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Box #11 **Odd Week**
Newsletter #11
3 September 2014

Contents

Cilantro
Cauliflower
Kale: Lacinato
Lettuce: Green Leaf
Pepper: Green Bell and/or Iko Iko
Potatoes: Early Ohio, Superior
Sweet Corn
Tomatoes: Mixed Cherry and Slicers

New Stuff: sweet corn.

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

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.

The tomato plants are big and lush, but the fruit is ripening very slowly. We expect them to yield more shortly. Some of the tomatoes you receive will need to ripen on your counter for several days, others will be ready now. Judge ripeness by the firmness (less ripe) or softness of the tomato, also by color: the deeper the color, the riper the tomato. Store tomatoes on your counter: their flavor and texture is much better at room temperature. Only refrigerate a tomato if it cracks, or you didn't use all of it.

We're growing many different cultivars of tomatoes again this year. Some will ripen to a bright red or pink, others will be a brownish red (the "black" cultivars, Black Truffle, Black Prince, etc.), or gold and pink (Old German). The odd-shaped tomatoes

tend to be heirloom varieties (Old German, Black Truffle). These may not always ripen evenly, but their flavor is worth losing a chunk for.

We're giving you potatoes again as a favor to the Every-Other-Week Share recipients: the odd week EOW's have not gotten potatoes yet.

Cauliflower Potato Curry

Serves 4

In a 10", heavy skillet, heat over medium fire:

2 Tbsp. oil

Add: 1 tsp. curry powder

1 tsp. turmeric

1 tsp. ground cumin

1 tsp. dried thyme

¼ tsp. cayenne, *optional*

-Cook, stirring, until fragrant, 30 seconds.

Now add: 2/3 cup onion, chopped

1 clove garlic, minced

-Cook until onion is transparent, stirring often.

Add: 2 cups potatoes, cubed

1 cup chicken or vegetable stock

-Cover and simmer about 10 minutes.

Add: 2 cups cauliflower, chopped

1 carrot, chopped

2 slices fresh gingerroot

-Cover and simmer 5 minutes.

Stir in: ¼ lb. green beans, chopped

-Cover and simmer for another 5 minutes. Remove lid, turn heat up to high, and cook until most of the liquid has evaporated. Stir occasionally to prevent sticking.

Stir in: 1 Tbsp. fresh lemon juice

salt & pepper to taste

Serve over rice (basmati, if you have it), and top with chopped scallions.

Fresh Tomato Salsa

In a large bowl, put:

1 ½-2 cups tomatoes, cut into ¼" dice

¼ cup onion, chopped

¼ cup cilantro, chopped

2 cloves garlic, minced

½ cup green pepper, cut into ¼" dice

1 Tbsp. olive oil

2 tsp. fresh lime juice

Salt and freshly ground pepper to taste

Mix all ingredients, cover and let sit, at room temperature, for about 30 minutes while the flavors meld. Serve.

Feel free to experiment with scallions, chives, fresh oregano, parsley, spicy peppers and other colored tomatoes when you make salsa.

Last week I neglected to give you any information about the pears in your boxes. If you still have them around, you may find this helpful.

When we bought our farm in 2002, we got an orchard of approximately 85 trees as part of the deal. In that orchard are 13 pear trees, with the rest apple. The pears generally bear abundantly, but this year is an off year: pears, but not abundant. We've picked your pears from the Bartlett, Lincoln and Delicious pear trees. Bartlett pears tend to have that classic pear shape: a rounded bottom and a defined neck. Lincoln is a smaller, shorter, rounder variety with a very short, somewhat pointed neck. The Delicious pear is shaped like a small Bartlett.

Pears ripen best off the tree, at room temperature. If you want yours to do so, place them on your counter. A pear is ripe when the stem end yields to gentle pressure. Refrigerating them delays ripening, but not forever. These pears may ripen very slowly or within days—it's hard to say, exactly.

Our pears have not been sprayed for anything, animal, vegetable or fungus. Some will not look like the perfect fruit you see in supermarkets—that doesn't mean that most of it is bad, quite the opposite. Some will have dimples, or rub marks, or slight insect damage. Underneath a dimple, which is an insect cutting into the skin to deposit an egg underneath, you will find a hard area: this is the pear trying to prevent that worm from eating its way thru the fruit. We have tried to sort out the ones with any kind of damage that would make them inedible, but some do have damage which will need to be cut out. One thing I can say is that our pears, when properly ripe, are delicious. Certainly worth waiting for.

Field Notes

We've had several bouts of rain, enough to make some drip tape unnecessary, except for some newly-planted lettuce, which dries out quickly in the hot sun.

Due to the frequent rain, powdery mildew has attacked our second zucchini planting. Since this fungal disease will greatly reduce the number of fruit and affect its size and shape, we've decided to plow the bed under.

Organic systems do not have very effective ways of combatting fungal diseases once they take hold, so we let the soil break the plants down and start over next year. An organic farmer's best tool to fight any plant disease is their soil: the healthier it is, the healthier the plants will be, and the better they'll be able to overcome any attack.

The new cauliflower bed is producing very nice heads. There are a few beds of broccoli next to them that we've started harvesting from, so there may be enough to put in next week's box.

Many thanks to all the people who sent emails with their good wishes for my speedy recovery. There were too many to reply to one by one, but I want you to know I appreciated EVERY one. I'll be 6 weeks in a sling, but the broken bones have not shifted as of today. If we can keep the "greater tuberosity" in place, I have every chance of it healing on its own.

Have a great week!

Terry & Chuck