



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #1 **ODD Week**
Newsletter #1
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Basil Plant
Cilantro
Fruitwood Grilling Chips
Lettuce: Mix of Red Boston, Red Leaf, Lovelock
Spinach
Swiss Chard

Basil needs full to part sun to do well, and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first: this forces the plant to produce more, newer leaves. When the hop-like flowers appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the edible leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.

Cilantro is that green leaf that looks a lot like flat-leaf parsley, but tastes very different. Sometimes called "Chinese parsley", it's used often in Asian cooking, and Mexican salsa wouldn't be the same without it! You can store this in a plastic bag in the fridge, or snip off the ends of the stems and put the bunch in a glass with an inch or so of water in it. Change the water every other day. They seem to last longer this way. These wood chips are from the branches we pruned from our apple and pear trees this winter. They'll add a mild, smokey flavor to anything you want to grill. To use, first soak the chips in a container of water for 30-60 minutes. At this point, there're a few ways to use them. The quick and dirty way is to simply throw the soaked chips onto your coals. They'll smoke as long as they're wet, but will burn as soon as they dry out. Another method is to strain off the water, then put a cupful of chips onto a sheet of aluminum foil. Fold the foil around the chips, rolling the ends upward so no water drips out. Snip several holes in the top of the packet, and place it directly on the coals. This method

gives you more smoke for a longer time. Happy grilling!

We grow a lot of lettuce here at Full Harvest Farm, so you'll find it in many boxes. Because items for the first few boxes are limited, you may get lettuce in every box for the first several. We grow 3, main varieties: romaine, green leaf and Boston, as well as the red version of each of these. Chuck is always trying new cultivars to find the ones that taste great and do well in our soil and zone. "Lovelock", a French Crisp variety, is one we especially like. Its leaves are a little sturdier and hold a little more water, so lasts longer in your fridge. Your lettuce will require more washing than normally: we'd gotten over 5 inches of rain before these were harvested. Rain splashes soil up onto the plant, and lettuce grows close to the ground. We've gotten the worst off, but now it's your turn. If you have a salad spinner, wash what you want to use in 2 changes of water. If you don't have a salad spinner, use a clean sink and cold water. Fresh lettuce is worth the extra work.

The spinach is from our first planting this season, which has grown quite large and is beginning to bolt, or go to seed. When spinach matures, it tastes a little stronger. However, if you like it raw, you should still be able to enjoy this.

Swiss chard is the ancestor of beets. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, al dente or soft, that you prefer. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash them before cooking, and cut the leaves in half lengthwise before chopping to make them easier to eat. Chard leaves are great, raw, in salads.

Terry's Favorite Way To Cook Any Vegetable:
Get out a 9"-10" skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt (Kosher is excellent) and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way. I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better decisions when combining it with other things.

Field Notes

We've had lotsa rain in the past 10 days, over 5 inches. At first, we welcomed it because there'd been quite a stretch of dry weather up here, and Chuck was irrigating the crops we had in the ground. However, when it kept coming, he started to worry about getting

into the fields to continue planting. When you're a farmer, you have to be adaptable. Between rain showers, as the ground dried enough, Chuck and our field crew were out there planting basil, parsley, lettuce, broccoli, cabbage, Brussels sprouts, celeriac, carrots, spinach, beets, etc. Mother Nature watered it all in.

Of course, along with the rain, we got some hail. It damaged some of the tenderer leaves on things like the red Boston and red leaf lettuces, the Swiss chard and some of the spinach. The Romaine, Lovelock and green Boston survived with little damage. Hail damage doesn't affect the flavor of a vegetable, just its looks and storage life. When you see some tears in the leaves, and it's always the outer leaves that have it, simply use those first.

This year, Full Harvest Farm, LLC became a member of the FairShare CSA Coalition, based in Madison, WI. As members, we have access to a number of wonderful services in marketing, shared knowledge among other member farmers, the honor of being a member of this very fine organization, and the ability to contribute to their PartnerShare program. PartnerShares are funded by CSA member contributions, and go towards paying for CSA boxes for families who need produce but can't afford CSA prices. For more information about this very worthwhile program, please go to the FairShare website:

<http://www.csacoalition.org>

FYI – We've been having trouble with our Yahoo mail account this season, not being able to add contacts, edit or delete them. Once, it even deleted all the contacts on my list! Luckily, the restoration was easy, but none of the lists they had been in were restored, so I had to go thru the contacts, one by one, and reassign them to the proper list.

SO, if you have not been getting emails from the farm, OR you suddenly stop getting emails from the farm, please call me and let me know so I can correct the problem right away. Or try to. THANKS!

Wendy Copeland, our Waukesha pickup site manager, hosts a Facebook page where our CSA members can write about what they've done with items in their CSA box, share recipes, storage tips, etc. If you'd like to join it, please email Wendy with your name and pickup site, and she'll get you approved. She prefers to limit membership to Full Harvest Farm CSA members only. Her email is: wkcopeland@gmail.com.

We hosted a Work Day last Sunday to chip the branches pruned from our orchard last winter. One

of our CSA Worker Shares hauled away 2 trailer loads of old chips, AND helped make new ones: all hale Stephanie! Our potluck afterwards was delightful, and everyone went home with a job well done.

We'll be hosting another Work Day next Sunday, June 29th, to put up 2 greenhouses. We'll start at 1pm and end around 5pm and follow that with a potluck supper. Our goal is to erect both greenhouses in one afternoon. According to the manufacturer, they're supposed to be comparatively easy to put up. If we get them up before July 1st, we have a grant to pay for both houses. If you want to come, please email the farm, let us know how many are coming and whether you will stay for the potluck. Bring gloves, sunscreen, a water bottle, hat, sunglasses and muscles. This is a fairly physical Work Day, not appropriate for children.

It's been a VERY busy last 2 days, and I apologize for not putting more information in this first newsletter, but more info will be here next week. Enjoy your first box.

Terry & Chuck