



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #17
Odd Week
19 October 2016

Contents

Parsley
Carrots: Mixed Types
Eggplant
Kale: Red, some Green
Kohlrabi: Kossak
Lettuce: Red Leaf or Romaine
Peppers: Bell and/or Italian
Radishes

Choice Box: peppers, eggplant, etc.

White, yellow, orange and purple carrots for you again this week: we want to give our Every-Other-Week members a chance to try them too. I really like the white carrots, Chuck's a fan of the purple. What's your favorite?

I don't think we've ever put eggplant in our boxes this late in the season. Some will have scars from the plant rubbing against the fruit, but the flesh underneath is fine—just peel the skin off on top. These are likely the last. Roasting is one way to increase the flavor of eggplant. This spread is great:

Baba Ghanouj/Baba Ghanoush

1 large eggplant (or use what you have)

1 Tbsp. lemon juice

2 Tbsp. tahini

2 garlic cloves, peeled

2 Tbsp. olive oil

salt and pepper to taste

Preheat oven to 375°F. Cut eggplant in half lengthwise and place on sheet pan. Brush with about 1 tablespoon olive oil and season with salt and pepper. Roast for 40-45 minutes until very soft.

Let eggplant cool before handling. Scoop eggplant flesh out of skins into the bowl of a food processor. Add lemon juice, tahini, garlic, olive oil, salt and pepper. Process until smooth. Spread on crackers, bread or use as a dip with fresh vegetables.

Paula Strandberg, one of our Worker Shares, took this picture Tuesday while harvesting kale for your boxes:



Any kale will work in this recipe, as will collard greens, chard, beet greens, mustard greens or spinach—or any combination of these or other greens.

Sausage, Kale & Lentil Soup

In a Dutch oven over medium-high heat, put:

1 lb. Italian sausage

1 cup onion, chopped

2-3 cloves garlic, chopped

½ tsp. freshly ground pepper

-Cook, stirring often to break up the sausage, until the meat is in small pieces and onion is a little brown.

Add: 7 cups chicken broth

-stir, scraping off any bits stuck to the bottom of the pan.

Add: 1 28 oz. can tomatoes

2 cups orange lentils, rinsed until water runs clear

To rinse lentils, put them into a strainer with a small enough mesh so they won't fall thru. Rinse under running water, stirring with your hand to loosen any dust, dirt or grit so it can be washed away. The water should get cloudy as soon as you start stirring with your hand, but will gradually get clearer. Washing off this dust/dirt improves the flavor of the final dish.

Dump the rinsed lentils into the pan and bring to a boil. Turn heat down so soup simmers and cook for 15-25 minutes, or until lentils *al dente*. Timing will depend on the size of the lentils.

Add: 5 loosely packed cups kale, stems removed, coarsely chopped

-Stir and simmer until kale is tender, 10-15 minutes.

The lentils should be done now too. Taste for salt and add more if necessary. Serve with a crusty bread.

We're pleased to be able to give you kohlrabi again this season. "Kossak" is supposed to be very large without getting tough, so don't let their size dismay you. Instructions on how to peel kohlrabi are in newsletter #3 (July 13). Kossak is also an excellent storage kohlrabi, and will keep for months in your refrigerator, if you don't cut it open. Once you do, try

to use it up within a week or so. Here's an excellent recipe to help you:

Mashed Kohlrabi

Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½" chunks and place these in a pan. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 15-20 minutes, or until **very** soft. Drain off the water completely (or save for soup). Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a ricer or your mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

Chuck's fall radishes came up well, so we're pleased to be able to give you these again—it's been awhile. They taste very mild, not spicy. The greens haven't been bothered much by flea beetles, their biggest nemesis in the spring, so those look pretty good. They are edible, and provide a little spicy flavor to salads.

Field Notes

We had light frosts both Thursday and Friday mornings last week. They nailed the green beans, chard and any leaves left on the tomatoes. It looks like it'll frost both Friday and Saturday mornings again. Every frost improves the flavor of our Brussels sprouts, kale, spinach and lettuce! Yes, there is an upside.

Here's a picture of our lettuce patch in Autumn, also taken by Paula. The strings connect heavy wire hoops that keep row cover above the plants in cold weather. That's the row cover behind the lettuce, the long, off-white line; we've removed it so they can enjoy the sun. The white jugs are filled half-full with water and used as weights to keep the row cover in place. The field in the back contains broccoli.



We covered our tomatillos and parsley, and they both survived. We also wanted to give the tomatillos a little extra heat, encouraging more to ripen. We're planning to put those in next week's box.

Chuck and I tied cauliflower Saturday afternoon, but only the white variety. There's a lot of it out there, along with green, purple and orange. Expect cauliflower in next week's box also.

Rain has been light despite heavier predictions, for which we are grateful. The ground has not dried out from previous deluges, so more is unneeded. Not that Mother Nature listens.

We've noticed an increase in ripped box bottoms lately. When you're unfolding your CSA box, pull the bottom section towards the side, NOT UP. The tabs should slip out of the L-shaped holes without ripping. If you pull up, the tabs and even the holes are much more likely to tear. Every rip weakens the box to the point where it's no use anymore. THANK YOU for your help, and to those who are especially careful when unfolding their box!

Now is the time to bring those CSA boxes you've been storing in your garage back to your pickup site. When we deliver box #20, you will not yet have brought your wax box from #19 back to the pickup site, if you take that box with you. This means your site manager will have to store 2 weeks of CSA boxes for a month or more until we can get around to all the pickup sites and bring those boxes back to the farm. For some sites, that's a lot of boxes. You can help your manager out by bringing your own container with you and unloading the contents of your Share into it, unfold that box and leave it at the site. If you already do this, **thank you!**

Have a great week!

Terry & Chuck