



Full Harvest Farm, LLC
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Box #9
Odd Week
19 August 2015

Contents

Cilantro
Broccoli
Cabbage
Green Beans
Onions: Walla Walla
Peppers: **Green Bell—Couple Boxes**
Green Bell and Red Carmen—Family Boxes
Tomatoes: Slicer, Juliet/Red Grape
Sweet Corn: Who Gets Kissed?

New Stuff: cilantro, cabbage, peppers, tomatoes

Cilantro is that green leaf that looks a lot like flat-leaf parsley, but tastes very different. Sometimes called “Chinese parsley”, it’s used often in Asian cooking, and Mexican salsa wouldn’t be the same without it! You can store this in a plastic bag in the fridge, which would probably work best for this cilantro. We harvested it by cutting it off near the soil’s surface, then securing the bunch with a rubber band. You’ll have large and small stems in your bunches. Another method is to snip off the ends of the stems and put the bunch in a glass with an inch or so of water in it. Change the water every other day. They seem to last well this way.

Some of the leaves will be a little brown at the ends. This is called “tip burn” and occurs when the plant grows too fast and it can’t get water to the ends of the leaves fast enough.

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled or pickled, we do love our cabbage.

Luckily, it’s low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.

Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.

Store cabbage in your vegetable drawer, but don’t remove any of the outer leaves unless they’re starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store

for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.

Full Harvest Farm Coleslaw

Serves 6-8 as a side dish

Dressing:

½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura/Sucanat sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
salt and freshly-ground pepper to taste
-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/sucanat sugar looks like round, brown granules. It does not dissolve as easily as other sugars, so you will need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules, 10-15 minutes should be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar.

Vegetables:

8 cups shredded green and/or red **cabbage**, **carrots**, celeriac, **kohlrabi**, **fennel bulb**, **radish**, rutabaga, turnip, etc.

½ cup onion, minced

-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for 30 minutes so the flavors meld. Serve. Coleslaw is better on day #2.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week.

When young, most peppers are green with thin walls and a sharp, bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they taste sweeter. This color change takes an extra 10 days for most varieties.

We have a lovely crop of bell peppers that have sized up nicely, and everyone is getting one of those. We have a smaller number of another sweet pepper, an Italian variety, called “Carmen”. Carmen is a long, pointed sweet pepper that tastes best when it’s red. We’ve got enough red-turning-red to give those to the Family Shares. Everyone will be able to enjoy Carmens soon.

We have a major problem with “bacterial speck” in our tomatoes this year. Bacterial speck is a disease we’ve never had a problem with in the past, but we sure have it in spades now. It expresses itself on the leaves as

many small, black spots. Cool, damp conditions are ideal for this disease, and we had plenty of that earlier this summer. Eventually, those spots appear on the fruit, but just on the surface and can be easily cut off. We've picked as much as we can that has minimal spotting. Sadly, this disease could kill our entire tomato crop, and soon. We'll keep you updated. Yes, the name of the sweet corn in your box is "Who Gets Kissed?" This is a cultivar bred by organic growers, for organic growers. It's a bicolor, super-sweet corn. For some reason, the ears are not very uniform in size, so expect a variety of sizes among your corn this week.

Field Notes

Friday's rain gave us about 1/3". We hope that Tuesday's rain will give us more: it's very dry out there. A steady rain is the best kind to have because the water has time to soak into the ground.

We've been busy planting our last broccoli and cabbage crops. They have to go into the ground now or they won't mature before November's frosts kill them. Lettuce also went into the ground, but we'll keep planting that thru the middle of September.

It's been so busy here, what with us being short-handed, that I don't have time to write more. Perhaps next week.

Enjoy!

Terry & Chuck