



Full Harvest Farm, LLC
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Box #3
Odd Week
8 July 2015

Contents

Basil
Carrots
Garlic Scapes
Lettuce: Mixed Types: Lovelock, Green Leaf, etc.
Onions: Young, Red or Red and Yellow
Sugar Snap Peas
Swiss Chard
Zucchini: Midnight or Zephyr

New Stuff: carrots, onions.

Besides their beta carotene, carrots are very high in vitamin A, fiber, calcium, potassium, and contain small amounts of minerals, which are found just under the skin. No need to peel a fresh carrot: the skin is quite thin and sweet. Simply take your vegetable brush—the one you use to scrub potatoes—and clean the dirt off. Only old carrots need to be peeled, especially if the skin shows a grayish color, or if you taste a bitter flavor after you've eaten it raw.

We're very lucky here at Full Harvest Farm to have the kind of soils that grow great carrots. Chuck helps by choosing cultivars that taste especially good. This year, we're trialing one called "Mokum", and that's what you have in your box this week. It's supposed to be sweet and slender. What do you think?

Because these are very young onions, you can use both the white and light green parts, and even the good-looking, tenderer green tops: let your knife tell you when those greens get too fibrous. Store these in a plastic bag in the frig, they should last for a few weeks. You can use them in any recipe that calls for onions. A source I read suggested grilling the whole onion, greens and all. Sounds good.

Basil Pesto

makes approx. 2 cups pesto

In the bowl of a food processor, put:

- 2 cups, packed, fresh basil leaves, washed and spun/dried
- 4 medium cloves garlic, chopped coarsely (you can substitute garlic scapes, same number)
- 1/2 cup extra-virgin olive oil
- 1/2 tsp. salt

- 1/2 tsp. freshly-ground pepper
- 1/4 cup almonds, walnuts, pine nuts, etc.
- 1/4 cup grated Parmesan cheese

Process all ingredients just until uniform in size. Taste, and add more salt, pepper, etc. to suit. You can also freeze this pesto, altho the flavor and texture are better if you leave out the cheese. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 1 Tbsp. per serving, taste, then increase the amount, if desired. Pesto can be frozen easily. I buy a package of the 1/2 cup containers and put the finished paste in those. To thaw, take a container out of the freezer the night before and put it into your refrigerator. Do NOT try to thaw it in the microwave: it'll turn black. Basil oxidizes easily, so always cover it when you're not actually spooning some out. If you can, pour a thin film of olive oil over the top of the paste to protect it from the air.

"Pesto" simply means "paste". You can make pesto with other herbs besides basil. People often substitute parsley when they're a bit short on basil for this recipe. I've made delicious herb pestos using tarragon, thyme, parsley, fennel, sage, lovage, oregano, rosemary, marjoram, Summer savory and sorrel. Use one quarter to half as much of the stronger herbs: sage, rosemary and lovage.

Chard with Walnuts and Feta

Wash: 1 bunch Swiss chard

Cut off chard stalks near the base of the leaves and chop into 1/2" pieces. Cut large leaves in half, stack, and chop into 1/2" pieces.

In a large skillet over medium heat, heat:

2 Tbsp. olive oil

Add: chard stems, chopped

1/4 cup walnuts

2 cloves garlic, thinly sliced

Cook, stirring, until garlic is golden, about 2 minutes.

Add: chard leaves, chopped

1/2 tsp. Kosher salt

1/4 tsp. pepper

Cook, stirring, until the chard ribs are just tender, 2 to 3 minutes.

Sprinkle with: 1/2 cup crumbled feta

Serve immediately. Makes about 4 servings.

The zucchini have been growing as zucchinis are wont to do: larger. We're putting the really large ones in the Family boxes. We recommend peeling off the skin, and cutting these in half then scooping out the seeds. Zephyr has a thinner skin than Midnight, so it's possible you may not have to peel it. The test is to taste it.

Ashley Laing sent in the following zucchini recipe:

Baked Parmesan Zucchini

Preheat your oven to 350 degrees F.

In a small bowl, put:

½ cup grated Parmesan

½ tsp. dried thyme

½ tsp. dried oregano

½ tsp. dried basil

¼ tsp. garlic powder

In a medium bowl put:

2 Tbsp. olive oil

Add: 4 small zucchini (or the equivalent), quartered lengthwise (about 3-4" long by ½" logs)

Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.

Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

Worker Share Linda Guzewski sent in this link to Zucchini Breakfast Pancakes:

http://www.eatingwell.com/recipes/zucchini_bread_breakfast_pancakes

Field Notes

It's been dry out here, until Monday, when we finally got ¾" of rain. Not enough, but it'll help.

We fight a constant battle against Canadian thistle.

Many organic farmers have this problem, and there are a number of ways to combat it. In our unused fields, we hitch up a mower and mow the entire area where we find thistle. We don't mow where we don't need to, in order to preserve habitat for beneficial insects and birds. In the areas where we do mow, we also bale the grass/thistle to use as mulch, if the thistle isn't too prevalent (dried thistle has some wicked thorns).

Canadian thistle grows in our planted fields, between the plants, between the rows, on the drive roads—everywhere, to some extent. When it's in the drive roads and field edges, we can use our riding lawn mower to cut it down low. When it shows up in the fields, we can usually uproot the thistle that shows up between planted rows when we tractor-cultivate. But, when it grows between the plants in a row, we have to hoe or pull it out by hand, wearing leather gloves. It's extra work, but we have to do it. Let Canadian thistle go to seed, and the problem gets exponentially larger. Another method is to plant a cover crop that grows faster than the thistle, and will crowd it out. We've grown rye grass, Sudan grass and alfalfa, with varying success.

Chuck is ecstatic because we now have 2 beehives on our property. Bees are a vital link in the pollination

process of plants. We have wild bees that do some of this work, and the wind helps, but having a few more bees here can only be good.

Newsletters: Here's how the link for our newsletters will work, going forward. I will leave the link active for one week, when it will be replaced by the link to the next newsletter. This will give everyone plenty of time to download and save the file, or copy and paste it.

Shortly after I email the newsletter to all CSA members on Tuesday evening, I will email it to our webmistress, and she will post it to our website. If she's at her computer, she'll put it up right away, but if she's not, it may also take a few days.

Choice Box: We just want to remind you that we will not always have extra produce to put into the Choice Box. The other purpose for this box is to allow you, the CSA member, to leave something there that you may not want, like Brussels sprouts, or cilantro, or ??

We hope you all had a safe and satisfying 4th of July. We certainly did.

See you soon,

Terry & Chuck