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Box #4  
**Even Week**  
20 July 2016

### Contents

Cilantro

Beets, Orange

**Broccoli: Family Boxes only**

**Cauliflower: Couple Boxes and some Family Boxes**

Lettuce: Red Leaf

Swiss Chard

Sweet Corn

Zucchini: Green, Zephyr

**New Stuff:** cilantro, orange beets, cauliflower, sweet corn

**Choice Box:** LARGE zucchini

Cilantro, also called Chinese parsley, is commonly used in Asian and Mexican cuisine, altho Americans have come to love it also. There's nothing like chopped cilantro in a good bowl of salsa. Wash it before using. Store cilantro wrapped in a damp paper towel in a plastic bag and put in your frig. Another method is to clip the bottoms, stand the bunch in a glass with an inch of water and keep in the frig. Cilantro will last about a week, properly stored. To keep it long-term, freeze the leaves in a zip-lock bag, and don't thaw them prior to using. Altho most herbs taste more intense when they're dried, cilantro loses its flavor when dehydrated, tasting nothing like the fresh version.

Orange beets are a bit sweeter and milder than red beets, but still taste like beets. These are excellent sauteed with a little butter, salt and pepper (Terry's Favorite Way To Cook Any Vegetable) or grated raw into a salad. Any good-looking stems and leaves are delicious also, cooked or raw.

Cauliflower has no saturated fat, is low in cholesterol, high in dietary fiber, vegetable protein, vitamins C, K and B6 as well as many minerals. Research has found that regularly eating cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, etc.) may lower your overall risk of cancer. Broccoli, cauliflower, Brussels sprouts and olives have the highest concentration of plant sterols that can lower serum cholesterol.

This is one of those times when we have only a certain amount of one vegetable, broccoli, and a bit more of

another, cauliflower. So, we're giving the limited broccoli to most of the Family Shares, and cauliflower to all the Couple Shares and some Family Shares.

What's in your box?

### **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.

Store cauliflower in a plastic bag in your crisper drawer, head up, and use it within 3-5 days to enjoy it at its best.

I don't think we've ever had sweet corn this early.

Usually, it's ready in August. It's a crazy year.

Raccoons love sweet corn, and they've been inside our patch, tasting this cob and that cob and doing a lot of damage, despite the electric fence we put up around the patch. They might be cute, but they're a menace on a farm.

The sweet corn patch didn't yield a lot of ears, but enough to give you a taste. We'll likely be putting this in next week's box as well, it just depends on how much more this patch and the second patch produce.

You'll notice some holes and tears in a few of your chard leaves, as well as abrasion marks here and there.

The heavy rains (and possibly a little hail) we've had can cause quite a bit of damage to chard as the leaves are rather tender. High winds blow the plant around and sometimes the leaves will have rub marks. This doesn't affect the flavor. Wash your chard thoroughly before using. Some leaves were growing low to the

ground and caught the splash-up from Sunday's heavy rain. We do an initial washing, but you should always do a final washing.

Just as orange beets taste differently from red beets, so the orange-stemmed chard tastes a little differently from the other colors.

Marygrace Horner created this salad from several items in last week's box:

### **SUMMER LUNCH SALAD**

This is more of a guideline than a recipe, since I didn't measure.

New potatoes, maybe about 1/2 a pound

2 stems of fresh dill, chopped

4 knob onions, chopped

About 8 oz. diced ham (because I already had extra from another recipe)

Mayonnaise, about 1/2 cup, but it's up to you

Mustard, to taste, whatever kind is in your fridge

Salt and pepper

Dice potatoes and steam until fork tender but not mushy. Quench by running cold water into the pot, then drain. They should still be a little warm. Put potatoes in a bowl. Add everything else and stir.

Thanks, Marygrace!

### **Field Notes**

Sunday's downpour gave us almost an inch in about an hour or two. We could use some more rain, tho.

Over the weekend, we planted celeriac and more lettuce, as well as broccoli and cabbage.

Last week, one of our tractors went down with a clutch problem. We'll have to trailer it to our local Ford Select-O-Speed expert for repair. It'll probably be gone for a month. Luckily, we have another Select-O-Speed we can use. The great thing about these tractors is they can go very, very slow, which is what you need when you're transplanting.

The tomato plants are growing well, tall enough to need support. Chuck likes to put T-posts in the ground and tie string between them, giving the plants something to latch onto as they grow upward. For us, it makes it a lot easier to harvest ripe tomatoes when they're off the ground.

The peppers are also sizing up nicely. Chuck planted more this year, 3, different colors of bell peppers, 2, different colors of Italian peppers, Jalapeños and Beaver Dams.

Drink lots of water this week—it's going to be a scorcher!

Take Care,

*Terry & Chuck*