



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #19
Odd Week
28 October 2015

Contents

Beets: Red
Brussels Sprout Greens
**Brussels Sprout Stalk -- WILL BE DELIVERED
IN SEPARATE CONTAINERS**
Celeriac
Garlic
Leeks
Onions
Potatoes: Red
Winter Squash: Butternut

New Stuff: Brussels sprouts, Brussels sprout greens, celeriac, leeks

Choice Box: ???

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. This is why they're one of the last vegetables you see at the farmer's market. Ours have been thru 3.

Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B₆, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest, but will keep for a week or longer in the crisper drawer in your fridge. To store, snap the sprouts from the stalk and place them in a plastic bag. Before cooking, peel off and discard any yellowed or damaged outside leaves and trim the bottom. You can cook them whole or halved (my preference). Some people recommend cutting an X in the bottom of the sprout to help this denser part cook quicker. To me, it seems like a lot of bother when you could just cut them in half.

Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.

We're delivering your Brussels sprouts **in separate containers** this week because the stalks are just too long to fit into the boxes. We'll place them near the

size boxes they go with, and label the containers as well. **Take one stalk.**

Brussels sprout greens are the leaves from the Brussels sprout plant. The leaves are thick and green with a waxy feel, a bit like collards. We've found them to be delicious, especially after the plants have gone thru several frosts. To use them, strip off the stems, wash the leaves and cut them into bite-sized pieces. Cook up some bacon, add some onion and garlic, and cook until the onion is transparent. Add a cup of stock or water, the Brussels sprout greens, cover and simmer slowly for 15-20 minutes, or until the leaves are tender and a lighter green. Brussels sprout greens should be a part of our fall diet. They're sweeter than collards and kale, and quite nutritious.

The cabbage worms like Brussels sprout greens too, so some of your leaves will have holes in them. That doesn't affect their flavor. Wash them well as a bit of dirt may have splashed up on some leaves.

Store the greens in a plastic bag in the vegetable drawer. Their thicker leaf holds more water, so they should keep for a week or 2. They'll taste better if you cook them soon.

Celeriac, or celery root, is an old-fashioned storage crop, and very popular in Europe. It has excellent celery flavor, and can be used in any dish you would put celery into: potato salad, soups, casseroles, etc. To use, cut off the top with its leaves and stems—save good-looking ones for flavoring salads, soups and stews. Then, cut off the knobby skin and enjoy the rest, cooked or raw. The stems and leaves are strong tasting, so use them sparingly. To store celeriac, put it into a plastic bag, unwashed, then into your crisper drawer in the fridge. It should keep for a month or more.

Celeriac is low in calories (20 in 1 cup), high in dietary fiber, vitamins C & B₆, magnesium, potassium, manganese and phosphorous.

Celeriac Carrot Slaw

In a large bowl, put:

2 Tbsp. sherry vinegar (red wine or lemon juice also works)

¼ tsp. salt

1 Tbsp. brown mustard

1-2 cloves garlic, minced

Whisk in gradually: 1/3 cup olive oil
-until smooth and thick.

Add: 1 Tbsp. sour cream
freshly-ground pepper

Add to dressing:

1 celeriac bulb, peeled and grated

2 large carrots, scrubbed and grated

-You should have 4+ cups of vegetables altogether.
Feel free to add some cabbage, etc. to make up the

difference if you're short. Toss with dressing, then let sit for 30 minutes at room temperature so flavors can meld. Serve.

Leeks are one of the best-tasting alliums around. Their flavor is sweet, mild, yet complex and delicious. We pile soil around the stalk to keep it white: sunlight causes photosynthesis, which turns the stalk green. It's still edible, but the white portion is sweeter. Leeks will improve the flavor of any dish you use them in. To clean leeks, chop off the floppy leaves and the root end, slice it down the middle and rinse under running water, getting between the layers as much as possible. That soil we mound around the stalk tends to sift down between the leaves. Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. The floppy leaves are tough, but make an excellent addition to stock. The upper part of the green stalk will be tough also: let your knife tell you when it's time to stop cutting. Store leeks, unwashed, in a closed plastic bag in your vegetable drawer so their onion flavor doesn't travel to the other vegetables. They should keep 2 weeks or a bit longer.

A few potatoes will have some black spots on them. These can usually be scrubbed off and don't affect the flavor.

Potato Leek Soup *Serves 4*

In a pot or large saucepan over low heat, melt:

4 Tbsp. butter

Add: ½ lb. leeks, washed and chopped

¾ lb. potatoes, peeled and thinly sliced

-Cover and cook about 8 minutes.

Add: 4 cups chicken or vegetable stock

1 bay leaf

1 Tbsp. chopped parsley stems (yes, stems)

½ tsp. freshly ground pepper

½ tsp. dried thyme

-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 15-20 minutes.

Remove pot from heat, fish out the bay leaf, and puree.

A hand blender is the easiest tool for this task, but a blender or food processor works as well, just be careful to cover the container so you avoid being splashed by hot liquid.

Return puree to pot and add:

1 cup heavy cream

-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.

If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to steaming and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle milk.

Garlic is in short supply this year. We hope to plant more this fall so we don't have this problem next season. It looks like the weather will be favorable.

Field Notes

Harvest, harvest, harvest.

We're keeping a close eye on the weather forecast so we can cover crops that need it in case of a frost. But our main focus is to harvest what we need to fill your CSA boxes, our stand at the West Bend Farmer's Market and any wholesale orders that come in. If we get a big dip in temperature, we'll be harvesting everything we possibly can and putting it into the cooler for later. Right now, it's pretty full.

Okay, here are the contents of this year's **Winter Storage Box**:

<u>Item</u>	<u>Amount</u>
Beets, Orange	3 lbs.
Brussels Sprouts, loose	1 lb.
Cabbage	1 Lg.
Carrots	5 lbs.
Celeriac	3 medium
Kale, Red Curly	1 Lg. bunch
Onions, Red	2 lb.
Onions, Yellow	2 lbs.
Potatoes, Red	5 lbs.
Squash: Buttercup	1 = 2 lbs.
Squash: Butternut	1 = 3+ lbs.

We have 40 Boxes for sale, so order yours soon.

Now, to order a Winter Storage Box, do this:

-sign in (instructions were in last week's newsletter)

-click on the Winter Storage Box and follow the prompts.

You can also order some extra vegetables to be delivered with your Winter Storage Box. Click on what you want and fill in an amount in pounds or eaches. Member Assembler should send you a confirmation email with the amount due.

To pay for your items and Winter Storage Box, write a check to Full Harvest Farm, LLC for the full amount and snail mail it to us at the address at the top of our newsletter.

As soon as your payment arrives and is credited to your Ecommerce account, Member Assembler should send you a confirmation email.

This is the first time we've used Member Assembler to sell items like this, so I've likely missed a step or two here. If you have any trouble ordering a Winter Storage Box, or extra items, let me know and we'll sort it out.

Happy Halloween!
Terry & Chuck