



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #12
Even Week
14 September 2016

Contents

Parsley: Curly or Flat Leaf
Broccoli
Cucumber
Eggplant
Fennel
Green Beans
Pears
Peppers: Bell, Italian
Tomatoes: Slicers

New Stuff: parsley, pears

Parsley has often been used as a breath freshener, but did you know it helps relieve indigestion? In Chinese medicine, parsley is recommended as an aid to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron. We grow both flat leaf "Italian" and curly parsley. Chefs generally prefer flat leaf, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me. Chuck has been picking pears for weeks now in his "spare" time, stockpiling them in the cooler. The trees didn't produce a lot this year, and some pears are a little misshapen, but we're giving you what we can. Unripe pears should be left out at room temperature to ripen. When they're ready, the stem end will give under gentle pressure. Pears actually ripen better off the tree rather than on. Once ripe, you can store them in the refrigerator to slow down deterioration. Cucumbers are still producing, but just enough to give one per box.

The eggplant were picked Tuesday, after the morning rain (almost). The ground was very muddy, and we actually DID wash them off, even if it doesn't look like it. If you aren't going to peel yours, then wash it with a little soapy water, and rinse. That might do the trick.

Baba Ghanouj/Baba Ghanoush

1 large eggplant
1 Tbsp. lemon juice
2 Tbsp. tahini
2 garlic cloves, peeled
2 Tbsp. olive oil
salt and pepper to taste

Preheat oven to 375°F. Cut eggplant in half lengthwise and place on sheet pan. Brush with about 1 tablespoon olive oil and season with salt and pepper. Roast for 40-45 minutes until very soft.

Let eggplant cool before handling. Scoop eggplant flesh out of skins into the bowl of a food processor. Add lemon juice, tahini, garlic, olive oil and salt and pepper. Process until smooth. Spread on crackers, bread or use as a dip with fresh vegetables.

Squash Ratatouille

1 acorn squash
1 onion, diced
2 cloves garlic, minced
1 eggplant, cubed
1 small fennel bulb, finely chopped
1 tsp dried or chopped fresh basil
1 tsp dried marjoram
1 tsp dried tarragon
1/2 tsp black pepper
1 tbsp olive oil
1 can (28 oz.) crushed tomatoes
1 tsp salt

Cut squash in half, scoop out the seeds and steam or bake it for 30 minutes. Meanwhile, in a medium skillet or saucepan, sauté the onion, garlic, eggplant, fennel and seasonings in olive oil. When the eggplant is soft, about 15 minutes, add the tomatoes and sea salt and cook another 20-30 minutes. When the squash is soft, peel it, cut it in bite-sized pieces and mix with remaining ingredients.

The yellow and orange bell peppers are maturing, so we've picked the ones showing the most color for your box this week. We didn't come up with quite enough, so some of you will have greener bell peppers.

Chuck planted yellow, orange and red Italian peppers. The yellow and orange cultivars are new to us, so we'll see how they do. In this very wet year, we're finding the yellow Italian is having some disease issues, but still growing and producing. Sometimes plants fight off a bacterial, fungal or viral invader, and grow out of the initial outbreak.

This week, everyone is getting a red Italian pepper. The family boxes will also get a yellow or orange Italian. Remember, these peppers are sweet, not hot.

Cream of Fresh Tomato Soup

In a large, heavy-bottomed pot over medium-low heat put:

3 tablespoons olive oil
1 1/2 cups chopped onions
2 carrots, unpeeled and chopped
- sauté for about 10 minutes.
Add: 1 tablespoon minced garlic (about 3 cloves)
- sauté another minute.

Add: 4 pounds vine-ripened tomatoes, coarsely chopped

1 1/2 teaspoons sugar

1 tablespoon tomato paste

1/4 cup packed chopped fresh basil leaves

3 cups chicken stock, preferably homemade

2 tsp. kosher salt

2 teaspoons freshly ground black pepper

-Stir well, bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender.

Remove pot from heat and puree the contents using a hand blender or regular blender, being careful not to splash the hot soup onto yourself. If you do not want tomato seeds and skins in your soup, run the ingredients thru a food mill with the fine screen attached. Return pureed soup to the pot.

Stir in: 3/4 cup heavy cream

-Warm cream over low heat until soup is steaming or simmering (heavy cream will not curdle).

Serve topped with croutons and julienned basil leaves for garnish.

Field Notes

The rain on Wednesday gave us 4". More rain on Saturday added 1/2", and we had another rainy day Tuesday. It's certainly green out there.

On Monday, we transplanted the last of the lettuce. Because days are shorter and the weather typically turns cooler, these plants will take longer to grow into full-sized heads. To give them a little help, we build a mini hoophouse over them with heavy wire (the hoops) and row cover (instead of plastic). This keeps the lettuce warmer and protects it. If we have a nice stretch of warm weather, we remove the row cover and let the plants enjoy their straight shot of sunshine.

Farm Day will take place on Sunday, October 2nd. We'll start at 2pm and end around 5pm. Since cider pressing is our first item, please bring a container with you so you can bring some home. Chuck will be taking everyone around the fields for a tour about 3:30pm. Please invite your friends and family to come out and enjoy an afternoon on the farm. We must caution you that we are a working farm and definitely NOT childproof. Please keep an eye on your children, stay on the farm roads and don't allow them to climb on any equipment or go into the upstairs portion of our barn. Chuck and I love kids, and don't want any to get hurt.

Have a great week!

Terry & Chuck