



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #5
Odd Week
27 July 2016

Contents

Beets: Red

Broccoli—Couple Only

Cauliflower—Family and some Couple

Garlic

Lettuce: Red French Crisp, Green Leaf

Sweet Corn

Zucchini: Green, Zephyr

Choice Box: 1g. zucchini

The original recipe is from a book called “Cooking for Madam” by Marta Sgubin, who was nanny to Jacqueline Kennedy Onassis’s children, and later cook and companion to Jackie. She says this salad was a huge favorite of Teddy Kennedy’s.

Red Beet Salad

Vinaigrette: whisk together:

1 tsp. dry mustard

1 ½ tsp. Dijon or other brown mustard

¼ cup balsamic vinegar

salt and freshly-ground pepper to taste

Now whisk in: ¾ cup olive oil

This makes enough for 2-3 salads.

Scrub 3-4 beets, cutting off the tops and root, and trimming off the brown skin around the top. Slice beets into julienne sticks and sauté on low heat, covered, in a few tablespoons of olive oil. When beets are fork-tender, dump the contents of the pan into a bowl, pour some of the vinaigrette dressing over them and sprinkle with salt and pepper. Toss to coat and allow beets to cool. Vegetables absorb much more flavoring when they’re hot or warm than they do when they’re cold.

Now add: ½ cup chopped parsley or cilantro

Toss to distribute the parsley. Serve now or chill for later.

NOTE: You can use orange beets instead of red, add cooked sweet corn at the last minute, or change it around however you like. The red beets will eventually color anything you put into this salad.

We’re starting to harvest from another area of broccoli. These beds are well-weeded and starting to produce bigger heads. To be as fair in our distribution as possible, we’re giving broccoli to most of the Couple

and EOW Shares this week. The Family Shares are getting cauliflower.

Cauliflower continues to grow very slowly, fighting with the weeds for nutrition in this early-planted field. The heads are not very big, but we’re giving you what we can.

We harvested our entire garlic patch on Tuesday. The garlic bulbs in your box have had more time to grow and mature, so are drier than the very moist fresh garlic you received before. You can store these bulbs on your counter and allow them to continue to dry. Snip off the rest of the stalk and compost it.

Everyone will be getting a head of French Crisp lettuce called “Cherokee”. French Crisp is a style of lettuce that has a little thicker leaf that holds more water, so it stays crisp and keeps longer. “Cherokee” is a very dark red cultivar. The Family Shares will also receive a head of green leaf lettuce.

We seem to have more raccoon-damaged ears this year, as well as deer damage—a first for us. Our low-strung electric fence doesn’t seem to be helping with the raccoons, and it certainly does nothing for deer. Despite its slow growth, Chuck feels we’ll have enough sweet corn to give you a little more next week.

Baked Parmesan Zucchini

Preheat your oven to 350 degrees F.

In a small bowl, put:

½ cup grated Parmesan

½ tsp. dried thyme

½ tsp. dried oregano

½ tsp. dried basil

¼ tsp. garlic powder

In a medium bowl put:

2 Tbsp. olive oil

Add: 4 small zucchini (or the equivalent), quartered lengthwise

Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.

Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

Field Notes

The heat and humidity have been brutal. Some of the celeriac we planted last week got fried by the sun. Chuck tried to get the drip tape out there quickly, but the plants were small and the sun was HOT. Ah, well. We did get some rain here, a little over an inch, all told. That really helps.

Monday we planted more cauliflower. Chuck has decided to experiment with several colored cultivars as

well as the white ones, so we put in Cheddar, a green one (not Romanesko), and a purple. Despite their colors, we've found that they always taste like cauliflower.

The 1st carrot patch is close to being ready. We should be able to include those in next week's boxes.

The rains and heat have been great for the peppers and tomatoes. They seem to get bigger by the day, and are already maturing "fruit". There are green peppers out there, as well as pink-turning-red tomatoes. Not enough to give you any next week, but it looks like we'll have a nice, big crop. Chuck's planted red, yellow and orange bell peppers this year, as well as our favorite sweet Italian, "Carmen". Someone came up with a yellow Italian pepper, so we're trying that one too.

Eggplants seem to enjoy growing near the peppers. Chuck has 2 beds of them, and they're getting taller all the time. When we put them in the box, I'll include instructions on grilling eggplant—so good!

Some of our site managers have asked me to remind you to unfold your wax boxes before you leave the pickup site. Here's a picture of some nicely-unfolded boxes as well as some that should have been unfolded.



Please help your site manager keep their area neat. Besides, it's your job, as a CSA member, to unfold your box, not the site manager's.

We also want to give you some more information here about ordering Extra Produce from our farm. When we have a lot of extra

vegetables, we'll let you know via email and/or the newsletters what we have, what it costs, and any special instructions (by the bunch, by the pound, in 5 lb. amounts, etc.) To order, you go into your account in Member Assembler, to their Ecommerce area and order. The email announcing the first extra produce will come with instructions on how to do this. Your order will arrive on the same truck that brings your CSA box, but in a separate bag or box. All of these separate bags or boxes will contain a label with your name on it. We place these extra boxes near the sign-in sheet.

When you communicate with the farm, please give us your first and last name, unless both are part of your email address and both are current. Also, let us know where you pick up your box, and what size Share

you've purchased. This will save me time trying to deduce which "Ann" (and there are several) has the email address waterbaby@gmail.com, and where they pick up their box because she wants me to send her an extra bunch of chard next week. Thank you!

Every-Other-Week members: just a quick reminder that your name only appears on the sign-in sheet the week you're supposed to pick up a Share. If your name isn't there, it's not your week to get a box.

We hope you had a chance to go to the beach this weekend and cool off in the lake. Stay hydrated!

Terry & Chuck