

Happy Hollow Farm CSA

Week of September 27th, 2010
Week 18 CSA Distribution

Veggie of the Week

Tat Soi

This classic green used in Asian style cooking is also a delicious substitute for spinach. Tat Soi is in the Brassica family and is related to many other cool weather loving crops like cabbage, broccoli, brussel sprouts and kale to name a few. Most frequently we use tat soi in stir fry dishes; your mixed greens this week would also be a great addition to a stir fry.

A Special Treat

Also, included in your share this week are pears from my mother's enormous and quite old pear tree. These are optional to all members as they did not come from my farm, nor are they certified organic. My mother doesn't spray the tree, she actually doesn't even fertilize it. As she says, that would be too much work!

I don't know what variety of pear they are but you should let them sit out on your counter for 3-4 days and then try one to see if it is ripe. I would suggest that once they have ripened that you store them in your fridge to keep another few days. This variety of pear never gets soft; it remains nice and crisp and very sweet! I hope you enjoy them.

Farm Happenings

Well, with the rains last week the high tunnel project had to be postponed a week. So we'll be tackling the building project next Tuesday (Oct. 5th) rather than this Tuesday. I'm actually glad that we postponed it because now I'll have the chance to get some more trees removed from the area (which would shade part of the tunnel in the mornings). The lumber that I'll be using to build the end walls is also coming from cedar trees that were cut down last summer and this summer. I'm hoping to get those to the nearby lumber mill on Thursday to have them sawed into the needed sizes for the end walls and side wall pieces.

The forecast for this week looks really good to give us some drying winds and sunny days. I have lots in the greenhouse that needs to be transplanted but the last four weeks the ground just hasn't been able to dry out. I was starting to fear that we were going to have a repeat of this spring and summer.

On a bee note, the hives are doing really well. I started feeding them a sugar water mixture because they were a bit low on honey (their food to get them thru the winter). I'll continue feeding them until the last of the fall flowers have bloomed out and the temperature drops below 40 degrees.

Happy Hollow Farm's Weekly Newsletter...

High Tunnel Building Workshop postponed to Tuesday October 5th 9:00am – 4:00 pm. A delicious primarily farm-sourced lunch will be provided.

Join Liz and numerous friends and farmers in this great opportunity to learn how to put up a high tunnel. This structure will allow for more protected growing (especially from the rains!) and is used as a season extending structure. Most of the Winter CSA Share veggies will be coming out of the high tunnel!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn Squash	No	Counter	1-3 wks	
Basil	Yes	Plastic Bag	1 wk	Optional this week
Eggplant	Yes	Crisper	1-2 wks	
Garlic	No	Counter	1-2 wks	
Greens Mix	Yes	Plastic Bag	1 wk	You can stir fry or enjoy on a salad
Kale	Yes	Yes	1 wk	Dinosaur (green lizard skin appearance) or Red Russian (frilly red/purple leaves)
Tat Soi	Yes	Plastic bag	1 wk	Delicious Asian Green (fall brings back the time for stir frys)
Okra	Yes	Yes	1 wk	Optional in the swap box this week
Parsley	Yes	Plastic bag	1 wk	
Peppers	Yes	Crisper	1 wk	A mix of sweet & hot varieties

Recipe Corner

Grilled Tofu & Tat Soi

- 1 (14-ounce) block firm tofu, drained
- 1/4 cup soy sauce
- 1 teaspoon Asian sesame oil
- 1 1/2 teaspoons packed dark brown sugar
- 1 1/2 teaspoons finely grated peeled fresh ginger
- 1 small garlic clove, minced (in your share this week)
- 1/4 teaspoon finely diced hot pepper (in your share this week)
- 1 tablespoon plus 1 teaspoon vegetable oil
- 1-2 heads Tat Soi (in your share this week)

Cut tofu crosswise into 6 slices. Arrange in 1 layer on a triple layer of paper towels and top with another triple layer of towels. Weight with a shallow baking pan or baking sheet and let stand 2 minutes. Repeat weighting with dry paper towels 2 more times.

Stir together soy sauce, sesame oil, brown sugar, ginger, garlic, hot pepper, and 1 tablespoon vegetable oil in a glass pie plate. Add tofu slices in 1 layer and marinate, turning over every couple of minutes, 8 minutes total.

Heat a lightly oiled well-seasoned ridged grill pan over moderately high heat until hot but not smoking. Lift tofu from marinade with a slotted spatula (reserve marinade) and grill, turning over once carefully with spatula, until grill marks appear and tofu is heated through, 4 to 6 minutes total.

While tofu grills, heat remaining teaspoon vegetable oil in a 12-inch skillet over moderately high heat until hot but not smoking, then sauté greens, tossing with tongs, until beginning to wilt. Add reserved marinade and sauté, tossing, until greens are just wilted, about 1 minute. Lift greens from skillet with tongs, letting excess marinade drip off, and divide between 2 plates.