

Happy Hollow Farm CSA

Week of August 30th, 2010
Week 14 CSA Distribution

Veggie of the Week

Nothing to actually highlight this week but, here is a quick rundown of where various veggies are in their ripening during this time of the season.

While I have certainly been enjoying the cooler temperatures (as well as all those cool season veggies that were planted in the last couple of weeks) it certainly has affected those heat loving vegetables like okra and eggplant. Thus the lack of eggplant in the Saturday shares. Sorry folks, there just weren't any that were ripe. However, I do think we will continue to have these over the next couple of weeks especially as they are calling for higher temps this upcoming week. The tomatoes are really starting to slow down and this or the next week may be the last of them.

I was able to harvest one last batch of cucumbers on Saturday so this will definitely be the last week of cucumbers so enjoy them! We have at least 2 to 3 more weeks of summer squash and zucchini, the last plantings are doing very nicely.

There will also be the last few watermelons and cantaloupe this week so enjoy the last of these summer treats as well.

All of our fall veggies are coming along very nicely and there will be lettuce and greens again in your shares very soon!

Farm Happenings

This past Saturday I had some great help with harvesting; we were able to get the tomatoes harvested and boxes packed and had enough time to get the fall planting of kale in. There is still some kale from this spring hanging on and according to Fran & Jeff it's delicious so Kale may be returning into the shares in the next couple of weeks.

We're over the mid-season hump and I have to admit that I'm feeling a bit pooped! The cooler weather has helped in that I'm not so exhausted at the end of the day but there is still plenty to do around the farm. I've got lettuce, tat soi, chinese cabbage, and more broccoli to set out the first part of this week. I'll also be sowing rye and hairy vetch into a number of fields for winter cover crop.

It's also time to start getting the area ready where the garlic will be planted. I had it in buckwheat, which I mowed down last week, now to spread compost and run the disc over the area a few times over the next couple of weeks. I'm shooting to plant garlic the first part of October but of course it is very weather dependent.

Also, on my mind is the high tunnel. This is going to be a big project but one that I am very excited about! Let me know if any of you think you might be able to make it out September 28th even if just for a few hours. Willing hands make big projects go by quickly.

Happy Hollow Farm's Weekly Newsletter...

Upcoming: High Tunnel building workshop on September 28th 9:00am-4:00pm at Happy Hollow Farm sponsored by the Missouri Vegetable Growers Association and the National Resources Conservation Service. Lunch will be provided. ☺ Please RSVP if you plan on coming or would like more information.

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	Yes	Yes	1 wk	
Cucumbers	Yes	Yes or crisper	1 wk	Diva (this IS the last week for cucumbers)
Eggplant	Yes	Crisper	1-2 wks	The full shares will receive eggplant this week; harvest is still slow on these.
Garlic	No	Counter	1-2 wks	
Sun Gold Cherry Tomatoes	Yes/No	No	1 wk	NOTE: You can keep these in the fridge without losing the flavor or changing the consistency.
Tomatoes, multiple varieties	No	Counter	1 wk	The plants are starting to wind down so enjoy them while they last (maybe another week or 2 only)
Summer Squash	Yes	Yes or crisper	1 wk	Bennings Green Tint Scallopini (the little round ones) or Yellow Crookneck or Success Straightneck
Okra	Yes	Yes	1 wk	Swap box only this week.
Peppers	Yes	Yes or crisper	1 wk	A mix of sweet and hot varieties
Zucchini	Yes	Yes or crisper	1 wk	Dark Green
Watermelon OR Cantaloupe	Yes/No	Counter until cut	1 wk	Small but delicious! You can choose which one you want.

Recipe Corner

Have I mentioned yet that I'm not much of a cook? Lucky for me Katie not only is an excellent cook but she's also super creative! She, like probably many of you, is starting to get tired of summer squash. I on the other hand could never tire of probably one of my favorite summer vegetables. Tonight's side dish of summer squash was FABULOUS. If you try it I'm sure you will like it as well and it's super easy!

- * 3 medium summer squash (you have mostly received what I call medium and small squash in your boxes)
- * 1 apple (semi-sweet and crunchy is the best!)
- * 1/3 of a large onion
- * 3 small sweet peppers & 1 small hot pepper

Cut the top three ingredients in thin slices (not too thin otherwise they will cook too fast, and not too fat b/c they will take forever to cook). Cut the peppers into small chunks. In any kind of skillet add a generous amount of olive oil, let it get hot and then throw in all of the ingredients. Saute until your desired level of crunchiness or softness. Salt & pepper to taste. This amount fed the two of us with a bit left over.