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Box #12 **Even Week**
Newsletter #12
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Contents

Parsley: Curly and Flat Leaf
Beets: Red
Broccoli
Eggplant
Lettuce: Green Boston
Onions: Walla Walla
Sweet Corn
Tomatoes: Mixed Slicers

New Stuff: eggplant

Altho eggplant is low in calories and high in fiber, it does not contain large amounts of vitamins or minerals. It is available in many, different cultivars, from the pear-shaped, Italian variety, the long slender kind which is Asian in origin, to others that are white, pink, green, lavender, striped and so on. We find the pear-shaped Italian to be a good, all-round eggplant. Always cook eggplant before eating as it contains a toxic substance called solanine. This is the same, bitter material that makes green potatoes taste so bad. Store eggplant in the vegetable drawer in your fridge, but use it within a week.

Being half Italian, I grew up with Eggplant Parmesan. Not my favorite dish, but I wasn't a picky eater. When my mother taught me to cook, she gave me the putzy, repetitious jobs. I remember adding seemingly endless cups of oil to the skillet when cooking eggplant slices for Parmesan. Greasy. Later, I tried grilled eggplant: what a delicious revelation! Grilled until soft, that purple vegetable tasted completely different.

Grilling Sauce for Eggplant

In a small bowl, whisk together:

¼ cup olive oil
1 Tbsp. balsamic vinegar
1 Tbsp. soy sauce
salt & freshly ground pepper

Soy sauce helps to emulsify the vinegar and oil. Wash the eggplant(s), and cut off the tops, no need to peel. Slice them into lengthwise slabs, ½" thick. Brush both sides with the grilling sauce. Grease your grate, and grill the slices over the coals, turning as needed.

They're done when you can't see any whitish streaks, and the slabs are moist and limp. Once you taste these,

you'll want to buy several eggplant at your next farmer's market and grill a bunch. They are especially good in sandwiches and salads.

We've put a wide selection of slicing tomatoes in your boxes this week, so be prepared for a variety of shapes and colors. Some will be very round, others flatter, lobed or oval. We've also tried to give you tomatoes you can eat now and ones you can let ripen completely on your counter. The deeper the red or pink color, the riper the fruit. The lighter orange/red/pink color, the less ripe it'll be, and it will feel firm. Leave these at room temperature, and they'll deepen in color and flavor.

Fresh Tomato Sauce

In a large pasta dish, put:

3 cups chopped, fresh tomatoes
½ cup chopped basil, parsley, or other fresh herbs
freshly ground pepper

-Mix, and let sit for 2 hours so the herb(s) can infuse into the tomatoes. Do Not Salt the tomatoes yet, or they will lose too much liquid.

After 2 hours, bring a large pot of salted water to a boil and cook 1 lb. of your favorite pasta shape until al dente. Try to choose one that will hold the pieces of tomato. After draining the pasta, put it into the dish with the herbed tomatoes and oil generously with extra virgin olive oil. Sprinkle with Kosher salt and toss to mix. Serve with lots of freshly grated cheese.

Red beets are back! These are especially good roasted.

Field Notes

We're looking forward to this rain on Wednesday: it's a bit dry out there, and Chuck is running the drip tape on several beds.

Tuesday, the crew planted more lettuce for late harvests. These beds should ensure lettuce in your last box.

On Sunday, I strapped on my sling and had a good walk around the farm, checking the beds to see how the crops were coming along. I found some interesting things.

Melons: There are yellow watermelons ripening in the watermelon patch, but slowly. We grow a variety with seeds, because we've found that seeded watermelons taste better. Yellow Doll is a tasty cultivar that produces a small melon, perfect for putting inside a CSA box. Chuck has been keeping a close eye on the watermelons, hauling one into the house every week to open and taste. The most recent one had full-sized, white seeds just starting to turn brown, and the flesh was not yet full-flavored. We're a week or so away on the watermelons.

I also saw lots of cantaloupes. They were all very green, so I'd say we're a few weeks away on those. If

they ripen properly, we'll be putting them in your boxes until they're all gone, so when they come, you'll find them for a few weeks in a row. We hope that they'll continue to progress even during this cold snap later in the week. All of the melons were planted later than we'd prefer, but the late spring/early summer rains made it difficult to get things in the ground.

Beets: There's a lovely patch of beets, red, orange and Chioggia, next to the melons. Your red beets are from this patch. More to come.

Broccoli: The current beds are yielding beautiful broccoli, and another area is just starting, so you'll likely get broccoli again soon.

Cauliflower: Chuck has lots of this at present, most of which is being sold wholesale and at our stand in the West Bend Farmer's Market. Perhaps next week for you?

Winter squash: Via Chuck, I'm told that the Delicata and spaghetti squash patches are ready to harvest. You should get one or the other of these short-storage squashes in next week's box.

Peppers: Lots of green ones, whether bell, Italian, Anaheim, Beaver Dam or Jalapeño. I'm hoping we'll start to see colored peppers soon.

More news next week, as there's lots more to tell.

And, I'll give you details about Farm Day, which is Sunday, September 28th.

Stay dry,

Terry & Chuck