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Box #14  
**Even Week**  
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### Contents

Beets: Red, Loose  
Cauliflower  
Garlic  
Green Beans: Bush or Pole Beans  
Kale: Red Curly  
Lettuce: Fusion (Green Leaf/Romaine cross) or Green Leaf  
Peppers: Bell, Italian Carmen  
Tomatoes: Juliets, Slicers

**Choice Box:** peppers, tomatoes, etc.

We're giving you a lot of beets this week, without the tops. All this rain has promoted a disease in the leaves, causing them to deteriorate, so we broke them off and left them in the field to feed the soil. Here are a few ideas on what you can do with those roots:

### Simple Beet Soup

In a 3-4 qt. saucepan over medium heat, put:

- 2 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves chopped garlic
- salt & freshly ground pepper

Sauté onion & garlic until transparent, stirring frequently.

Add: 1 large beet, peeled & chopped into 1/2" (about 2 cups or so)

- 6 cups chicken or vegetable stock

Simmer beets in stock until they are very soft, 15-20 minutes.

Puree mixture with a hand blender, regular blender or food processor. Be extra careful when pureeing hot liquids. If you prefer, leave it chunky.

Add: 1/2 cup heavy cream, *optional*

Stir to mix and taste for seasoning.

Serve with a dollop of sour cream, a sprinkling of chopped parsley and/or some chopped chives.

There has been a lot of talk about how good fermented foods are for you, with their B vitamins, beneficial enzymes, Omega 3 fatty acids and various strains of probiotics. Advocates say that fermented foods help preserve nutrients and break the ingredients down into a more digestible form. Many cultures around the world have developed fermented foods for hundreds of

years: sauerkraut, kimchi, yogurt, kombucha, etc. Last year, CSA member Fen Li sent us this recipe for fermented beets:

### Fermented pickled beets

- Make a 2% brine by combining 2 tsp. kosher salt to 2 cups water.



Cut up beets however you like and stuff them in a jar. Pour brine until it covers beets.

Close jar. Put a plate underneath the jar to avoid a happy mess.

Ferment 1 week then move to fridge.

The too-generous rains have promoted fungal diseases in many places on our farm, including the cauliflower. As I've mentioned before, fungal diseases are especially difficult to treat in an organic system. Powdery mildew announces its presence as small, black spots on the surface of the cauliflower heads. Some of you have areas on your cauliflower that contain these small, black spots. It doesn't hurt you or taste bad, but do try to use your cauliflower up sooner rather than later.

We harvested your kale from a field rich with weeds, one we planted way back in April. It's time to say "good-bye" to these beds of kale fighting for their lives, and mow the field down. We've gone thru and broken off the plants. Some of you may receive one, larger plant as your bunch, others will get 2 or 3 smaller plants bunched together.

### Abigail and Arthur's Kale Salad *Serves 4*

1 large bunch kale, washed, center ribs removed, leaves cut into thin strips

1 shallot, sliced thin (or small onion)

1 1/2 Tbsp. freshly squeezed lemon juice

3 Tbsp. extra-virgin olive oil

1 small clove garlic, minced

1/2 tsp. Kosher salt

1/3 cup pine nuts or chopped walnuts, toasted

1/3 cup crumbled feta cheese

1/2 cup small dill or parsley sprigs (*optional*)

freshly ground black pepper

About one hour or more before you plan to eat, put kale and shallot in a large bowl. In a small bowl, whisk together the lemon juice, olive oil, garlic and 1/2 tsp. salt. Pour the dressing over the kale and toss to coat thoroughly. Let sit for one hour.

To serve, add toasted nuts, feta cheese, and dill sprigs to salad and toss thoroughly. Season with salt and freshly ground black pepper to taste.

Feel free to add more vegetables to this tasty salad, or use your own vinaigrette. Letting the kale marinate in the dressing tenderizes it and milds the flavor.

### **Field Notes**

Last week we accumulated 2 ½” of rain. Sunday added another ½”. Altho the initial forecast for this week was a dry one, we now have some rain predicted for 5 out of 7 days. May it not come to pass. I’m not going to get this wish . . .

The field crew, when they can get out in the field, have been busy constructing mini greenhouses out of thick wire hoops and row cover. This keeps the ground and plants warmer and extends our growing season.

We’ve found that rain makes mud that so slick, it’s like driving on ice. We’ve had to pull our van, the delivery truck and various vehicles out of field edges and up usually gentle slopes many times this past month because of the rain. All this green, lush growth is nice, but we’re ready for Fall.

Farm Day is this Sunday, Oct. 2<sup>nd</sup>.

We’ll start at 2pm, picking apples in the orchard, then head for the barn where we’ll wash, crush, then squeeze the apples into **cider**. If you’d like to bring some of this unpasteurized cider home with you, bring a quart container along. While you’re in the barn, write your name on a slip of paper and enter our raffle where you can win **fabulous prizes!**

Around 3:30pm, we’ll head out to the fields and Chuck will give you a tour of the vegetable beds we’ve been harvesting your produce from.

Parents: As our farm is not child-proofed, please keep track of your children at all times. There are sharp, metal objects hidden in the tall grass in some areas, and we don’t want anyone hurt. Staying on the paths, farm roads and mown areas should be fine.

Getting to the farm is easy. We’re located at the corner of Cty. S and Crooked Rd. in Washington County, just north of Hartford. **Google Maps** located us correctly. Lots of people use GPS to find locations, but that doesn’t always work to find the farm. People have ended up 4 miles to the West in Huilsberg, or 2 miles East of us at the corner of Cty. S and Cty. W. So, we recommend you use Google Maps. If you get lost and need to call for directions, call Terry’s cell phone at: 262-388-5050. The phone number at the top of our newsletters is the land line, and we’re not likely to be inside on Sunday afternoon.

See you Sunday!

## **Terry & Chuck**