

Happy Hollow Farm CSA

Week4 Winter CSA Distribution

Farm Happenings

2011 has already started off with some crazy weather. Mid-50's two weeks ago and -10 with 6 plus inches of snow on Wednesday when harvesting your veggies for this week's share. I'm definitely going to make it a high priority this year to insulate & figure out a way to heat the barn where the washing and packing stations are located! I've been busy working on seeding plans for the greenhouse and just completed my seed orders (there are some great new varieties planned for the upcoming season). I'm heading to LaCrosse, WI for an organic farming conference at the end of February and was chosen to participate in a Farming Entrepreneurship program thru MU that will have educational programs over the next few months. Thanks for your support in the first of many Happy Hollow Farm Winter CSA Seasons and don't forget to join the 2011 Summer CSA Season. [Member Sign-Up form](#)

Cabbage, Carrot & Onion Curry

*1 head of Chinese Cabbage
*3 medium carrots
*1/2 tsp Cumin
*1/4 tsp Mustard seeds
*1/4 tsp Coriander powder
*salt & pepper to taste

*2 large onions, diced
*1 Tbsp butter
*1/4 tsp Turmeric
*1/4 tsp Chile powder
*1/4 tsp Cinnamon

Directions: Cut cabbage into small pieces and cut carrots into thin round slices, set aside. Peel and cut onions into small pieces and in med. sized pan sauté with the butter. When onions feel soft, add mustard seeds. 30 seconds after that add cumin, coriander and turmeric powders. Stir the spices with the onions and butter. Add carrots and sauté covered with a lid for 5 minutes. Stir in cabbage. Add cinnamon, salt & chile powder and continue sautéing covered with a lid for 15 more minutes. Stir occasionally so spices do not stick to the bottom of the pan. Can remove from heat earlier or later if you prefer your veggies somewhat crunchy. Serve over rice.

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Chinese Cabbage	Yes	Yes	1 – 2 wks	Try in this week's recipe!
Escarole	Yes	Plastic bag	1 – 2 wks	Check out the website for a great recipe!
Greens Mix	Yes	Plastic bag	1 wk	Great in stir fry or as a spicy salad addition
Green onions	Yes	Crisper drawer	1 – 2 wks	Try raw or slightly cooked
Head Lettuce	Yes	Yes	1 wk	Red Sails leaf lettuce & others
Lettuce Mix	Yes	Plastic bag	1 wk	
Herbs	Yes	Plastic bag	1 wk	Cilantro or Dill
Radish	Yes	Crisper drawer	1-2 wks	Remove tops for longer storage

Happy Hollow Farm's Weekly Newsletter...

Don't forget to join the 2011 CSA season. Early **discount** available for membership forms received & **paid in full** by Feb. 15, 2011. Sign up on the website at [Happy Hollow Farm Join Us](#)