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Box #2  
**Even Week**  
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### Contents

Basil Plant  
Broccoli  
Garlic, Fresh  
Garlic Scapes  
Lettuce: Romaine  
Sunflower Greens  
Swiss Chard  
Zucchini: Green, Zephyr

**New Stuff:** basil plant, broccoli, fresh garlic, Swiss chard

Basil needs full to part sun to do well, and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has a very fragrant leaf, which is wonderful in both cooked and raw dishes. Harvest the older, larger leaves first: this forces the plant to produce more, newer leaves. When the hop-like flowers appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the edible leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. Gently cook or steam this broccoli just until bright green and *al dente*. To enjoy most of its nutritional value, eat broccoli raw. Just not this week's broccoli—this week's broccoli has had to fight the weeds around it to reach the sun, so it's stretched out. It's also rather small, so most of you have gotten a bag with 2 or more heads inside. And, this broccoli is strong tasting, so cook it a bit and that strong flavor will go away. Some of the heads have a few brown beads. "Beads" is the term we use to refer to the flower buds on broccoli. On some heads, the flower buds have dried up enough to turn brown. You can eat that—it still tastes just like broccoli.

You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove.

Check for them underneath the florets as you wash or cut your broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. I imagine the killdeer and barn swallows find them quite a tasty treat.

### Broccoli Soup

In a large saucepan, over medium heat, put:

2 Tbsp. olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
2 small zucchinis, peeled and chopped  
a sprinkle of salt

-Sauté until the zucchini has started to give up some of its water and the onion is soft.

Add: 2 cups broccoli, (or whatever you have) chopped

4 cups chicken broth

-Cover and bring to a boil. Lower heat and simmer 20 minutes.

Using a hand blender (if you have it), puree the soup until smooth. If you prefer to leave it chunky, cut the cooking time down to 10-15 minutes.

Add: ½ tsp. celery seed

Stir and serve. Serves 4.

This is one of those recipes you can change around at will. If you want a thicker soup, add potatoes. Or, replace all or part of the broccoli with cauliflower. For an elegant touch, add ½ cup heavy cream after pureeing, and garnish with fresh dill and/or chopped chives. Be creative.

This garlic was just dug on Monday. Because it hasn't dried at all, the covering over each clove is still moist and tender, not dry and paper-like. This means you can chop up the whole clove (or even bulb) and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be the toughest. Young garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, you can leave the garlic out on your counter to dry. Then you will have to peel all the covering layers off before you use it. Swiss chard is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard leaves are great, raw, in salads.

## **Braised Chard**

Place a large sauté pan over medium heat.

Add: 2 Tbsp. extra virgin olive oil

-heat for 1 minute.

(If you like garlic, add some here, chopped, or use scapes)

Add: stems from 1 bunch chard, cut into ½” pieces

-Sauté for 3 to 4 minutes, stirring frequently.

Now add: chard leaves, roughly chopped

-sauté another 3-4 minutes, until wilted.

Add: ½ cup vegetable stock

salt & freshly ground black pepper

-cook, covered, for 5 minutes. Remove from the heat.

Stir in: 1 Tbsp butter

Serve immediately. Makes about 2 cups.

## **Terry’s Favorite Way To Cook Any Vegetable:**

Get out a 9”-10” skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt (Kosher is excellent) and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way.

I think this simple method brings out the purest flavor of the vegetable you’re cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.

The sunflower greens are very young this week.

They’re going to need a few days to grow more before they’re ready to eat. Give them a little water so they don’t wilt, and a bit of sunlight so the leaves get greener. Read last week’s newsletter for more information on sunflower greens.

## **Field Notes**

Last week we planted more lettuce, broccoli and cauliflower. Chuck has flats and flats of beet transplants in paper pots that are almost ready to put into the ground. Paper pots originated in Japan and are a new method of growing transplants. Instead of a plastic flat formed to have a certain number of “cells” (where the soil goes), these are made of 2, 50’ strips of paper glued together in certain places but not in others. The part that’s not glued can be opened, filled with soil and seeded. The plants are ready when the roots fill the soil in the cell. Then, you unravel the end of the paper chain, stick it in the prepared soil, and drive forward. The end of the paper pot chain acts as an anchor, pulling the rest of the chain out and into the furrow made by our paper pot transplanter. It’s a pretty slick system.

We’re looking forward to this rainy period. The beets and radishes are not growing as fast as they usually do, and the rain will give them a boost.

Wendy Copeland, our Waukesha pickup site manager, hosts a Facebook page where our CSA members can write about what they’ve done with items in their CSA box, share recipes and storage tips, post photos, etc. You can request to join at <https://www.facebook.com/groups/FullHarvestWaukesha/>. She prefers to limit membership to Full Harvest Farm CSA members only, so please message her (<https://www.facebook.com/wendywhitecopeland>) and let her know you’re part of our CSA, or email her and let her know at [wkcopeland@gmail.com](mailto:wkcopeland@gmail.com).

The site managers have asked me to remind you to unfold your boxes when you leave them at the pickup site. It’s easy to do and takes less than a minute. Here’s the link to the YouTube video explaining how: <http://www.youtube.com/watch?v=IEaBFTlnGdo> As it states in your Handbook, it’s your responsibility to unfold your box.

If you have a favorite recipe, cooking tip or food story, please let me know and I’ll put it in the newsletter.

**We hope you had a happy  
4<sup>th</sup> of July!**

Terry & Chuck