



Full Harvest Farm, LLC
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Box #11
Odd Week
2 Sept. 2015

Contents

Beets: Orange
Broccoli
Green Beans
Eggplant
Lettuce
Melons: Cantaloupe or Watermelon or Canary
Onions: Walla Walla
Peppers: Red Carmen, Red or Orange Bell

New Stuff: eggplant.

Choice Box: Carmen peppers, zucchini, scratch-and-dent melons, etc.

Altho eggplant is low in calories and high in fiber, it does not contain large amounts of vitamins or minerals. It is available in many, different cultivars, from the pear-shaped, Italian variety, the long slender Asian, the small white “chicken egg”, to others that are pink, green, lavender, striped and so on. We find the pear-shaped Italian to be a good, all-round eggplant. These will be on the small side.

Always cook eggplant before eating as it contains a toxic substance called solanine. This is the same, bitter material that makes green potatoes taste so bad.

Cooking eggplant changes the solanine chemically so it's safe to eat. Store eggplant in the vegetable drawer in your fridge, but use it within a week.

Having an Italian mother, I grew up with Eggplant Parmesan. When my mother taught me to cook, she gave me the putzy, repetitious jobs. I remember adding seemingly endless glugs of oil to the skillet when cooking eggplant slices for Parmesan—the stuff sucked it up like a sponge. **Greasy.** Much later, I had grilled eggplant on a sandwich: what a delicious revelation! Grilled until soft, that purple vegetable tasted completely different, rather like beef.

This is the sauce the restaurant brushed on their eggplant before grilling (it works great for zucchini and summer squash, too):

Grilling Sauce for Eggplant

In a small bowl, whisk together:

- ¼ cup olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. soy sauce

salt & freshly ground pepper

Soy sauce helps to emulsify the vinegar and oil. Wash the eggplant(s), and cut off the tops, no need to peel. Slice them into lengthwise slabs, ½” thick. Brush both sides with the grilling sauce. Grease your grate, and grill the slices over the coals, turning as needed.

They're done when you can't see any whitish streaks, and the slabs are moist and limp. Once you taste these, you'll want to buy several eggplants at your next farmer's market and grill a bunch. They are especially good in sandwiches and salads.

When you feel like using your oven again, you can brush your eggplant slabs with this same sauce, and lay them on an aluminum-lined sheet pan (something with sides so the oil won't drip off and cause a fire). Bake in a 400 degree oven until the slabs are about ¾ done, turn and bake until the slabs are transparent-looking. This is the type of eggplant I'd use for Eggplant Parmesan.

Bring on the melons!

They're maturing fast, so we're picking like crazy. This year, we planted a whole bed of a trial melon called “Brilliant”. It's a canary type, which means it's bright yellow on the outside, light green on the inside and shaped like a football. When we trialed “Brilliant” last year, Chuck was impressed with the flavor, and happy with the number of melons one plant produced. We'd like to try to make sure everyone gets a chance to taste “Brilliant”, because we don't have enough to put them in all the boxes. This is what we're going to do: All the boxes, Couple and Family, going to Oconomowoc, Delafield, Dorner Manufacturing and Hartland this week will have “Brilliant” melons in them. Everyone else will get either a cantaloupe or watermelon.

Next week, we'll count up the number of Brilliant melons and deliver them to several other pickup sites. We hope to, eventually, deliver them to all the sites. Every-Other-Week members—we can't promise you'll get one.

However, check the Choice Box this week and next—there may be a Brilliant melon in yours.

Member Fen Li sent in the following tip and recipes:
Herbs - I have a dehydrator but love to put herbs on top of the toaster oven to dry them to multi task and conserve energy. We use it often to bake things and the heat will dry up herbs real nice from a few days to a week. I crunch it all up with my hands and instant dried herbs for seasoning.



Fermented pickled beets

- Make a 2% brine by combining 2 t kosher salt to 2 cups water. Cut up beets however you like and stuff them in a jar. Pour brine until it covers beets. Close jar. Put a plate underneath the jar to avoid a happy mess.

Ferment 1 week then move to fridge.

Fermented Dilly Carrots

1. Cut up carrots to fit jar. Add garlic and dill (approx. 2 cloves and 2 to 3 t dill for a quart size jar).
2. Stuff them in jar.
3. Mix 1 teaspoon kosher salt with 1 cup water to make a 2% brine (make more brine if necessary. Save extras if you have leftover brine)
4. Pour the brine onto the carrots until they are all covered.
5. Put on a lid. Put a plate underneath the jar to catch a happy mess. Ferment for 5 to 7 days then move to fridge.

Worker Share Linda Guzewski sent me the link for this recipe for Chile Rellenos casserole:

<http://www.teeniecakes.com/category/series-theme-recipes/southwestern-flavors/>

Field Notes

The rain that started Friday afternoon and ended Saturday afternoon gave us 1.65". These steady rains are the best kind for soaking into the ground and giving everything a good drink. The ground is rather muddy, but this hot weather should dry the top in short order.

We're finding some bacterial speck on some pepper plants, altho it's not nearly as bad there as in the tomatoes. The same, black spots appear on the peppers and the leaves.

Our broccoli patches are producing lots of beautiful, big heads. I don't remember ever seeing so many large ones before. Usually, we harvest a mixture of small, medium and large. Could it be the Chickitty Doo Doo?

Cauliflower is also producing well, and we intend to put them in next week's boxes.

Enjoy these hot, sunny days. Me, I'm looking forward to a little cool-down.

Now that we've turned the calendar to September, check to see that you've put our Farm Day, Sunday, Sept. 27th, on it.