



Full Harvest Farm, LLC
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Box #10
Even Week
31 August 2016

Contents

Broccoli (Most) or Cauliflower
Cucumbers
Eggplant
Lettuce: French Crisp or Red Leaf
Melons: Cantaloupe or Watermelon (Most)
OR: Green Beans (A Few)
Peppers: Colored Bell, Carmen
Swiss Chard
Tomatoes: Slicers, Grape

New Stuff: sweet Italian Carmen peppers

Choice Box: Tomatoes

Chuck discovered the sweet (as in “not hot”) Italian pepper cultivar called “Carmen” several years ago, and we’ve been growing it ever since. It’s a large, long, tapered pepper with a pointed end, rather like Poblanos without the heat. Carmen has wonderful flavor, especially when it’s fully ripe with rich, red color. It works as a green pepper too, but won’t be as sweet. The seed catalogs now offer several yellow Italian varieties, and we’re trying one this year. Neither cultivar is fully mature yet, so we’re giving you the ripest we have just now.

If you like grilled peppers, this is the one to use.

The bell peppers seem to be maturing quicker, so most of you will get either a ripe bell pepper or ripe Italian pepper, but you’ll get one of each. One will be ripe or partially ripe, and the other green.

We’re in one of those spots where we don’t have quite enough of one item to give it to everyone. The current broccoli patch didn’t produce enough, so some members will find cauliflower in their boxes.

Similar situation with cantaloupes and watermelons.

About 2/3 of our members will get either a cantaloupe or small watermelon. The rest will get either the first long, green beans, or bunched red beets. I know, it’s weird.

A word on those beans: if you get them, you’ll get either round beans or flat beans. These are “pole” beans, meaning they’re vines and will climb up a pole, altho we’re training these vines to grow up a string in our hoopouses. Pole beans are easier to pick, since they grow along the string, not just close to the ground.

They’re also longer than bush beans. My favorite are the flat beans.

We hope the melon patch will produce enough to put them in everyone’s boxes next week.

If you don’t happen to have any kohlrabi, substitute broccoli in this Asian salad:

Cucumber, Kohlrabi and Carrot Salad

In a medium salad bowl, put:

1 small onion, cut in half and sliced thinly

1 medium cucumber, cut in half and sliced into thin half-moons

1 carrot, scrubbed and cut into julienne matchsticks

½ kohlrabi, peeled and cut into julienne matchsticks

-Toss vegetables together to mix them and break up the layers of onion.

Dressing: in a small bowl, put:

1 Tbsp. light soy sauce or Tamari

2 tsp. rice or black vinegar

1 tsp. sesame oil

1 Tbsp. lightly-crushed, roasted sesame seeds

Just before serving, stir the dressing to mix it and pour over the vegetables. Toss together and serve immediately: the longer this salad sits with the dressing on it, the more liquid the cucumber will release.

At this time of the year, the lettuce tends to show signs of insect chews. Cucumber beetles like the center ribs, causing them to start to break down and turn orange. Leaf hoppers suck on the leaves, leaving a small, round spot. Altho some cultivars show almost no damage, others have more. Chuck says the critters know which lettuce tastes the best. Even commercial, store-bought lettuce shows signs of insect damage around now.

Much of our lettuce will be fine, but we want to explain what the damage is for those who find some.

This has to be the easiest tomato sauce on the planet:

Fresh Tomato Sauce

In a large pasta dish, put:

3 cups chopped, fresh tomatoes

½ cup chopped basil, parsley, oregano or other fresh herbs; use 3 Tbsp. dried if you don’t have fresh freshly ground pepper

-Mix, cover with plastic wrap and let sit at room temperature for 2 hours so the herb(s) can infuse into the tomatoes. **Do Not Salt** the tomatoes yet, or they will lose too much liquid.

After 2 hours, bring a large pot of salted water to a boil and cook 1 lb. of your favorite pasta shape until *al dente*. Try to choose one that will hold the pieces of tomato. After draining the pasta, put it into the dish with the herbed tomatoes and oil generously with good

extra virgin olive oil. Sprinkle with Kosher salt and toss to mix. Serve with lots of freshly grated cheese.

Field Notes

Saturday's rain gave us about an inch. The ground is still on the damp side, so we don't need any more.

Luckily, Tuesday's predicted rain went South of us.

Altho we might wish for cooler weather, the tomatoes love it this hot, as do the eggplant and peppers.

Our bush green beans have finally decided to shoot up and bloom. This means we should have green beans available next week and the week after. If the plants produce more than the CSA boxes and our farmer's market stand can absorb, we'll offer them to you for purchase via the Ecommerce area on Member Assembler.

We're finding some fungus diseases in our peppers. Some leaves develop brown spots, curl up and fall off. According to the State Dept. of Agriculture, many vegetable farmers are reporting this disease, which I can't name yet, but Chuck is working on that. We're also seeing fusarium wilt, a vascular disease (inside the plant) which causes the leaves to turn yellow, then brown, and kills the whole plant. Organic farms don't have any really good ways of killing fungal diseases, so we try to keep our plants happy and healthy so they can fight off diseases themselves.

Regarding copies of our newsletters: because Member Assembler requires us to link to our newsletter rather than send it to you as an attachment, you should download each newsletter and save it into a folder. Member Assembler only gives us so much storage space on their site, so we can't leave the link to all the newsletters open. When I send you the link to the most recent newsletter, I delete the link to the previous one. I also ask our webmistress to post the newsletters to our website, so your backup plan is to go there and download the one you want. Click on "About CSA", then on the "Newsletter" button that will appear.

Looks like cooler weather for a bit—a welcome relief!
Take Care,

Terry & Chuck