



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #5
Odd Week
22 July 2015

Contents

Parsley: Curly or Italian Flat-leaf

Beets: Chioggia and Orange or Red--BIG

Cucumbers: Burpless and/or Field

Garlic Scapes—Couple Boxes Only

Garlic: Fresh

Lettuce: Green Leaf

Peppers: Bell or Carmen—Family Boxes Only

Swiss Chard

Zucchini

New Stuff: parsley, Chioggia beets, cucumbers, peppers

Choice Box: zucchini, lettuce

Parsley has often been touted as a breath freshener, but did you know it helps relieve indigestion? In an earlier newsletter, I mentioned parsley as an herb recommended in Chinese medicine to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron.

We grow both flat leaf "Italian" and curly parsley. Chefs generally prefer flat leaf, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me.

This garlic was dug Tuesday, so it's very fresh.

Because it hasn't had a chance to dry, you'll find that the covering over the cloves will be thicker, and the cloves juicier. I think this makes them easier to peel. Store garlic bulbs on the counter, away from direct sunlight. They will slowly dry and, eventually, look like the garlic you buy in the store. If they last that long. You can either cut off and discard the stem now, or throw it in your stockpot.

This week we've made a point of putting Chioggia beets in your boxes. Chioggia beets are an Italian heirloom variety, colored a deep fuchsia with white rings. Their leaves are deeper green and their stems often show pink and white vertical stripes. Chioggia beets have a milder flavor when compared to red or orange beets. We've been saving these out in the field—as you can see. **DO NOT BE AFRAID OF THE LARGE BEETS.** Altho they are BIG, they are **not** woody. I've used beets bigger than these where one made a whole pot of borscht. Larger beets have more flavor, and are my favorite size to use for

roasting. So, if you haven't tried that roasted beet recipe from newsletter #1, now would be a perfect time to do so. Remember, beet stems and greens are edible, too.

And, from Worker Share Cindy, here's something you can do with those beet greens:

Beet Green Pesto

Makes about 1 ½ cups

In the oven or a dry skillet, toast: ½ cup walnuts

In a food processor, put:

1 ½ cups (packed) beet greens, washed

¼ cup (packed) parsley leaves

2 garlic cloves, crushed

grated lemon zest from 1 lemon

2 tsp. lemon juice

¾ tsp. Kosher salt

½ tsp. pepper

the toasted walnuts

-Process until finely chopped.

Thru feeder tube, add: ¾ cup olive oil

Now add: 2/3 cup grated Parmesan cheese

Pulse just until well combined.

Cucumbers are high in vitamin E (probably why they're so soothing on the eyes), and low in calories. Few vegetables are as satisfying on a hot summer day for replenishing liquids and filling you up.

We're growing 2 kinds of cucumbers in our field this year: a thin-skinned, burpless variety, and a darker, thicker-skinned "field" variety. The burpless variety is a lighter green with a very smooth skin, while the field variety is darker green and has small bumps on the skin.

Here's how to store cucumbers so they won't get mushy: **DO NOT PUT CUCUMBERS INTO A PLASTIC BAG.** Put them in your refrigerator's vegetable drawer, cut or uncut. They'll keep for at least a week, often two. I discovered this by mistake one night, when I was too tired to dig up a plastic bag. I just tossed a half-used cucumber into my vegetable drawer, letting it fend for itself. 3 days later, I opened my frig to find a cool cucumber whose cut end was only slightly dried out and skin perfect. And, it was a thin-skinned, burpless variety, the kind that can go mushy overnight. I was amazed. You will be, too. The peppers in the Family boxes are an anomaly. When we planted our peppers outside, some of the plants were stressed and started to flower. Those flowers got pollinated, and voilà, peppers. These are fairly young, so they are small and their walls are thin. The bell peppers you recognize. The other, longer pepper is a cultivar called "Carmen", a **sweet**, Italian variety with great flavor. Wait 'til you get these in late August, after they've turned red—delicious!

Here's a good recipe for a hot day:

Green Gazpacho

Put into a food processor:

- 2 cloves garlic, peeled
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh cilantro leaves

-puree until smooth.

Set aside about a third of the following ingredients:

- 1/2 cup coarsely chopped scallions
- 1 cucumber, peeled, seeded and chopped
- 1 green pepper, seeded and chopped
- 1 cup seedless green grapes, cut in half

Put the remaining scallions, cucumber, green pepper and grapes into the food processor along with:

- 4 slices white bread, crusts removed
- 1 stalk celery, chopped
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp. cayenne pepper
- 2 Tbsp. lemon juice
- 1 Tbsp. white-wine vinegar

-Process until smooth.

Transfer the mixture to a large bowl and stir in:

- 3/4 cup plain yogurt
- 1 cup chicken or vegetable broth
- Salt & freshly ground pepper, to taste

Cover and refrigerate until chilled, at least 1 hour or up to 2 days. Optional: garnish each portion with avocado cubes just before serving.

Feel free to substitute one ingredient for another.

Field Notes

Saturday morning's storm was short: we waited it out in our truck at the West Bend Farmer's Market. When we returned to the farm, the rain gauge said .25". No problem, we've gotten enough rain for awhile.

Chuck reports that the flea beetles have vanished (those are the insects that ate lacey holes in your radish greens). He's not sorry. Time to plant arugula! (Flea beetles love arugula.)

The green beans have not germinated well this year, and they're been slow to mature. Our Hmong crew hoed the weeds into submission, so, with this recent rain, the poor plants should take off. The last time I was out there, I saw flowers. Green bean flowers.

This is a good thing.

Worker Shares Available: We're still looking for some people to fill Worker Share positions on our farm. Worker Shares are here for a 4-hour shift, once a week. In exchange for their labor, they receive a Family Share each week. Here are the openings we have:

- Tuesday Morning Field, 8am-Noon – 2 positions
- Tuesday Afternoon Barn, 1-5pm – 2

Friday Morning Field, 8am-Noon – 1

Friday Afternoon Barn, 1-5pm - 1

If you know anyone who might be interested in becoming a Worker Share, please refer them to our website for more information on this program: <http://www.fullharvestfarm.com>. Should they want to sign up, have them email me (Terry) at our gmail address above, and I will take it from there.

Enjoy this sunny weather.

Terry & Chuck