



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #3
Odd Week
13 July 2016

Contents

Parsley Plant

Dill

Lettuce: Green Boston or Green Leaf

Kohlrabi

Onions, Knob

Potatoes: New Red

Radishes

Zucchini

New Stuff: kohlrabi, onions, red potatoes, radishes

If you were raised in this part of the state, you probably know and love kohlrabi. It has a juicy, mild flavor, and is excellent eaten raw. If you've eaten broccoli stems, you'll find kohlrabi similar in flavor. To kohlrabi from drying out, put it in a plastic bag. To use it, trim off the leaves and peel it with a paring knife. Start by cutting off the bottom: you'll see a ring of small, white "hairs". Cut just inside the hairs, underneath the kohlrabi's skin and work your way around it like you would peel an apple. With the skin removed, slice it any way you like. I favor julienned pieces in a salad. It's great shredded and added to coleslaw, or in chunks on a veggie and dip tray. Many of our farmer's market customers prefer it raw with a little salt.

"Knob" onions are aptly named, since they are young onions that have matured enough to form the beginnings of a bulb, or "knob". Their flavor is stronger than scallions but milder than onions. You can use both the white and light green parts, and even the tenderer green tops: let your knife tell you when those greens get too fibrous. We gathered these and thinned the onion patch at the same time. Since onions often grow very close together, thinning them allows the ones still in the field to get much bigger. Some bunches will contain one or two red onions: lucky you if you get one. Store these in a plastic bag in the frig. You can use them in any recipe you need onions for. Try grilling the whole onion, greens and all. "New" potatoes are so called because they are harvested after they flower but before the plant dies. This makes them juicier, with a thin, tender skin.

Your potatoes have not been washed to preserve the skin. Plus, the soil acts as a preservative. To wash, hold 2 or 3 in your hands under running water and rub them gently against each other. The friction will wash off the dirt without tearing off too much of the new skin. The minerals that make potatoes nutritious are just under the skin, so don't cut it off.

Altho we sort thru our potatoes when we bag them, you may find one with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll. The green spot will taste bitter, so cut that off. To keep the sunlight off them, store potatoes in a brown paper bag at room temperature. There is some research that says onions and potatoes should not be stored close to each other or they'll spoil quicker. My mother would always boil new potatoes in salted water, then drain off the water and add butter and chopped parsley. I think chopped dill weed is as good or better.

Did you know that radishes are depicted on the walls of Egyptian tombs 4000 years ago? They were grown for their seeds, which produced oil. Altho radishes have a small amount of minerals, they are beneficial as blood cleansers and digestive aids.

At this time of year, we generally grow red radishes. Occasionally, other radish seeds get mixed up with the red, so we find purple and white radishes in our patch. Our Waukesha site manager Wendy Copeland gave this recipe to us. Members have raved about it.

Zucchini Apple Squares

Crust: 4 c. flour

2 c. sugar

1 ½ c. butter (3 sticks/12 oz.)

Work the butter into the flour/sugar with a pastry blender, 2 knives or the paddle attachment on a KitchenAid mixer. Reserve 1 ½ cups.

Press remainder into 9"x13" pan, greased, and bake at 375 degrees for 10 minutes.

Filling: 6 c. zucchini peeled, cored, cut into chunks

2/3 c. lemon juice (bottled okay)

1 cinnamon stick

Cook until zucchini is translucent over medium heat.

Remove cinnamon stick.

Add: 1 c. sugar

1/2 tsp. nutmeg

1/2 tsp. cinnamon

1/2 c. reserved crust mix to thicken

Stir and remove from heat. Spread filling onto crust.

To the remaining 1 cup reserved crust mix, add:

1 tsp. cinnamon

Sprinkle on top of filling. Bake at 375 degrees for 20 minutes or until crust browns. Serve warm or chilled.

Note: To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.

Field Notes

What was predicted to be a dry week turned out to give us almost 2" of rain over a few days. I have a feeling this summer may not be a dry one.

The high tunnels have been planted with cucumbers and pole beans. Despite our best efforts, we did not get to this until recently, so green beans and cucumbers will arrive a bit late this season.

Monday, we transplanted melons and tomatillos onto plastic mulch. We use biodegradable plastic mulch for vegetables we plant once: peppers, tomatoes, melons, winter squash, eggplant, etc. Because we need to make sure we can water the plants we put on plastic mulch, we also lay a line of drip tape right down the middle at the same time as we lay the mulch.

A word on how we decide which vegetables to put in your boxes: **quantity**. We pack about 210 boxes every week. This means we need 210 bunches of beets, 210 heads of lettuce, 210 plants, 210 bunches of cilantro, 420 peppers (at 2 each), 630 zucchini (at 3 each)—you get the idea. And we need that many of 8-9 different things. Sometimes, we'll have just enough of one crop for the Couple boxes (130), or the Family boxes (80), and we'll specify that in your newsletter (another reason to read your newsletters). We try to balance that by giving some other, limited item to the other size box. Then, the crop usually starts producing enough so everyone gets it.

We plan and plant so we'll have enough to fill your CSA boxes first. We plant extra for our wholesale customers and the West Bend Farmer's Market. If you shop at our stand in West Bend on Saturday mornings, you will often find things there that are not in your CSA box. This is because we don't have enough for the CSA boxes. We bring about 40 bunches of beets to the farmer's market, 30 zucchini, 20 bunches of radishes, and so forth. So, when beets start and we don't have 210 bunches to put into your boxes, we can sell those few bunches at the market.

We've had some mixups with boxes the last 2 weeks. PLEASE re-read your CSA Member Handbook for details and pictures about the size box you're supposed to pick up. **Remember: Every-Other-Weekers get a 5/9 bu. Couple Box. THANK YOU.**

Stay cool!

Terry & Chuck