



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@yahoo.com
Box #18 **Even Week**
Newsletter #18
22 October 2014

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Kohlrabi
Kohlrabi Greens
Leeks
Lettuce: Red Boston
Peppers: Carmen, Iko Iko
Potatoes: Red
Radishes
Swiss Chard

New Stuff: kohlrabi greens, leeks

We're trying a new kohlrabi cultivar this year. It produces more leaves than other cultivars we've tried, and they're quite tasty, surprisingly, so you're getting both. Cook the greens as you would any that you've gotten from us in the past—we think you'll like these a lot. Store the leaves inside a plastic bag in your vegetable/crisper drawer. The bulb can be put in the same drawer as is until you cut it, then put the remainder into a plastic bag to keep it fresher. Both greens and bulb should last 1-2 weeks, but will taste better if you use them faster. Something to put into the green gumbo, or cook up with a little bacon.

Leeks are one of the best-tasting alliums around. Their flavor is sweet, mild, yet complex and delicious. We pile soil around the stalk to keep it white: sunlight causes photosynthesis, which turns the stalk green. It's still edible, but the white portion is sweeter. Leeks will improve the flavor of any dish you use them in. To clean leeks, chop off the floppy leaves and the root end, slice it down the middle and rinse under running water, getting between the layers as much as possible. That soil we mound around the stalk tends to sift down between the leaves. Leeks cook faster than onions because the sections are thinner, so watch them carefully and use a lower heat. The floppy leaves are tough, but make an excellent addition to stock. The upper part of the green stalk will be tough also: let your knife tell you when it's time to stop cutting. Store leeks, unwashed, in a closed plastic bag in your vegetable drawer so their onion flavor doesn't travel to the other vegetables. They should keep 2 weeks or a bit longer.

Potato Leek Soup

Serves 4

In a pot or large saucepan over low heat, melt:
4 Tbsp. butter
Add: ½ lb. leeks, washed and chopped
¾ lb. potatoes, peeled and thinly sliced
-Cover and cook about 8 minutes.
Add: 4 cups chicken stock
1 bay leaf
1 Tbsp. chopped parsley stems (yes, stems)
½ tsp. freshly ground pepper
½ tsp. dried thyme
-Bring to a boil, lower heat to a simmer and cook until the potatoes are fork-tender, 20-30 minutes.
Remove pot from heat, fish out the bay leaf, and puree. A hand blender is the easiest tool for this task, but a blender or food processor works as well, just be careful to put the top on the blender so you don't get splashed by hot liquid.
Return puree to pot and add:
1 cup heavy cream
-Bring to a simmer (heavy cream will not curdle when boiled). Serve with a sprinkling of chives, scallions, chopped cilantro or parsley.

Vichyssoise is this very soup, served cold with a sprinkling of chives.

If you prefer a chunky soup, simply dice up the potatoes, cook until they are tender, add the cream, heat to steaming and serve. You can substitute milk for cream, but heat the soup only to steaming—simmering will curdle the milk.

The peppers in your box this week were picked between the first and second frost, so use them within the week, or clean, core and freeze them raw to use later in cooked dishes.

The potatoes are coming to you dirty so they'll keep longer in storage. Leave them in the paper bag so sunlight can't reach in and turn them green.

Ah, fall radishes. This patch is producing beautiful, fuchsia globes with lovely leaves. The leaves are edible, and have a spicy flavor, a bit like arugula.

Field Notes

The weather has been alternately cold and mild, rather on the wetter side with a light frost here and there—typical autumn weather. For us, it's actually been warmer than colder, which means we can cover our pepper plants and keep them growing a bit longer. The Italian Carmens and Iko Iko have been underneath row cover since before the first frost, and are maturing slowly. Our parsley plants are still alive, but have the brown spots on their lower leaves that are typical at this time of year.

The current broccoli patch is producing heads like crazy—one of the reasons you've been getting it so often this fall. We've got several cases in our cooler,

with much more to harvest out in the field. Broccoli will be in next week's box.

Thank you to all who have returned their wax boxes to their pickup site. We only have two, more boxes to go, so keep them coming, especially if you're an Every-Other-Weeker.

Thanksgiving Box

Okay, here are the vegetables we're going to put into our Thanksgiving Box and the amounts:

Beets	2 lbs.
Broccoli	1.5 lbs.
Carrots	2 lbs.
Celeriac	2
Garlic	4 lg.
Kale	1 bunch
Onions: Red	3 lg.
Yellow	3 lg.
Potatoes	3 lbs.
Rutabagas	2 lbs.
Winter Squash:	
Butternut	3+ lbs.
Buttercup	3+ lbs.

Choices:

Brussels Sprouts 2 lbs., loose
or, Cabbage 1 med.

The pickup sites are:

-on Sunday, November 23rd:

Full Harvest Farm, 9am to 4pm,

Oconomowoc Winter Farmer's Market, which is inside the Oconomowoc Landscape Supply and Garden Center's large greenhouse. The market is open from 9:30am to 1pm.

-on Monday afternoon, 4-7pm, November 24th:

Delafield

Hartland, 4-6pm

Wauwatosa

Racine

Waukesha

The cost of this box is \$50.

To order, send an email to us with your name, where you want to pick up your box, and whether you want Brussels sprouts or cabbage.

To pay, write a check to "Full Harvest Farm, LLC" and snail mail it to us. Our address is at the top of every newsletter and the bottom of every email, as well as on our website.

We're limiting the number of boxes to 50, so reserve yours soon.

vibrant with each passing day. And the sunsets! What glorious sunsets. I love living in the country.

Enjoy the coming warmer weather.

Peace,

Terry & Chuck

Chuck and I have really been enjoying this year's fall colors—it seems like the trees around us just get more