Happy Hollow Farm CSA

Week of August 9th, 2010
Week 11 CSA Distribution

Veggie of the Week

Squash blossoms!

These beautiful delicate blooms are the male flowers from summer squash plants. The female flowers are what result in the actual vegetable that we have been enjoying for the past few weeks. Male flowers are distinguishable from the female flowers because they are generally on a much longer stem. I prefer to pick the males flowers so that the female flower is left to continue to produce the squash.

Like last week's extra large squash… I usually like to pick squash blossoms once a summer (mostly because Katie only wants to spend the extra time once, maybe twice, to prepare this delicious treat). They are a real treat and can be found in upscale restaurants this time of year.

The recipe this week is one that we have found that we really like. There are quite a few different ways to prepare squash blossoms so if anyone has a different recipe I'd love to share it with the rest of the membership.

In order for everyone to be able to benefit from this recipe the FULL shares will get blossoms this week and the PARTIAL shares will get blossoms next week.

Farm Happenings

Temp. readings in the 100's this past week and I think they're calling for more heat this upcoming week. Possibly a shower or two but thankfully all those (nearly 1,000) transplants that have been sitting in the greenhouse for weeks are now safely planted out in the far field in raised beds! I borrowed a tillage/furrow making implement from a fellow farmer and am hoping that the raised beds help the veggies fare better. I'm not taking any chances that it might stop raining in the near future.

I've also been able to get a lot of ground worked up and planted in cover crops. The area where I will plant garlic in another couple of months is blooming with beautiful Buckwheat right now and I seeded some more areas with this fast growing plant on Tuesday. I also seeded a few areas with Field Peas. Both of these types of cover crops add significant amounts of nitrogen to the soil when their green plant parts are tilled back into the ground. This is one of the primary ways I add nutrients to the soil in areas that will be planted in vegetables. They also provide very good weed control when I get them seeded thickly enough.

Happy Hollow Farm's Weekly Newsletter…

Thanks to EVERYONE for getting crates back to me. I'm still short a few of the square milk carton type containers as well as a few of the black stackable plastic crates. Please try and get those back to me this week. Thanks again!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	Yes	Yes	1 wk	Great option for canning your basil so you can make fresh pesto in the winter (check out the recipes page on the website!)
Cantaloupe	Yes	Counter	1 wk	Full Shares only
Cucumbers	Yes	Yes or crisper	1 wk	Diva & Little Leaf
Garlic	No	Counter	1-2 wks	
Sun Gold Cherry Tomatoes	No	No	1 wk	ENJOY!
Tomatoes, multiple varieties	No	No	1 wk	ENJOY! These don't store for a long time so eat them quickly.
Summer Squash	Yes	Yes or crisper	1 wk	Yellow straight neck and Bennings Green Tint Scallopini (the little round ones) or Yellow Crookneck
Squash Blossoms	Yes	Plastic bag	2-3 days	This week's recipe features these delicate tasty treats. Eat them quickly as they won't last long! Full shares this week, Partials next week.
Peppers	Yes	Yes or crisper	1 wk	A mix of sweet and hot varieties
Zucchini	Yes	Yes or crisper	1 wk	Romanesco.(striped variety) or Dark Green

Recipe Corner

Just the beginning of some of our favorite recipes are available on the Recipes Page of the www.happyhollowfarm-mo.com website. More recipes will be added each week!

Stuffed Squash Blossoms

The recipe is on the website… it's a bit too long for the space below. I hope everyone enjoys these super delicious and delicate summer treats. The recipe is a bit involved but well worth the effort!!!!