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Box #2 **Even Week**  
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Beets: Mix of Chioggia, Golden and Red

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**New Stuff:** beets, garlic scapes, radishes, sugar snap peas, zucchini.

Parsley is a little, green powerhouse: it has more vitamin A than carrots and more C than oranges, as well as being high in minerals, particularly iron. Parsley helps settle the stomach when you've had too much to eat, and it also helps rid the body of heavy metals, according to Chinese medicine. Parsley prefers full sun to grow well. Keep it watered, and fertilize it a bit once or twice. After it establishes itself, it'll grow quickly into a low, bushy plant. Harvest the biggest stalks first. If you want to plant this in a pot, give it one at least 6" in diameter—8" would be better.

One of the great things about beets, besides their flavor, is the fact that all of it is edible: root, stems and leaves. The stems and leaves taste very much like Swiss chard, their ancestor. Someone, sometime, decided that they liked to eat the roots on their chard plants and started to select for large roots. This reduced the size of the leaves, and modern-day beets are the result. Beets are full of vitamins A & C as well as carotene. Use the leaves first, as they will only last 4-5 days in the fridge. Cook only the good-looking leaves and stems. The stems will need several more minutes cooking time than the leaves. Cook the leaves just until they are tender, but still remain a bright green. Or, chop them up raw for salads.

We grow several different kinds of beets here at Full Harvest Farm: golden, red, Chioggia and white. Golden beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Chioggia beets are an Italian variety with deep fuchsia and white rings on the

inside. Red beets have the most flavor and are red inside and out. I'll talk about white beets when we actually put them into your boxes.

In my opinion, roasting is the best way to prepare red beet roots. The only reason not to roast is because it's too hot to turn the oven on.

## Roasted Beets

In a medium bowl, put:

1 Tbsp. olive oil

½ tsp. salt

¼ tsp. freshly-ground pepper

Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean. Cut beets into largish chunks and put into bowl. Do NOT peel, as the skin provides better flavor. Toss with oil, salt & pepper until all beets are evenly coated. Put the oiled beets into a pan **with sides**, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. No need to peel them as the skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious. You can use them like scallions, in anything you want the taste of garlic in. They're also great in pesto. Store these in a plastic bag in your fridge.

Here's a nice recipe sent in by our Worker Share Cindy:

## Garlic Scape Dressing

2 garlic scapes, coarsely chopped

2 green onions, coarsely chopped

1 teaspoon honey

2 teaspoons Dijon mustard or similar brown mustard

4 tablespoons red wine vinegar

1 tablespoon lemon juice

dash salt & 1/8 teaspoon fresh ground black pepper

1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended.

Makes 1 cup.

The radishes are just big enough to pick. We didn't have a big patch, so are giving you a smaller number than normally. Because of the wet weather, they should taste mild and only a little spicy. The small holes in your radish leaves are caused by flea beetles:

they love tasty greens, especially in the spring. The lacy look they create does not affect the taste of the roots.

Sugar snap peas are a marvel of pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the “string” first: grab the stem and pull towards the end. Otherwise, that string is pretty fibrous. Store them in the fridge when you’re not actively munching.

The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or . . . . We hope to put them in your box again next week.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C and potassium and calcium.

Store all of this week’s produce (except for the parsley plant) in your fridge. Root vegetables keep a long time, but leafy greens are good for 3-5 days, sometimes longer.

When you make your next pot of beans, add some chopped chard to it about 10 minutes before serving. You’ll give the beans a flavor and color boost.

### **Braised Chard**

Place a large sauté pan over medium heat.

Add: 2 Tbsp. extra virgin olive oil

-heat for 1 minute.

Add: stems from 1 bunch chard, cut into ½”

-Sauté for 3 to 4 minutes, stirring frequently.

Now add: chard leaves, roughly chopped

-sauté another 3-4 minutes, until wilted.

Add: ½ cup vegetable stock

salt & freshly ground black pepper

-cook for 5 minutes. Remove from the heat.

Stir in: 1 Tbsp butter

Serve immediately. Makes about 2 cups.

### **Field Notes**

We’ve gotten over 3 inches of rain to add to the previous 5+. Some of that rain came down so hard, it damaged the tenderer leaves on our lettuce and chard. You may notice some tears in those leaves: use them up first.

Lots of rain means lots of happy plants, including the weeds. Canadian thistle is a weed that’s always been a problem out here, and it really wants to bloom right now. We tractor-cultivate and pull it out of our cropped fields, and use a large, pull-behind mowing rig to cut it down in the larger areas. If it goes to seed, we have a larger bloom next year and a bigger problem.

As soon as the ground is dry enough, Chuck and our crew are out in the fields transplanting. This past week, they’ve planted sweet corn, broccoli,

cauliflower, potatoes, more lettuce, kohlrabi and cabbage.

Sunday’s Work Day resulted in one almost-completed greenhouse. Chuck and our volunteers erected the simpler of our 2, gothic-style greenhouses. It just needs some tightening up, then we can pull the plastic over it.



The other greenhouse has a special, vented roof, and is more complicated. Two of our wonderful volunteers spent the afternoon assembling one of the sides.



As a CSA member, it is **your** job to unfold your box. Wendy Copeland, our Waukesha site manager, and her daughter Madeleine, made a short video on how to accomplish this easy task. Here’s the link:

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

Most pickup sites have a large box available for you to put the unfolded boxes into. It’s much easier to move a bunch of boxes if they’re confined to one container.

We love to hear from you, whether you have a problem or a question. When you email the farm, identify yourself with your first and last names and where you pick up your box. If your message is about your box, please tell us what size Share you get. Thanks!

**Happy Fourth of July!**

Terry & Chuck