



Full Harvest Farm, LLC
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Box #10
Even Week
26 August 2015

Contents

Parsley: Curly or Flat Italian
Broccoli
Cucumber
Green Beans
Lettuce: Mixed Types
Melons: **Cantaloupe or Watermelon--Couple**
Watermelon, Yellow--Family
Swiss Chard
Tomatoes: **Slicers—Couple Shares**
Slicer and Juliets, or All Cherry—Family
Zucchini: Zephyr, a few Green

New Stuff: cantaloupe, watermelon
Choice Box: cucumbers and ?

Just when we think we've got everything set for this week's box, Mother Nature throws us a curve ball. Chuck went thru the melon patch and realized he **MUST HARVEST SOME NOW**. So he did.

It's a mixed bag for the Couple Shares, some of this and some of that. Not to worry tho, if you get a watermelon this week, you'll be getting a cantaloupe soon, and vice versa. Which melon will be in your box?

The Family Shares are getting a yellow-fleshed, seeded watermelon called "Peace". These are extremely delicate as they are very ripe. If they get jostled too much, they'll crack open, rather like eggs. The Peace watermelons will be leaving the farm in one piece, but may crack in transit. If you get a cracked one, eat it sooner rather than later, if possible. Cracking doesn't affect the flavor, just the shelf life.

Family Share watermelons will be delivered in a separate container, which will be placed near the Family boxes. Take one melon from this container. Carefully.

However, if anyone has a problem with any melon, just let us know and we'll bring you a replacement next week.

We're growing a few melons we've never tried before. We're trialing a yellow-skinned, red-fleshed watermelon named "Faerie". It's supposed to be very sweet. Some of the Couple Shares will receive this melon. We're also growing a canary-style melon—

bright yellow on the outside, green on the inside—whose name I can't remember.
Store melons in your refrigerator.

Italian Broccoli & Chard Casserole

In a large skillet, heat: 2 Tbsp. olive oil
Add: 3 cloves garlic, peeled and minced
1 onion, peeled and minced
½ cup mushrooms, thinly sliced
½ tsp. salt
freshly-ground pepper
Sauté a few minutes, until the onion is just transparent.
Add: 3 tomatoes, coarsely chopped
1 bunch chard, washed & coarsely chopped
Sauté, covered, about 5 minutes.
Add: 1 head broccoli, washed and cut into bite-sized pieces
Sauté, covered, about 2 minutes. Turn filling into a large baking dish or ovenproof casserole.
In a small bowl, whisk together until smooth:
1 cup polenta or corn meal
1 cup water
1 tsp. salt

Bring 4 cups water to a boil. Add the polenta mixture, reduce the heat so the polenta simmers, and cook, stirring often, until the polenta is thick and stirs easily away from the sides of the pan, about 20 minutes. Pour polenta over the casserole, spreading evenly. Bake 30 minutes in a 350 degree oven, until the polenta forms a crust and shows a few golden specks across the top. Sprinkle some Parmesan cheese over the top and serve.

Chuck surprised me with numerous trays of tomatoes, so we're able to give everyone a few more. Most of the pints contain a slicer or two, and a few Family Shares will get mostly Red Grape tomatoes. We can't say for sure whether these are the last, but they may be.

Just in case you still have some cabbage in your refrigerator, CSA member Dan Buretta sent me this link for a simple-but-good cabbage recipe:
<http://allrecipes.com/Recipe/DeeAnns-Cheesy-Bacon-Cabbage/Detail.aspx?evt19=1&referringHubId=2437>
This is just the sort of recipe you can change around to suit your own tastes with very little trouble. Have fun!

Field Notes

Last week's rains gave us about 1.5"—very welcome after a rather long dry spell.
Transplanting continues. We've gotten in the last of the broccoli, cabbage and cauliflower, another 2 beds of lettuce, and the last seeding of carrots. It's a little late to be planting brassicas (cabbage-family

vegetables), because they need about 2 months to mature. Once the weather turns cool during the day as well as the nights, plants know it's not long before winter, and they slow their growth considerably. This means that it takes even longer to mature anything planted late in the season. At this point, we only plant vegetables we know will handle some freezing and thawing, and be the better for it.

Our melon patch has been rather a surprise. Chuck's been afraid to go out in it because the leaves were so thick, he couldn't tell where the melons were. Now, some of the leaves are dying back, it's easier to see, and melons are ripening fast.



As we were packing last week's box with sweet corn (among other things), we noticed a number of double ears, so we had to take a picture, just in case you didn't get one. I've never seen this configuration before.

We are still looking for some help in the barn as well as out in the field. If you know anyone who has some time during the week, please pass this information along.

We can take the following **Worker Shares**, folks who put in 4 hours/week in exchange for a Family Share of produce:

Tuesday morning in the field, 8-Noon, 1 position;
Tuesday afternoon in the barn, 1-5pm, 2 positions;
Friday afternoon in the barn, 1-5pm, 1 position.

We are looking for **Field Workers** who can work out the rest of this season—usually until Thanksgiving.

Hours are 8am-4:30pm.

For more information on Worker Share positions, please to to our website:

<http://www.fullharvestfarm.com> .

For information on Field Worker positions, please contact the farm at 262 673-6760 or via email:

fullharvestfarm@gmail.com

We appreciate that fine load of wax boxes we picked up last week—thank you! Keep up the good work.

Have a wonderful week, everyone!

Terry & Chuck