Happy Hollow Farm News

Week 1 of 25 - May 16, 2011

Happy Hollow Farm
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What's in your share this week

For full, partial, and single shares

- Baby green oakleaf head lettuce
- Bok choy
- Hot and spicy greens mix (mizuna, mustard greens, tat soi, kale, and arugula)
- Lettuce mix (green and red oak leaf, green and red romaine, red lollo rossa)
- Radish
- Swiss chard

In addition for full and partial shares

- Arugula

In addition for full share

- Leeks

Remember to return one box when you pick up your share!

Spotlight on BOK CHOY

Bok choy (Brassica rapa, chinensis) is a centuries-old Chinese vegetable, one of numerous brassica family plants grown in east Asia.[1] Later in the season you will find two additional Chinese vegetables in your shares — Chinese cabbage and tat soi. These types of plants only began appearing in the west by the 1800s and most are still considered specialty items.

Preparation[2]

To prepare bok choy, separate the outer stems and wash to remove any remaining soil. Stir-fry bok choy alone or add to other ingredients. The stems usually need longer cooking than the leaves. Try this simple recipe: 1) Saute onions and garlic in olive oil until soft, 2) add tofu chunks; cook another 5 minutes, 3) add bok choy stalks, tamari, grated ginger root, and your favorite spices for another 5–10 minutes of cooking, and 4) add the bok choy leaves and cook until they wilt. Serve on brown rice or make fried rice by stirring rice into the mixture. Even simpler is to steam bok choy, again starting with the stems and near the end of cooking adding the leaves. Toss with a marinade such as sesame oil, tamari or miso, and rice vinegar.

Nutrition[3]

Food	Quantity/ weight (gms)[a]	Calories (kcal)[b]	Calcium (mg)[c]	Vit. A (IU)[d]	Vit. C. (mg)[c]
Bok choy, cooked	1 cup/170	20	158	7,223	42
Broccoli, cooked	1 cup/156	55	62	2,415	101
Cabbage, cooked	1 cup/150	35	72	120	56
Milk, skim (with Vit. A)	1 cup/245	83	299	500	0

[a] grams, [b] kilocalorie, [c] milligrams, [d] International units

Bok choy is higher in calcium and Vitamin A than other familiar brassica family plants. Milk, the "traditional" source of calcium, provides twice the calcium as bok choy, but with four times the calories, and much less Vitamin A.

References

[1] Wood, Rebecca, 2010, *The New Whole Foods Encyclopedia,* Penguin Books, New York, NY, 449 p.

[2] Madison Area Community Supported Agricultural Coalition (MACSAC), 2004, *From Asparagus to Zucchini,* www.macsac.org, 228 p. (see sidebar on back)

[3] USDA *National Nutrient Database for Standard Reference, Release 22* http://www.ars.usda.gov/Services/docs.htm?docid=18877

Bok choy (also called pak choy or bok choi) has crinkled green leaves and succulent, white stalks, which take different cooking times.

Distribution Sites

All pick-ups are from 4:30 to 6:30 p.m.

Wednesday • May 18

2236 Country Lane, Columbia
Marc Johnson 573-673-3059
marcjohnson@health.missouri.edu

Grindstone Fitness Studio
3005 Chinaberry Drive, Columbia
Yvette Nieto 573-443-4447
swyvette@centurytel.net

Saturday • May 21

411 S. Glenwood, Columbia
Elizabeth and Peter Chang
573-441-2435
elizabeth.hope@gmail.com

2006 Wayne, Jefferson City
Marie Steinwachs
573-636-4414
SteinwachsMe@missouri.edu

Farmer Liz Update

Wow, was it a hot one last week! Such hot weather in May makes it pretty difficult to grow beautiful green veggies. BUT… luckily for all of us the slow start to things in the field helped prevent too much damage. We did lose some of the lettuce in the high tunnel to rot; moisture and hot humid weather don't make for happy lettuces.

One good thing about the dry, hot days is that I was able to get a lot of transplanting done. This week all of the tomatoes, eggplant, and peppers will go in the permanent mulch beds. You can see pictures of these beds and some of the veggies grown in them last season on the web site.

The first of the summer squashes, cucumbers, and melons are growing nicely in the greenhouse and will be ready to transplant in another week or so. We also have two new hives of bees to help us with pollinating those cucurbits thru the summer months. The ladies seem to be doing very nicely and are enjoying the sugar water I'm feeding them as they settle into their new home.

The CSA now has reached its goal of 50 members, and more requests keep coming in. We've started a waiting list!

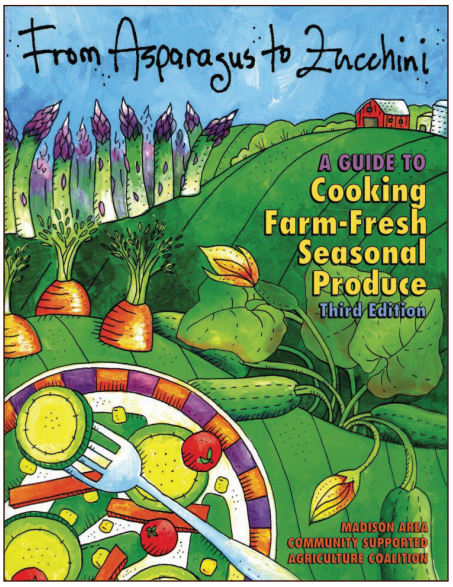
I hope everyone enjoys their first week of spring veggies. There will be plenty more to come in the following weeks! Cheers, Farmer Liz

Vegetable Preservation Chart

Attached to this Week 1 issue of the newsletter is a chart that shows all the vegetables you will be receiving in the next 25 weeks with suggested preservation options for each one. Like the art of cooking food, there's also an art to its preservation. It takes a basic knowledge of the relationship between temperature and humidity, and how those conditions affect the life of your produce. Hopefully, the chart will provide you the basics of this relationship.

The high tunnel is packed with veggies, including bok choy, our highlighted veggie, behind the red leaf lettuce in this picture.

For sale at the distribution sites!



"From Asparagus to Zucchini" (see sidebar) available for $20 at your distribution site.

DO YOU KNOW?

Genetically modified crops were introduced to the market in 1996. Then engineered corn accounted for less than 5% of the total crop. Last year (2010), the USDA estimated 70% of the nation's corn acreage was planted with corn engineered to resist herbicides, and 63% had been planted with insect-resistant seeds. Rates for soybeans and cotton are even higher.

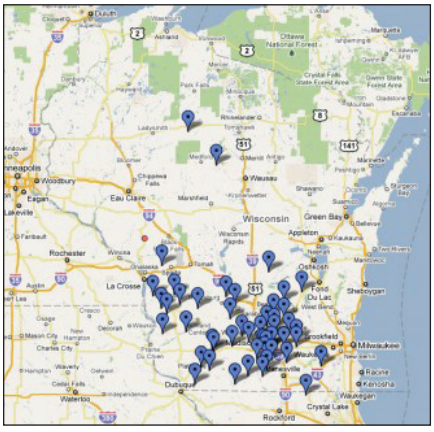
Associated Press, "Organic groups step up modification fight," Columbia Tribune, March 3, 2011.

MADISON AREA CSA COALITION

The *Madison Area Community Supported Agriculture Coalition (MACSAC)* envisions a future where Community Supported Agriculture (CSA) is the backbone of a strong local food system; where all families have access to locally produced, organic food and have strong connections to their farms, food and community. Through education, outreach, community building and resource sharing, the coalition is working to raise the bar on quality and accessibility of CSA shares in their region.

The organization publishes *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce*, an excellent resource for people who want to make the most of local and seasonal produce. We will use it as a reference in the Happy Hollow Farm newsletter and you can purchase it at your distribution site.

MACSAC web:
http://www.csacoalition.org/



The Madison Area CSA Coalition currently includes 49 organic farms for a total of over 2000 members.