

Happy Hollow Farm CSA

Week of October 18th, 2010
Week 21 CSA Distribution

Veggie of the Week

We have a few new veggies this week. I think everyone is familiar with broccoli so I'll skip talking about it and leave room for the slightly lesser known vegetable. I do want to mention however, that the broccoli seems to be a bit uneven as far as ripening. Probably not quite enough nutrition in the soil; something I'll have to work on next year. This week the Full Share members will get broccoli and next week the Partial Share members will get theirs.

Delicata squash

This lovely squash is considered a winter squash because it ripens much later after a long (nearly 80+ day) growing season. The outside skin may seem tough when it is uncooked but one of our favorite ways to cook and then eat this squash is to cut it in half lengthwise, scoop out the guts, place it upside down in a baking dish, add about a ½ inch of water and then bake for 45 minutes. The skin really softens up and you can eat the skin and the inside of the squash just as if it were a summer squash.

I am hoping that there will be enough of the various winter squashes to hand some out each week for the rest of the season. I harvested sweet potatoes today; they'll need a little over a week to cure, so look for them in your shares the last two weeks of the season.

Farm Happenings

The high tunnel (Katie thinks we should call her Big Bertha) is now completely full of transplants. I actually had more flats of veggies started in the greenhouse than I had room for in the tunnel so those are going to be planted outside on Thursday and we'll cross our fingers that they make it to maturity. Who knows with this crazy but also fabulous weather we've been having this fall so far! I've put up most of the pictures of the high tunnel project on the website so check those out.

HHF was visited on Tuesday by Ann C. Mills, the U.S. Deputy Under Secretary of Natural Resources & the Environment, as well as some of the big whig NRCS folks from around the state. Ann was a lovely woman that seems sincerely interested and committed to promoting local organic agriculture in our state and around the country. The focus of the tour was to see farms that have implemented the NRCS EQIP cost share programs. The high tunnel as well as a number of other things that I've done this spring are the result of receiving that funding.

Can you believe that we're already into week 21 of the season. Only four more weeks left! The time seems to have gone by so quickly. If you're dreading the thought of being without delicious veggies then don't forget about the winter CSA option. Your support will be much appreciated and I'm sure you won't be disappointed! Sign up thru the website on the Join Us page.

Happy Hollow Farm's Weekly Newsletter...

Thanks to everyone for returning your boxes last week!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Plastic Bag	1 wk	Full shares this week, Partial shares next week
Delicata Squash	No	Counter	1-2 wks	Check out this week's recipe or just bake and enjoy!
Eggplant	Yes	Crisper	1 wk	
Escarole	Yes	Plastic Bag	1 wk	There were enough for everyone to have another head this week!
Greens Mix	Yes	Plastic Bag	1 wk	
Peppers	Yes	Crisper	1 wk	A mix of sweet & hot varieties
Parsley	Yes	Crisper	1 wk	

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!

Winter Squash Salad With Cilantro, Ginger & Maple Syrup

2 medium Delicata or Acorn squash

½ cup olive oil

1/3 cup minced fresh cilantro

6 Tbl. Orange juice

3 Tbl. Maple syrup

2 Tbl. Minced candied ginger

½ tsp. salt

1/8 tsp. cayenne pepper

1. Preheat oven to 375 Fahrenheit
2. Cut the squash in half and scoop out the seeds. Place the squash halves cut-sides down on a baking sheet. Bake until tender, 30-45 minutes. Cool completely, scoop out the soft flesh, and roughly chop. Place the squash in a bowl and set aside.
3. Combine the olive oil, cilantro, orange juice, maple syrup, ginger, salt, and cayenne in a blender or food processor. Blend well.
4. Pour the dressing over the squash and toss gently. Chill for at least 1 hour to allow flavors to combine.
5. Serve on a bed of lightly dressed greens.