



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #19 **Odd Week**
Newsletter #19
29 October 2014

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Broccoli
Brussels Sprouts: **IN SEPARATE CONTAINERS**
Brussels Sprout Greens
Carrots
Celeriac
Garlic
Peppers: Italian Carmen, Green and Red
Potatoes: White
Spinach
Winter Squash: Butternut

New Stuff: Brussels sprouts, celeriac
Choice Box: peppers, butternut squash

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 fresh, 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.

Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a bright, 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.

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 another use. Then, cut off the knobby skin and enjoy the rest, cooked or raw. The stems and leaves are strong tasting—save them for soups and stock. To store celeriac, put it into a plastic bag, unwashed, then into your crisper drawer in the fridge. It should keep for a month.

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.

The peppers in your box were harvested Tuesday. We've been protecting them from frosts with row cover, and they've grown nicely.

Fall spinach is the best spinach of the year. It's survived several frosts, and each frost has made it sweeter. This has large leaves and thick stems, but don't throw away the stems: they're sweet and delicious. We've washed it to get the worst of the soil off, but you'll have to wash it again, perhaps twice. Feel free to substitute Brussels sprout greens for the kale in this recipe.

Kale & Butternut Squash

Put a Dutch oven over medium heat, put:

2 Tbsp. olive oil

1 small butternut squash, peeled, seeds removed, cut into ½" pieces

-Cook, stirring occasionally, until squash starts to soften, 10-12 minutes.

Add: 1 cup chicken or vegetable broth
1 Tbsp. whole-grain, brown mustard
¾ tsp. Kosher salt
¼ tsp. freshly ground pepper

-Stir ingredients to combine.

Add: 1 bunch kale, washed, thick stems removed, cut into ½" slivers

-Cook, stirring occasionally, until kale is tender but still bright green and squash is cooked thru. Butternut squash is one of the best winter squash there is. The flesh has a fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. If you use a potato peeler to remove the skin, be sure to take off all of the beige skin down to the orange flesh, or you'll have some tough chewing. The butternut squash in the Choice Box is a little under ripe, so its flavor will not be as intense as a fully ripe squash. If you like to add brown sugar or honey to your cooked squash, these will work well.

Field Notes

It's been a beautiful, warm week. We're so lucky to have such weather at this time of year! Sunday night, thru lightning and thunder, we got .75" of rain. The clouds parted, the sun shone, and Monday was glorious. We've been digging red potatoes in our lower field, gleaning everything usable from the ground. This winter, we bought a potato digger that's doing a terrific job of bringing them to the surface. The crew still has to fill buckets and boxes by hand, and it's dirty, heavy work. We store our potatoes in the basement of the barn, where it's cool and dry. Carrots are another root crop we're getting out of the ground. We use an undercutter, then pull the roots out by their greens. The greens go in one direction, the roots another. boxes of dirty carrots are stored in the back of the cooler until we're ready to clean them up to sell. With more frosts coming, the crew harvested the last of the peppers we had put row cover over. Lots of big, beautiful, sweet Italian Carmens came from that patch, as well as more Iko Ikos, some Anaheims and a box of Jalapeños. October is harvest time. October is also, this year at least, organic inspection time. Ours was this past Sunday, and we passed easily. Midwest Organic Services Association is our certifying agency. We've been with them since 2002, when we bought our farm. They do a good, thorough job of it, which is as it should be.

It's hard to believe that there is only one, more CSA box to go. There is such a flurry of activity when we start. Then, we get a few boxes under our belt and things steam along. Suddenly, the last, 5 boxes are being planned and the question of a Thanksgiving Box is decided. Then, we're done with CSA boxes, and half of our work is, suddenly, gone. I kinda miss it.

We had a request for a list of restaurants that buy our certified organic vegetables: it's a short one. In Milwaukee: Braise, La Merenda; in West Bend: West Bend Tap and Grill; in Mayville: Marsibilio's, The Natural Way. Outpost Natural Foods also buys a lot of our produce.

Starting this Sunday, Full Harvest Farm will be selling its USDA certified organic vegetables at the Oconomowoc Winter Farmer's Market. The market takes place inside the large greenhouse at Oconomowoc Landscape Supply and Garden Center, N68 W37850 County Rd. K, Oconomowoc, WI. It starts at 9:30am and ends at 1pm. We will be selling at the first 6 markets: Sunday, Nov. 2, 9, 16, 23 and Dec. 7, 14. We hope you'll visit our stand, and browse the rest of the Winter Market. See you there!

We still have **20 Thanksgiving Boxes** available. Reserve yours soon before we sell out.

Wellness-Found has been buying our cabbage and carrots to make raw kraut. Chuck is tickled pink at this, and wants to promote their raw kraut to our CSA members. We have both plain and carrot-dill available for purchase. It costs \$10 for a 16 oz. jar. Email us to order and we'll deliver it to your pickup site next week.

And, by the way, **Happy Halloween!**

Terry & Chuck