving Boxes.

Aren't the fall colors glorious? Autumn is such a beautiful season.

Take Care,

Terry & Chuck