



Full Harvest Farm, LLC
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Box #7 **Odd Week**
Newsletter #7
6 August 2014

Contents

Fennel
Beets: Mix
Broccoli
Cabbage
Cucumbers
Garlic
Green Beans
Onions: Red
Radishes

New Stuff: cabbage, green beans.

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled or pickled, we do love our cabbage.

Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.

Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.

Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest. Chuck loves coleslaw. I spotted a basic recipe in our local shopping magazine, and made a batch. Chuck really liked it. Being a curious cook, I tinkered with that basic recipe and came up with one he really loves:

Full Harvest Farm Coleslaw

Serves 6-8 as a side dish

Dressing:

½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura/Sucanat sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
salt and freshly-ground pepper to taste

-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/sucanat sugar looks like round, brown granules. It does not dissolve as easily as other sugars, so you may need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules, 10-15 minutes may be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar.

Vegetables:

8 cups shredded green and/or red **cabbage**, **carrots**, celeriac, **kohlrabi**, **fennel bulb**, **radish**, rutabaga, turnip, etc.

½ cup onion, minced

-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for 30 minutes so the flavors meld. Serve. Coleslaw is better on day #2.

Here at the farm, green beans are a field snack: no muss, no fuss, pick and eat. They provide both moisture and nutrition to a hard-working farmer and his crew. Green beans contain nice amounts of vitamins A, B₁, B₂, calcium and potassium.

Store these in your vegetable drawer in the fridge—the plastic bag will keep them from drying out. They should be fine for 7-10 days. Like any vegetable, they're best when fresh. You probably have a favorite way to prepare green beans, if not, try Terry's Favorite Way to Prepare Any Vegetable in newsletter #1. The green bean harvest has just begun, so quantities are a little low.

Field Notes

We've been getting little bits of rain here and there, about .5" altogether—not a lot, but the plants in the field seem to be responding well: the melons have grown quite a bit in the past week, basil is trying to flower, radishes are looking like golf balls, tomatoes are over 3 ft. tall and growing.

Chuck has been working hard to till up ground to plant the last of the brassicas: broccoli, cabbage, cauliflower, kohlrabi. These are crops we'll harvest in mid-to-late October. Our transplants are ready and looking for a more permanent place to grow.

Chuck has also been planting lettuce—a bed here, a bed there—so we have enough to sell at the farmer's market, to our wholesale customers and put into your boxes.

Thanks to all for continuing to bring your wax boxes to your pickup site consistently, and in good condition. We sure appreciate it!

Have a great week,

Terry & Chuck