



Full Harvest Farm, LLC
7112 County Road S
Hartford, WI 53027
262 673-6760
fullharvestfarm@gmail.com
Box #1 **Odd Week**
29 June 2016

Contents

Nasturtium Plant

Beets: Red

Garlic Scapes

Lettuce: Mixed: French Crisp = Lovelock or

Cherokee, Green Leaf = Fusion, Green Romaine

Sugar Snap Peas

Sunflower Greens

Zucchini: Green and Zephyr

Nasturtiums are a flower I've grown so long I can hardly remember a time when it wasn't in my garden. It's beautiful—the flowers have vibrant colors that seem to glow from within—has unusual, round, green-and-cream leaves, and the best part is: it's all edible. Both flowers and leaves have a peppery flavor that makes your mouth say "Wow!" This particular cultivar grows to about 6"-8" high and spreads a little wider. Plant it in sun to part sun, keep it watered and fertilize now and again. Your nasturtium will reward you with lots of gorgeous blooms that you can pick for bouquets, use as an edible garnish, or in salads for a peppery kick.

One of the great things about beets, besides their flavor, is the fact that all of it is edible: root, stems and leaves. The stems and leaves taste very much like Swiss chard, their ancestor. Someone, sometime, decided that they liked to eat the roots on their chard plants and started to select for large roots. This reduced the size of the leaves, and modern-day beets are the result. Beets are full of vitamins A & C as well as carotene. Use the leaves first, as they will only last 4-5 days in the fridge. Cook only the good-looking leaves and stems. The stems will need several more minutes cooking time than the leaves. Cook the leaves just until they are tender, but still remain a bright green. Or, chop them up raw for salads.

We grow several different kinds of beets here at Full Harvest Farm: golden, red, Chioggia and white. Golden beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Chioggia beets are an Italian variety with deep fuchsia and white rings on the inside. Red beets, the variety in your boxes this week,

have the most flavor and are red inside and out. I'll talk about white beets later.

In my opinion, roasting is the best way to prepare red beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets

In a medium bowl, put:

1 Tbsp. olive oil

½ tsp. salt

¼ tsp. freshly-ground pepper

Remove stems and leaves from the beets and reserve for another use, discarding the damaged leaves and stems. Cut off the root and scrub clean. Cut beets into halves, quarters or largish chunks and put into bowl.

Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Put the oiled beets into a pan **with sides**, lined with aluminum foil or parchment paper, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily (timing will depend on the size of the chunks). No need to peel them as the skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

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.

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. Process until smooth. With machine on low, slowly add the olive oil until well mixed.

(Some dill is good, too.) Makes 1 cup.

We grow many different cultivars of lettuce here at Full Harvest Farm, and these will be reflected in your boxes. This week everyone will get French crisp, a

variety with a thicker leaf that holds more water, which helps it keep longer.

You'll get either a cultivar called "Lovelock", which is mostly green with reddish shadings on the top edge of the leaves, or a new cultivar called "Cherokee", very dark red. Couple boxes will get one, large French Crisp, while Family boxes will receive one, large French Crisp and one Romaine.

Sugar snap peas are a marvel of pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the "string" first: grab the stem and pull towards the end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching. The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or We expect to put them in your box again next week.

Sunflower greens are a "living" food, and especially good for you. They have a sweet, nutty flavor. We sprouted these in a warm, dark germination chamber, hence their yellow-green color. Before you enjoy these, you need to do a few things to finish them off. First, place the container in a shallow plate—something that will catch water. Then, give them some water, about ¼ to ½ cup, and place them in a sunny location. Gently pull or brush off the split seed shell at the end of the cotyledons (those leaf-like things that appear first when a seed sprouts). Leave the plants in the window for a day or 3 so they can continue to grow and turn a nice green. For best flavor and nutritional value, harvest before true leaves emerge in the center of the plant. To harvest, snip the stems, just above the soil level. Rinse them off, and you're ready to eat.

Many of our members put the greens on sandwiches or in salads. If you like, you can take a few plants outside and let them grow into sunflowers. Wait until they have their 2nd set of true leaves before you plant. 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. Everyone will get the green variety. Some of you will also get "Zephyr", a yellow zucchini with a green end. Great flavor!

Field Notes

Sunday's early morning rain dropped almost 2" here at the farm. The soil was dry and the plants needed a good drink. It made it a little muddy for our Work Day group, tho.

On Sunday June 26th, we hosted a Work Day at our farm to pull weeds out of our onion patch. 3 hardy CSA members and a loyal friend answered our call. It was a hot day, but we finished about 1½ beds, planted with 3 rows of onions each. Here's a picture that



shows it all, weedy beds, weeded beds, weeds thrown on the ground, Mary working hard.

Thank you Mary, John, Christina and

John!

We want to caution you to pay close attention to the



size box you pick up at your site today. The size you purchased is on the sign-in sheet you will be initialing at your pickup site. The Couple Share and

5/9 bu. Couple box Every-Other-Week Share are packed in a 5/9 bushel box,

which is white with light blue lettering. On the short side is printed "5/9 bu." which translates into: 5/9 bushel. It is shorter and wider than the Family box.



-The Family Box is white with green and red lettering that also contains a picture of vegetables. On the short side is printed "3/4 bu." which translates

3/4 bu. Family box into: 3/4 bushel. It is taller and narrower than the Couple box.

Mixups are more likely at the beginning of our deliveries, so please be sure you're getting the correct box. Thanks so much!

If you have any problems, locating your box, contact your pickup site manager first, and the farm second. Your site manager's phone number is in the email you received when you signed up. The phone number of our farm is at the top of this and every newsletter. We'll be happy to help.

It's always a good idea to bring your own container with you to your pickup site. That way, you can unload your CSA box, unfold it, and leave it at your site.

Enjoy Box #1!

Terry & Chuck