



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #8
Even Week
12 August 2015

Contents

Fennel

Beets: Orange and/or Red

Bunched Orange Beets for Couple Boxes

Loose Red and possibly Orange for Family Boxes

Broccoli

Cucumber

Garlic

Green Beans: Couple Boxes only

Kale: Green and/or Red Curly

Potatoes: New

Sweet Corn

New Stuff: broccoli, green beans, sweet corn

Choice Box: ?? It's a mystery . . .

Wednesday's box will likely be rather heavy, with sweet corn, cabbage, beets and potatoes in it. You may want to bring an extra bag with you to distribute the weight.

Finally, finally, we have enough broccoli to put into the boxes! Broccoli is loaded with vitamins A, C, calcium, potassium and iron. It's best eaten raw, but if it's gently cooked or steamed just until bright green and *al dente*, you will still enjoy most of its nutritional value.

You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove. Check for them underneath the florets as you wash or cut your broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. I imagine the killdeer and barn swallows find them quite a tasty treat.

Broccoli Soup

In a large saucepan, over medium heat, put:

2 Tbsp. olive oil

1 onion, chopped

2 cloves garlic, chopped

2 small zucchinis, peeled and chopped

a sprinkle of salt

-Sauté until the zucchini has started to give up some of its water and the onion is soft.

Add: 2 cups broccoli, chopped

1 small bulb fennel, chopped - *optional*

4 cups chicken broth

-Cover and bring to a boil. Lower heat and simmer 20 minutes.

Using a hand blender (if you have it), puree the soup until smooth. Or, leave it chunky.

Add: ½ tsp. celery seed

2-3 Tbsp. chopped fennel leaves

Stir and serve. Serves 4.

This is one of those recipes you can change around at will. If you don't have fennel, use potatoes to make a thicker soup, or replace all or part of the broccoli with cauliflower. For an elegant touch, add a cup of heavy cream after pureeing, and garnish with fresh dill and/or chopped chives. Be creative.

The green beans have taken their own sweet time this year, but they're finally producing just enough beans to give them to the Couple Shares. Everyone should get them next week as the 2nd patch is also starting to produce.

Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end and proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Store your green beans in the plastic bag in your refrigerator, and use them soon. Green beans contain vitamins A, B₁, B₂, calcium and potassium. Interesting note: Fresh beans are not as high in protein as dried beans.

Sweet corn is another of summer's treasures, for who doesn't love a freshly-cooked ear, dripping with butter and sprinkled with salt and pepper?

Corn has been around for tens of thousands of years, and seems to have originated in Central America. Early varieties were small, brightly colored, and a popcorn-type. Over the centuries, strains have been selected for size and sweetness, as they are today. Altho not as nutritious as older varieties, today's sweeter corn still contains vitamins A, B-complex, phosphorous, potassium, vegetable proteins and complex carbohydrates. Combined with most beans or dairy, it forms a complete protein.

Sweet corn is best eaten as soon after harvest as possible—this was picked Tuesday. The longer you keep it, the more sugar will change to starch. Store sweet corn in its husk in a plastic bag in the refrigerator.

You may find that some of the ears have ends with very small, immature kernels, and, a little further down, the kernels are suddenly much bigger. This is a result of uneven fertilization. The silk that we remove when we peel the husk off is a conduit that helps each kernel of corn develop. If some of those strands are

not pollinated, some of the kernels will not develop. Bugs can also interrupt fertilization when they eat the corn silk, which is why commercial farmers spray insecticides.

Sweet corn is great on the grill. Leave the husk intact, and soak your corn for about 30 minutes in a bucket of cold water. Prepare the coals as usual, and spread them out over ½ or 1/3 of the bottom of the grill.

When ready, place the ears on the grill rack directly over the fire. With a tongs, turn the ears a quarter about every 5 minutes. Don't worry if the husk gets charred, that adds flavor to the corn. When you've grilled all sides, move the corn to the cool side of the grill, and cook your meat on the hot side. You'll want to remove the bits of husk and silk from the rack first, tho. When the meat is almost done, pile the corn on a platter to cool a bit before serving. When it's cool enough to handle, remove the charred husk and enjoy! Beets will be on the large side this week. They will still be tender, however.

“Caldo Verde”, which means “green broth”, is a traditional Portuguese soup often eaten at weddings, birthdays, etc. “Black” kale, the kind used in Portugal, is not grown much in this country, but any kale will work, as will collard greens, chard, beet greens, mustard greens or spinach—or any combination of these.

Caldo Verde serves 6-8

In a Dutch oven over medium-high heat, put:

1 Tbsp. olive oil

Add: 12 oz. sausage, cut into pieces (use whatever you prefer)

-Cook, stirring occasionally, until lightly browned, 4-5 minutes. Remove sausage to a bowl.

Add to the pot: 1 onion, chopped

4 cloves garlic, chopped

1 tsp. salt

¼ tsp. red pepper flakes (optional)

-Cook, stirring often, until onion is transparent.

Add: 2 lbs. potatoes, cut into ¾” pieces

8 cups chicken broth

-Bring to a boil, turn down heat and simmer, until potatoes are just tender, 8-10 minutes.

Add: 1 bunch kale, washed, stems removed, and chopped into 1” pieces (approx.)

-Stir, cover, and simmer kale about 10 minutes, or until tender.

To make a thicker soup, put about 1 cup solids and 1 cup broth into a blender and process until very smooth.

Put the puree back into the soup.

Stir in: sausage pieces

salt and pepper to taste

2 tsp. white vinegar (optional)

Serve with a crusty bread.

It may seem odd to give you 2 soup recipes in August, but the ingredients of this week's box are really perfect for Caldo Verde.

Field Notes

Friday we got .25” of rain. Storms moved thru our area on Monday and brought another .2”. At the farm, it's still dry.

Powdery mildew is always a problem at some point in the season. We're seeing it in the cucumbers and zucchini. The harvest from those plants is much less. Looks like we're nearing the end for this season.

Our tomato patch is beginning to give us a little ripe, red fruit, so we hope to be putting those in your boxes soon. The cherry tomatoes usually ripen first, but Chuck has a new, early, slicing tomato that's giving the cherries a run for their money. Tasty too.

We are between lettuce patches just now. I expect some members are just as happy to not get lettuce in this week's box.

Chuck and the crew were digging garlic this week, and found a bee's nest just under the soil surface. Those were very unhappy bees, and they let the crew know it. All garlic harvesting had to stay about 10 feet away from the hive, or they risked being stung. A few days later, Chuck found these industrious bees had pulled straw over the hole and woven it together to form a roof over their hive. Amazing!

Keep up the good work leaving your wax boxes at your pickup site and/or bringing them back. We collect these from your site each week, and use them to pack the following box.

Mark your calendars: **Farm Day** is Sunday, Sept. 27th. This is your chance to bring your family and friends out to the farm to meet Chuck and I, and see how and where your vegetables are grown. We usually start around 2pm and end around 4:30-5pm. Farm Day begins with cider-making on an old-fashioned cider press, then we move out to the fields for a tour. We return to the barn to collect some of that freshly-pressed cider, and raffle off Full Harvest Farm produce. Chuck and I hope to see you there!

Have a great week!

Terry & Chuck