



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #15 **Odd Week**
Newsletter #15
1 October 2014

Contents

Parsley
Cantaloupe
Eggplant or Cauliflower: Couple only
Eggplant: Family only
Garlic
Green Beans
Lettuce: Mixed
Onions: Red and Yellow
Tomatoes: Mixed

There are quite a few cantaloupes remaining in the field. Chuck is hoping to get several more days of reasonable weather before a frost (likely Saturday or Sunday morning) kills what's left of the vines. If that happens, we may be able to put cantaloupes in next week's boxes. Here's hoping!

We think this will be the last of the green beans for this season. The plants are still flowering, but a frost will probably kill both plants and flowers.

We're in one of those spots where we have neither enough eggplant nor enough cauliflower for everyone. So, all the Family Shares will receive eggplant, and the Couple Shares will receive either eggplant or cauliflower. If you haven't grilled eggplant yet, now would be a good time since this will be the last of them.

We're starting to get overwhelmed with tomatoes, so we're offering you the chance to order extra for canning or freezing. I'm not much of a canner, nor do I have the time, so tomatoes go into my freezer whole. Here's my method:

Eazee Freezee Tomatoes

Wash a quantity of tomatoes and place on a dish towel to drain a bit. Put the tomatoes onto a half-sheet pan or jellyroll pan (something with sides) in a single layer and put into your freezer. Leave for a few hours.

Transfer frozen tomatoes to a heavy duty, reclosable freezer bag, and return to your freezer. Done this way, the tomatoes don't freeze together in a massive clump, so are easy to use since you can take 1 or 3

When you need chopped tomatoes for a stew or soup, just pull out what you need and run the tomatoes under cold water: the skins will split and easily pull off.

Mostly-frozen tomatoes are easy to core and chop up.

I do something similar with peppers, because a lot of the damaged ones make their way into my kitchen. I wash and core them, cut them in half and remove any bad spots. Then they go into my freezer, wherever they fit—on top of containers of soup, the cold packs, frozen peas, etc. The next day, I put them into a heavy-duty, freezer bag.

Here's a fun recipe courtesy of Jessica Stenz, a long-time CSA member:

Our Italian side of the family makes Punapun. But don't ask me how to spell it because I can't find it online! (Italian father-in-law says spell it "any way you want. look up in Italian meaning dunk and dunk" but I can't find that.) This has been a great way to use our recent tomatoes, peppers, and onions!

Punapun (Italian salsa)

Juicy ripe tomatoes, at least 4, cut in chunks
1/2 onion, sliced
1 bell pepper, any color, sliced in chunks
fresh basil ~10 good sized leaves, cut or torn into pieces (*use 1 tsp. dried if necessary*)
Italian seasoning (if needed)
garlic salt
olive oil
salt & pepper

a bit of water if desired to make it juicier

Mix everything in bowl. Cover with lid and let it sit at least overnight in fridge so that flavors meld.

Serve with Italian bread.

Tear off chunks of bread to dip in the punapun. Make soakies in the juice, and use the bread to pick up chunks of veggies.

These onions should store for several months. Leave them in a cool, dry place where the air can reach them and keep the skins dry.

Onion Soup with Apple Cider and Rosemary

In a large saucepan over high heat, put:

4 Tbsp. butter
1 1/2 lbs. onions, peeled, cut into half-moons
freshly ground black pepper
1/4 tsp. salt

-sauté, stirring often, until soft and dark brown.

Add: 1 1/2 cups chicken broth
1 1/2 cups apple cider
1 4-inch sprig fresh rosemary

-stir to loosen any bits of onion stuck to the bottom of the pot. Bring to a boil, reduce heat and simmer until onions are very soft, about 20 minutes. Add more salt & pepper if necessary. Garnish each bowl with grated Parmesan.

Field Notes

Monday evening brought a band of rain showers that dropped .2" on the farm—a little drink for the plants.

We have a few beds of late radishes that we hope to put into your last few boxes.

Near those beds is another planted with small bok choy, the green-on-green variety that stays small. We plant this later in the season to keep the leaves looking good, since they're very attractive to flea beetles.

These small choys will be harvestable soon.

If the weather cooperates, we'll have a wonderful, late broccoli harvest.

Another crop we like to grow is celeriac, or celery root. We've found that it's a great storage vegetable, and wonderful addition to the late CSA boxes.

We had a wonderful group visit us for Farm Day last Sunday. They enthusiastically picked several crates of apples, helped clean and cut them up, ran the masher, and helped the kids assemble the mash-filled cheesecloth squares. The dark brown cider was some of the best we've made. Everyone who brought a container got to take some home. Then, Chuck took the group on a tour of the fields, where they dug carrots, learned about the crops we grow and admired our new hoopouses. The weather was perfect.

With an abundant tomato crop, we now have extra tomatoes available for purchase. They are all slicing tomatoes of various sizes and varieties, ripe and ready for canning or freezing. We did not grow very many paste tomatoes this year, and the ones we do have are mostly unripe at this point.

We're selling them in 20-lb. amounts. The price is \$1/lb., or \$20 for 20 lbs.

To order, please email the farm with your full name, where you pick up your box, how many pounds you'd like and which Wednesday you'd like them delivered.

If you email me tonight (Tuesday), we may even be able to deliver them tomorrow, Oct. 1st.

We'll label the box with your name and order, and the driver will deliver it to your pickup site.

Canning tomatoes will be available for the next 2 weeks.

To pay, please snail mail a check made out to "Full Harvest Farm, LLC"--our address is at the top of every newsletter. Please do not leave money with your site manager or at your pickup site.

Happy canning!

Terry & Chuck