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Box #4  
**Even Week**  
15 July 2015

## Contents

Cilantro  
Carrots  
Lettuce: Red Boston or Red Leaf  
Onions: Young, Red and/or Yellow  
Radishes  
Sugar Snap Peas  
Sunflower Greens  
Zucchini

**New Stuff:** cilantro, radishes.

**Choice Box:** weird zucchini

Cilantro is the leafy part of the plant most of the world knows as “coriander”. Its distinct flavor is used extensively in Mexican, Asian and East Indian dishes. Store cilantro in a plastic bag in your crisper drawer, or stand it upright in a small glass with about an inch of water. Change the water every other day, and it’ll keep for about a week. You can freeze cilantro to use later. Wash the leaves if they’re dirty, air dry, remove the bigger stems if you wish, then put it into a small, ziplock freezer bag, squeezing out as much air as possible. Chop up while still frozen. Cilantro does not retain much flavor once it’s dried, unlike most herbs, so freezing is your best choice for the long term. A doctor of Chinese medicine once told me that cilantro is one of the herbs, along with parsley, that he recommends for cleansing the body of heavy metals, like mercury, lead, etc. You might add it to your next batch of pesto.

Everybody’s getting radishes this week, and lovely, large ones they are. Radish roots are 94% water with small amounts of potassium, phosphorous, magnesium and iron. The greens, on the other hand, are an excellent source of vitamins A, C and all the B’s. The small holes in your radish leaves are caused by flea beetles: they love tasty greens, especially in the spring and early summer. The lacy look they create does not affect the taste of the leaves or that of the roots. Radishes are often used as blood cleansers and digestive aids.

These may be the last sugar snap peas of the season. The plants are getting old and not putting out as many blossoms.

For those who didn’t get the 1<sup>st</sup> newsletter in a timely manner, so may not have read about how to handle your sunflower greens, here’s a repeat: Sunflower greens are a “living” food, and especially good for you. We sprouted these in a warm, dark germination chamber, hence their yellow-green color. They’ll need some sun for a day or 3 so the stalks turn a nice green and the unsprouted seeds can continue to grow. Before you enjoy these, you need to do a few things to finish them off: First, place the container in a shallow plate—something that will catch water. Then, give them some water, about ¼ to ½ cup, and place them in a sunny location. Gently pull or brush off the split seed shell at the end of the cotyledons (those leaf-like things that appear first when a seed sprouts). For best flavor, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you’re ready to eat. Many of our members put the greens on sandwiches or in salads. If you like, you can take a few plants outside and let them grow into sunflowers. Wait until they have their 2<sup>nd</sup> set of true leaves before you do so.

From Anita Miller, at our Racine site (I did some tweaking of the mixing order and instructions):

### Chocolate Zucchini Bread

Beat until frothy: 4 eggs  
Beat in: 1 1/2 cups oil  
-until emulsified, 1-2 minutes.  
Then add: 3 cups sugar  
1 ½ tsp. vanilla

Beat to combine.

Stir in: 3 cups grated zucchini  
1 cup chopped nuts, *optional*  
½ cup chopped dates, *optional*

Adding the chunky stuff first helps reduce the formation of long gluten strands that make baked goods taste tough.

Sift together: 3 cups all-purpose flour  
1 1/4 tsp. baking soda  
1 1/4 tsp. baking powder  
1/2 cup cocoa  
1 tsp. salt

Stir sifted dry ingredients into mixture, just until there are no flour lumps. Pour into 2 greased loaf pans and bake at 350 degrees for 1 hour.

(Anita used 3/4 cup applesauce and 3/4 cup oil instead of 1 ½ cups oil.) Nice & moist! Not real chocolatey flavored (Terry: I increased cocoa a bit)! Enjoy and tweak as you see fit.

This is a high-calorie but absolutely scrumptious dessert from Waukesha site manager, Wendy Copeland:

## Zucchini Apple Squares

**Crust:** 4 c. flour  
2 c. sugar  
1.5 c. butter

Combine and crumble. Reserve 1.5 cups. Press remainder onto 1/4 sheet size baking tin and bake at 375 degrees for 10 minutes. (Or use 9x13 pan.)

**Filling:** 6 c zucchini peeled, cored, cut into chunks

2/3 c. lemon juice (bottled okay)

1 cinnamon stick

Cook until zucchini is translucent over medium heat.

Remove cinnamon stick.

**Add:** 1 c. sugar  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1/2 c. reserved mix to thicken

Stir and remove from heat. Spread filling onto crust.

To the remaining 1 cup reserved crust mix add:

1 tsp. cinnamon

Sprinkle on top of filling. Bake 375 degrees for 20 minutes or until crust browns. Serve warm or chilled.

**Note:** To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.

## Field Notes

We got 1 1/2" of rain early Monday morning, then another 1/4" later that day—sorely needed. The plants have been looking a bit parched, and we only have so much drip tape. Chuck says some crops shot up significantly after that early morning rain. No one waters crops like Mother Nature.

We've had some disease problems. A few tomatoes caught what might be "early blight", a fungus that can be spread easily on the wind. It looks like roundish dead spots on the leaves surrounded with a dark edge, then a light green one. We've pulled those tomatoes out of the ground so it doesn't spread. Early blight is so contagious, removing the plants as soon as they show symptoms is always a good idea.

Another early fungal disease is called "septoria". It has similar dark-ringed spots, much smaller and more numerous, and the leaves turn black from the tips towards the stem. Septoria has swept thru our eggplant bed, so we've had to pull out every plant. It's too late to start a fresh set of transplants, since they wouldn't mature before frost. There are no, effective, organically-approved fungicides, so all we can do is pull out and burn the plants. Sadly, there will be no eggplant in your boxes this year.

A reminder: please **unfold** your boxes when you leave them at your pickup site. It's your responsibility to perform this small task. Here's the link to the YouTube video:

<http://www.youtube.com/watch?v=IEaBFTlnGdo>

Unfolding your wax box without ripping any of the cutouts or tabs, ensures that we can use them again. And, at \$1.50 per box, this is a real savings as well as the 'green' thing to do. Thank you!



Member Heather Swanson's sent this picture of her son enjoying our sugar snap peas. What a handsome lad.

Enjoy this week's box!

**Terry & Chuck**