



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #12
Even Week
9 September 2015

Contents

Cabbage
Carrots: Orange
Cauliflower
Cucumbers
Green Beans
Melon: Cantaloupe
Onions: Walla Walla
Peppers: Orange and Red Bells
Tomatoes: Mixed Types

New Stuff: cauliflower

Choice Box: very ripe cantaloupes, zucchini ?

Harvesting cauliflower is like getting a present: cut the stem, open the wrapper leaves and voilà! a lovely, white globe, ready to eat. There are good reasons why cauliflower often shows up on veggie trays: high in vitamins A, B-complex, C and E, it also contains many minerals and significant vegetable proteins. To retain as many of these beneficial nutrients as possible, eat it raw. Otherwise, cook cauliflower just until it is crisp-tender. Terry's Favorite Way To Cook Any Vegetable is a good place to start (butter, veg, salt, pepper, low heat, covered). Throw in some green beans and carrots for a really colorful dish.

If you want to cast nutritional caution to the wind, try roasting it using the same method for roasting beets in newsletter #1.

The cauliflower, being a member of the cabbage family, attracts cabbage worms, so keep an eye out for these little green critters as you cut apart your cauliflower. You may also see small, green balls somewhere on the head—it's from the worms. Just spray it off, it doesn't hurt anything. We've given these a good, initial spraying, so you might not find any green balls or green worms. Store cauliflower in a plastic bag in your fridge. It'll keep for a week, probably more.

If you like raw cauliflower, try it with this dip:

Carrot Dip

In a bowl, put:

- 1 cup grated carrots
- 1 cup mayonnaise
- 1 cup grated Parmesan cheese

-Toss the ingredients together and put into a small casserole dish. Bake in a 325 degree oven for 15 minutes, or until it's bubbling around the edges. Serve while still warm.

I was watching an episode of Jacques Pépin last Fall in which he made a dish with cabbage, cream and shrimp. The combination intrigued me, so I searched online for the recipe, couldn't find it but watched the episode again and jotted down some notes. When I made it, it was so good I cooked it for my parents this past Christmas. This isn't exactly Jacques's recipe, but it's close enough to be delicious:

Cabbage with Shrimp *serves 4*

In a large saute pan over medium heat, put:

1 cup chicken or vegetable stock

Add: 6 cups cabbage, chopped into 1/4"x2" pieces
(any kind of green cabbage will work)

2 lg. cloves garlic, chopped coarsely

-Cook for 8-10 minutes, covered.

Add: salt & pepper to taste

1 cup heavy cream

1-2 Tbsp. Dijon or brown mustard

1/4 cup white wine (dry, not sweet)

1 lb. shrimp, shelled completely

-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.

I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle when boiled, so you can simmer your shrimp with an easy mind.

I've also made this with salmon filets, and it was just as good.

If you haven't tried my Full Harvest Farm Coleslaw yet (newsletter #9), here's your chance.

Your carrots are on the large size, generally, although some bags will have a variety of sizes in them. We've also included a few 2-legged carrots, some intertwined carrots and other interesting shapes since Mother Nature likes to grow these as well. No matter the shape, the taste is still king. Our carrots need no peeling, the skins are very thin. Just scrub them and eat.

Chuck grew 2 types of cantaloupes that were supposed to mature at different times. They didn't. So, we're awash in cantaloupes, much to the delight of the many fruit flies that seem to appear out of nowhere whenever a split melon rears its fragrant head. Most of these cantaloupes are VERY RIPE, so eat them very soon. We've also put some very-ripe-cantaloupes-with-issues into the Choice Box this week. If soft spots and bug chews don't faze you, take one of these beauties home and really eat your fill.

Heavens to Betsy—tomatoes! Yes. Despite dire predictions of imminent death, the tomato plants—or some of them, at least—are still alive and producing fruit. It's a mystery.

Field Notes

The rains on Monday and Tuesday gave us about an inch or more. I can attest to it being pretty muddy on Tuesday afternoon while I was harvesting peppers. Transplanting continues with Napa cabbage, lettuce and broccoli raab. After the soil dries out, we'll put in more lettuce and spinach.

Altho the weather has been hot and sticky, our first frost could be only a few weeks away (altho we hope not). To protect our fall crops from too much cold, we construct mini-greenhouses over the rows with heavy wire "hoops", baling twine (the price is right) and row cover. The wire hoops are connected with baling twine to support the weight of the row cover. This keeps the warmth inside, and the worst of the cold out.

Have a great week!

Terry & Chuck