



Full Harvest Farm, LLC
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Box #19
Odd Week
2 November 2016

Contents

Brussels Sprouts
Brussels Sprout Greens
Carrots
Celeriac / Celery Root
Garlic
Leeks
Lettuce
Rutabagas
Winter Squash: Butternut

New Stuff: Butternut squash, Brussels sprouts, Brussels sprout greens

Choice Box: peppers—the last, some squash, etc.

Due to plant diseases, poor pollination and too much rain, we harvested very little winter squash this year. We're putting what we can in these last 2 boxes. Some of these squash look fine, but others look scarred or have a healed split on the outside. However, the skins are firm and the flesh should be fine. If you get one of these less-than-perfect butternut squash, use it up within the week.

Butternut squash has everything going for it: the flesh has a moist, fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. Generally, winter squash is high in vitamin A, potassium, fiber and complex carbohydrates. Store winter squash at room temperature and it will keep for at least a month. If you have a cooler spot (50-55 degrees) that's also dry, store it there. Check any squash you want to keep for damage. If you find any, plan to use that squash soon as that spot will deteriorate first.

Butternut squash is very versatile. It's excellent baked, steamed or in a stir-fry. To bake, wash the outside, cut off the stem and cut the squash in half lengthwise. Do Not Remove The Seeds—they add flavor. Put the cut side down on a sheet pan lined with aluminum foil, and bake in a 350 degree oven until the squash is soft when you poke it. Scoop out the seeds when it's cooled.

Curried Squash Soup

Serves 4-6

In a large saucepan, over medium heat, put:

2 Tbsp. butter

1 onion, diced

-Sauté until the onion is transparent.

Add: 2 cloves garlic, minced

2 tsp. ginger root, peeled and minced

1 Tbsp. curry powder

½ tsp. salt

-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.

Add: 4 cups chicken or vegetable broth

1, 2 lb. squash, peeled, seeds removed, cut into ½" dice

2 ripe pears, peeled, cored, cut into 1" pieces

-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.

Add: ½ cup heavy cream

Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it.

The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. You can substitute apples for the pears, which will take it in another direction.

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. This is why they're one of the last vegetables you see at the farmer's market. Ours have been thru 5, light frosts. Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B₆, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest, but will keep for a week or longer in the crisper drawer in your fridge.

To store, snap the sprouts from the stalk and place them in a plastic bag. Before cooking, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.

We're delivering the **Family** Brussels sprouts in **separate containers** this week because the stalks are too long to fit into the boxes. We'll place them near the Family boxes, and label the containers as well.

Take one stalk.

Brussels sprout greens are the leaves from the Brussels sprout plant. The leaves are thick and green with a waxy feel, a bit like collards. We've found them to be

delicious, especially after the plants have gone thru several frosts. To use them, strip off the stems, wash the leaves and cut them up as needed. Brussels sprout greens should be a part of our fall diet. They're sweeter than collards and kale, and quite nutritious. The cabbage worms like Brussels sprout greens too, so some of your leaves will have holes in them. That doesn't affect their flavor. Store the greens in a plastic bag in the vegetable drawer. Their thicker leaf holds more water, so they should keep for a week or 2. They'll taste better if you cook them soon.

Creamed Greens

In a large pot of salted, boiling water, put:

1 bunch greens, washed and coarsely chopped (turnip, collards, kale, chard, mustard, rutabaga, etc.)
-Boil for 3-4 minutes, drain, then run cold water over them to stop the cooking. Let drain again, getting as much liquid out as possible.

In a large saucepan or 10" skillet, over medium heat, put:

1 Tbsp. olive oil (if bacon is lean)
4 oz. bacon, cut into 1/4" slivers

-Sauté until bacon starts to crisp.

Add: 1/2 cup leeks, cut into 1/4" dice
1 Tbsp. garlic, minced

-Sauté until leeks are soft.

Whisk in: 2 Tbsp. all-purpose flour
1 tsp. paprika

-Sauté for 1-2 minutes, long enough for the paprika to toast a bit.

Whisk in: 1 cup whole milk
1 cup heavy cream

Cook, stirring often, until mixture begins to boil. Add blanched turnip greens, reduce heat to a simmer and cover. Cook, stirring often, until greens are tender. Season with Kosher salt and freshly ground pepper. Celериac, or celery root, is an old-fashioned storage crop, and very popular in Europe. It has excellent celery flavor, and can be used in any dish you would put celery into: potato salad, soups, casseroles, etc. To use, cut off the top with its leaves and stems—save good-looking ones for flavoring salads, soups and stews. Then, cut off the knobby skin and enjoy the rest, cooked or raw. The stems and leaves are strong tasting, so use them sparingly, but the root is milder. To store celeriac, put it into a plastic bag, unwashed, then into your crisper drawer in the fridge. It should keep for a month or more.

Celeriac is low in calories (20 in 1 cup), high in dietary fiber, vitamins C & B₆, magnesium, potassium, manganese and phosphorus.

Celeriac Carrot Slaw

In a large bowl, put:

2 Tbsp. sherry vinegar (red wine or lemon juice also works)

1/4 tsp. salt

1 Tbsp. brown mustard

1-2 cloves garlic, minced

Whisk in gradually: 1/3 cup olive oil
-until smooth and thick.

Add: 1 Tbsp. sour cream
freshly-ground pepper

Add to dressing:

1 celeriac bulb, peeled and grated

2 large carrots, scrubbed and grated

-You should have 4+ cups of vegetables altogether.

Feel free to add some cabbage, etc. to make up the difference if you're short. Toss with dressing, then let sit for 30 minutes at room temperature so flavors can meld. Serve.

We thought you'd like to see the crew that packs your box every week. From L to R: Jeanne, Chuck, Lauren, Al, Andrea, Harriet and Betty Jo--Terry's taking the picture.



Field Notes

Last Wednesday's rain gave us about 2.5", making the fields muddy again. We've had some very heavy dews in the morning, making everything damp.

It's time to plant garlic. Chuck has a field prepared, and is just waiting for time and weather to get started. This is the week.

Chuck and I are happy that the weather has been so unseasonably warm. It makes late fall harvesting much easier.

Because of that harvesting, we'll be adding some items to Ecommerce on Thursday that you can order for next week. Look for: fennel, kale, Brussels sprout greens, possibly some beets, perhaps a few other things.

Sunday night will be the deadline so we have time to assemble everything.

We hope you had a **Happy**

Halloween!

Terry & Chuck