



Full Harvest Farm, LLC  
7112 County Road S  
Hartford, WI 53027  
262 673-6760  
[fullharvestfarm@gmail.com](mailto:fullharvestfarm@gmail.com)  
Box #2 **Even Week**  
1 July 2015

### Contents

Parsley Plant

Beets: Mixed—Chioggia and/or Orange and/or Red

Garlic Scapes

Garlic--Young

Lettuce: Romaine

Radishes: **Micro – COUPLE BOXES only**

Spinach

Sugar Snap Peas

Swiss Chard

Zucchini: **Zephyr – FAMILY BOXES only**

**Choice Box:** lettuce

**New Stuff:** young garlic & garlic scapes, radishes, Swiss chard, zucchini.

Sometimes, we don't have enough of a certain vegetable to give it to everyone. This week, our radish trays didn't yield enough for everyone, so we decided to give them only to the **Couple Shares**. The Zucchini is just starting to produce, and we're in the same boat, so we're giving it to just the **Family Shares**. If this happens again during the season, I'll let you know by color-coding the item, and specifying which Share size is going to get it.

Young garlic is garlic dug before it's fully mature, so the bulbs are much smaller. Because this garlic hasn't dried at all, the paper like covering over each clove is still moist and tender. This means you can chop up the whole bulb and use it in a recipe, like, Swiss chard with Young Garlic. Peel off the top 2-3 layers over the bulb first, since they're likely to be the toughest.

Young garlic is a little milder in flavor than garlic that has dried. If you don't want to use it for a week or more, leave the garlic out on your counter to dry. Then you will have to peel all the covering layers off before you use it.

Some of your young garlic stalks will have scapes.

Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious. You can use

them like scallions, in anything you want the taste of garlic in. They're also great in pesto. Store these in a plastic bag in your fridge.

Here's a nice recipe sent in by our Worker Share Cindy:

### Garlic Scape Dressing

2 garlic scapes, coarsely chopped

2 green onions, coarsely chopped

1 teaspoon honey

2 teaspoons Dijon mustard or similar brown mustard

4 tablespoons red wine vinegar

1 tablespoon lemon juice

dash salt & 1/8 teaspoon fresh ground black pepper

1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended. (I like to add some dill to this one.) Makes 1 cup.

Your "micro" radishes were grown in trays—an experiment to get a harvestable crop earlier in the season. With mixed results, we would say. Yes, they are easy to water and harvest, but the radishes didn't grow as quickly as we expected, or get as big as we wanted. So, cute-as-a-button, "micro" radishes. They'd make a good garnish, and the leaves are even edible.

Luckily, we have more out in the field, only a week or 2 away from harvest, so you'll be getting them again fairly soon, and much bigger.

Swiss chard is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash them before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, al dente or soft, that you prefer. Chard leaves are great, raw, in salads.

### Braised Chard

Place a large sauté pan over medium heat.

Add: 2 Tbsp. extra virgin olive oil

-heat for 1 minute.

Add: stems from 1 bunch chard, cut into 1/2" pieces

-Sauté for 3 to 4 minutes, stirring frequently.

Now add: chard leaves, roughly chopped

-sauté another 3-4 minutes, until wilted.

Add: 1/2 cup vegetable stock

salt & freshly ground black pepper

-cook, covered, for 5 minutes. Remove from the heat.

Stir in: 1 Tbsp butter

Serve immediately. Makes about 2 cups.

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C and potassium and calcium. I'm not sure which variety will be in which box, but we're growing a few different kinds. If you get a yellow one with a green end, that's "Zephyr". If it's all dark green, that's Midnight.

### **Terry's Favorite Way To Cook Any Vegetable:**

Get out a 9"-10" skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt (Kosher is excellent) and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way.

I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.

You actually have a new beet in the bunches this week, it's called "Chioggia", and is an Italian heirloom variety. Chioggia is a deep fuchsia color, with concentric circles of pink and white inside. It's a little milder than a red beet. The stems are also pink and white and the leaves a nice, rich green. Some beet bunches are only red beets, but most are a combination of red and orange, or red and Chioggia.

Your lettuce will require some washing: rain can splash soil up onto the plant, and lettuce grows close to the ground. We've gotten the worst off, but now it's your turn. If you have a salad spinner, wash what you want to use in 1-2 changes of water. If you don't have a salad spinner, use a clean sink and cold water. Fresh lettuce is worth the extra work.

There is a condition that sometimes affects lettuce called "tip burn". This is when the plant grows too fast and can't get moisture and nutrients to the ends of its leaves. The ends turn brown as a result. It doesn't seem to affect the flavor, just the look. I trim off the brown edge and eat the rest. Usually, just the outer leaves are affected. Occasionally, the damage will get worse towards the center instead of less. If you get a head of lettuce with this kind of damage, let us know and we'll replace it when we deliver your next box.

### **Field Notes**

I spent Saturday afternoon and much of Sunday mowing our Canadian thistle-infested grass. Canadian thistle is a tenacious grower, and one plant dropping seed in its immediate area can start a bloom that expands exponentially. We're constantly pulling it out of our planted beds—with leather gloves.

More field news next week.

Please send us your stories, recipes, questions, and, yes, problems. We love to hear from you!

Our email address is: [fullharvestfarm@gmail.com](mailto:fullharvestfarm@gmail.com).

When you send us an email, please give us your first and last names, and what size Share you get. Thanks!

**Happy 4<sup>th</sup> of July!**

**Terry & Chuck**