

Happy Hollow Farm CSA

Week of August 2nd, 2010
Week 10 CSA Distribution

Veggie of the Week

Heirloom Tomato ID...

Brandywine – mostly round, pink/purple colored flesh with green shoulders (the shoulder is what most people would think of as the top of the tomato)

Cherokee Purple – knobby, oddly shaped, pink/purple colored flesh with light green shoulders

Striped Roma – a paste type tomato (more fleshy than other tomatoes) with eye catching yellow stripes running lengthwise down the fruit

San Marzano – a red paste type tomato with green shoulders; allow to ripen until almost no green for full flavor

Green Zebra – striking lime green fruit that when fully ripe has a yellow gold color with green stripes; almost a zingy flavor

Striped German – beautiful large yellow fruit with red/orange stripes on the outside and inside the fruit

* cut up one of each and do a taste test to discover your favorite!

Farm Happenings

It's been a busy last week! Lots of seeding in the greenhouse to replace things that got too leggy since I wasn't able to get them planted. Lots of mowing and brush hogging to try and keep on top of the super crazy fast growing grass and field perimeters. Taking down cucumber trellising and cleaning out mulched beds to make way for some fall veggies. The mulched beds are all that I can plant right now. Planned for later this week is some torching of blister beetles that have found their way into the tomatoes and are starting to really do some damage.

And last but not least a moment for an excursion... Chanterelle hunting! I knew we should have them on the farm but I had asked all my neighbors and even the old timers that grew up on this farm and no one knew where I might find them and some had never heard of these delicious mid-summer mushrooms. Lucky for all of us, I found two jackpots. I guess there are some good things about summer heat and rain! If we're lucky we may have them again next week.

Sunday Katie & I took a short trip to visit family in K.C. and members Mark & Jeanne pulled one for the team and kept the greenhouse nice and watered for us! And another week of growing is behind us and many more are ahead!

Happy Hollow Farm's Summer Get Together - DETAILS

When: Sunday August 22nd

Time: Gathering begins at 1pm and goes until 6pm

What: Swimming in a pond (children supervised at all times), volleyball, farm tours, eat around 3pm, hang out and meet your fellow local food lovers/CSA members

What to bring: A dish to share for 10-12 people

RSVP: Please send me a quick e-mail lizgraznak@happyhollowfarm-mo.com to let me know how many plan to attend.

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	No/Yes	Counter until cut, then in fridge	1 wk	Small but super sweet
Cucumbers	Yes	Yes or crisper	1 wk	Tasty Jade (last of them this week), Diva & Little Leaf
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
Peppers	Yes	Yes or crisper	1 wk	All sweet varieties this week
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!

Each summer I skip a scheduled squash harvest to let the generally small tender fruits get a bit larger so we can make stuffed squash. This is your week to try this delicious summer meal! I hope you enjoy!

Stuffed Summer Squash

THE SQUASH

Cut a slightly large sized summer squash (yellow, zucchini, patty pan, etc.) in half lengthwise. Slice off the stem and a little piece of what will be the bottom of the squash so it will lay flat in your baking dish. Scoop out the seeds and some pulp, leaving a ½ inch rim all around. Reserve the pulp.

THE STUFFING

In a medium- sized bowl, mix together well:

The squash pulp, chopped fine

1 large onion, diced, OR equal amount of bunching onions, sliced

2 garlic cloves, minced

2 large eggs, beaten

¾ cup crumbled feta cheese

2-3 Tbl. Finely chopped parsley

½ cup diced whole-grain bread

Freshly ground black pepper to taste

Preheat oven to 375. Pour ½ inch of hot water into a well-buttered lasagne type pan. Pile the stuffing mixture into the squash “bowls”, mounding slightly, and place them into the pan. Cover tightly, and bake till the bowls are tender and the stuffing firm. Other various herbs can be added to change the flavor.