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Box #9 **Odd Week**
Newsletter #9
20 August 2014

Contents

Basil
Broccoli
Carrots: Orange & Yellow
Kale: Green Curly
Lettuce: Lovelock
Onions: Red
Peppers: **Iko-Iko: Couple boxes**
Bell, Italian--Carmen: Family boxes

New Stuff: peppers.

Choice Box: broccoli, zucchini, ??

It's been great to find medium-to-large-sized peppers in the beds. Some plants are still on the smaller side, altho others are full-grown with a heavy load of small peppers. We found enough of some varieties to give you a small sample. More next week.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week.

This year, we're trying out a new, sweet variety called "Iko Iko". It's quite the colorful character. Iko Iko starts out dark purple, then fades to lavender, to pale yellow, then light green, then turns orange to red. I've only eaten it at the purple stage, and found it rather mild, but not bitter. Most of the Iko Iko's are still purple, but some are lavender, some light yellow and a few light green—no orange or red yet.

When young, most peppers are green with thin walls and a sharp, bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they taste sweeter. This color change takes an extra 10 days for most varieties.

Because our peppers are just starting to get big enough to pick, we've had to give different peppers to the Couple boxes than we did to the Family boxes.

Judging from the number of small fruits and flowers, you'll all get plenty of all our varieties down the road. The broccoli harvest has been abundant this week. I highly recommend you enjoy the inner part of the stem—simply cut off the fibrous outside. As you work

your way up the stem, your knife will tell you when it's no longer tough, and you can eat the whole thing. One of our field workers, Dan, brought in this soup recipe:

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, chopped
1 small bulb fennel, chopped - *optional*
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.

Add: ½ tsp. celery seed
2-3 Tbsp. chopped fennel leaves

Stir and serve. Serves 4.

This is one of those recipes you can change around at will. If you don't have fennel, use potatoes to make a thicker soup, or replace all or part of the broccoli with cauliflower. For an elegant touch, add a cup of heavy cream after pureeing, and garnish with fresh dill and/or chopped chives. Be creative.

Here's something delicious you can do with kale.

Tahini is available at most supermarkets in the Asian foods aisle.

Kale & Lentils with Tahini Sauce

In a small saucepan, put:

2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander

-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.

While the lentils are cooking, whisk together in a large bowl:

2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper

When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.

Into a skillet, put:

¼ cup water
1 bunch kale, washed, center rib removed and sliced into thin strips

-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

One of our CSA members sent me this recipe a few years ago. It seems appropriate to put it here, since both of the main ingredients are in this week's box:

Basil & Kale Pesto

In a food processor, put:

2 cups washed & packed basil leaves

10-12 leaves (1 bunch with stems removed) of kale, blanched 2-3 minutes to bright green in boiling water

½ c. extra virgin olive oil

1/4 c. pine nuts (toast in pan if you like)

2-4 garlic cloves, minced

Sea Salt

-Process until you have a uniform, creamy consistency.

Transfer the mixture to a bowl and fold in:

½ cup Parmesan cheese, grated

2 Tbsp. Romano cheese, grated

3 Tbsp. softened butter

-If not using immediately, wait to fold in butter. When using over pasta, dilute the pesto with 1-2 Tbsp. of hot pasta water.

I made a version of this without nuts or butter, and the blanched kale added a very fresh flavor to it. If you don't have pine nuts, try almonds or walnuts.

Field Notes

We've received .5" rain on Sunday, 1 inch rain Monday night into Tuesday morning. Last night's storm came complete with thunder and lightning—quite a show.

The field cucumbers are still gasping out a few fruits, very few. Sad news about the cucumbers in the hoophouse: they sat in the ground for several weeks and refused to grow, so Chuck pulled them out and will plant something else instead. Ah, well.

The field tomatoes are looking good: lots of lovely, green leaves and fruits, with a few ripening. Soon now.

Chuck transplanted rutabagas in paper pots today.

We'll be harvesting these around the end of October.

Looks like it'll be warmish this week. The tomatoes love it!

Peace,

Terry & Chuck