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Box #1 **Odd Week**
Newsletter #1
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Contents

Basil Plant
Dill, bunched
Beets: Orange and Red
Lettuce: Mixed Types
Spinach
Sugar Snap Peas
Sunflower Greens

Basil needs full to part sun to do well, and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first: this forces the plant to produce more, newer leaves. When the hop-like flowers appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the edible leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.

Fresh dill, milder and more complex in flavor than the dried version, is an herb I look forward to harvesting every summer. It would be terrific in potato salad, egg salad, cucumber salad, with fish, etc.—whatever you want to try. Clip off the very bottom of the stems and put the bunch into a small glass with about an inch of water in it. Store the dill in the fridge, and change the water every other day. Fresh dill is best used within 3-4 days, altho it will probably keep longer. The leaves are so thin that you can dry it on your kitchen counter by simply leaving it out on a piece of paper.

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
- 1/2 tsp. salt
- 1/4 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, important vitamins and needed fiber. 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.

We grow many different cultivars of lettuce here at Full Harvest Farm, and these will be reflected in your boxes. This week we picked a green/red French crisp variety called "Loveloek". It has a thicker leaf that holds more water, which helps it keep longer. We also picked red Boston, red oak leaf (very tender leaves) and a red leaf called "New Red Fire". Couple boxes will get one, large head, while Family boxes will receive 2, medium heads. What kind of lettuce will be in your box?

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 expect to put them in your box again next week.

Sunflower greens are a “living” food, and especially good for you. They have a sweet, nutty flavor. We sprouted these in a warm, dark germination chamber, hence their yellow-green color. Before you enjoy these, you need to do a few things to finish them off. First, place the container in a shallow plate—something that will catch water. Then, give them some water, about ¼ to ½ cup, and place them in a sunny location. Gently pull or brush off the split seed shell at the end of the cotyledons (those leaf-like things that appear first when a seed sprouts). Leave the plants in the window for a day or 3 so they can continue to grow and turn a nice green. For best flavor, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you’re ready to eat. Many of our members put the greens on sandwiches or in salads. If you like, you can take a few plants outside and let them grow into sunflowers. Wait until they have their 2nd set of true leaves before you plant them.

Field Notes

Monday’s rain gave us a little more than 1”. There was no hail, altho the high winds probably did some damage to the tender leaves of some types of lettuce. Everything needed a drink, so it was timely. We were out early, harvesting lettuce and spinach for your boxes in case hail should come down. We got in all of the lettuce and some of the spinach before lightning and rain chased us into the barn.

Knowing that the rain was coming, Chuck spent his Sunday afternoon and evening mowing grass and Canadian thistle, and seeding green beans. He was out until 10pm. Good thing he has excellent night vision! We’ve been very busy indeed planting vegetables for future boxes. For us, because we successively plant many different vegetables, planting continues into the middle of September when the last lettuce and spinach goes in.

Wendy Copeland, our Waukesha pickup site manager, hosts a Facebook page where our CSA members can write about what they’ve done with items in their CSA box, share recipes and storage tips, post photos, etc. You can request to join at <https://www.facebook.com/groups/FullHarvestWaukesha/>. She prefers to limit membership to Full Harvest Farm CSA members only, so please message her (<https://www.facebook.com/wendywhitecopeland>) and let her know you're part of our CSA, or email her and let her know at wkcopeland@gmail.com.

We want to caution you to pay close attention to the size box you pick up at your site today. The size you

purchased is repeated on the “Welcome” email we sent you when you signed up. It is also repeated on the sign-in sheet you will be initialling at your pickup site. The Couple Share is packed in a 5/9 bushel box, and



5/9 bu. Couple box

the Family Share is packed in a ¾ bushel box. Here's how you tell the difference:
-The Couple Box is white with light blue lettering. On the short side is printed "5/9 bu." which translates into: 5/9 bushel. It is shorter and wider than the other box.

-The Family Box is white with green and red



3/4 bu. Family box

lettering that also contains a picture of vegetables. On the short side is printed "3/4 bu." which translates into: 3/4 bushel. It is taller and narrower than the other box.
Mixups are more likely at the beginning of our deliveries, so please be sure you’re getting the correct box. Thanks so much!

If you have any problems, locating your box, contact your pickup site manager first, and the farm second. Your site manager’s phone number is in the email you received when you signed up. The phone number of our farm is at the top of this and every newsletter. We’ll be happy to help.

It’s always a good idea to bring your own container with you to your pickup site. That way, you can unload your CSA box, unfold it, and leave it at your site.

FYI: We have a new email account. It is: fullharvestfarm@gmail.com. Please send your messages to this address now. We still use the yahoo account, but are trying to ease away from it. Thanks for joining us this season for a Share of the harvest. Have a great week!

Terry & Chuck