Happy Hollow Farm News

Week 10 of 25 - July 18, 2011

Happy Hollow Farm
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Spinach, lemon basil, walnut pesto[1]

- 1 cup toasted walnuts
- 6 cups packed spinach (stems removed)
- ½ cup packed lemon basil
- 2 cups packed fresh basil
- 2 cups olive oil
- 1 teaspoon chopped garlic
- zest of 1 lemon
- juice of 1 lemon
- salt and pepper

Pulse walnuts and garlic in food processor. Working in batches, add spinach and basil and blend together. Repeat until you have blended all the spinach and basil. With the food processor on, slowly drizzle in olive oil and blend well. Add remaining ingredients and season with salt and pepper to taste. Makes 3 cups

To freeze: pour into ice cube tray and freeze. Remove from ice tray and put into a zip lock bag.

[1]*The Sunny Vegan*

Spotlight on Lemon Basil

Lemon basil is a variety of the more familiar basil often used in tomato sauces or pesto. Basil is believed to have originated in India and is currently used in many cultural dishes of Greece, Italy, and the Near East.

Remove basil leaves from stems and wash gently. It should be used fairly quickly or dried to serve as a spice throughout the winter in all sorts of dishes. It has many medicinal properties including calming nerves and aiding in digestion.

Tips for using lemon basil

- Use lemon basil as a substitute for fresh lemon in any recipe, or as a substitute or addition to regular basil in tomato dishes.
- Chop and add to the top of a fruit salad, maybe mixed in with a little yogurt.
- Add to cookie recipes or potato salad.
- Saute scallops in butter or olive oil. Add chopped parsley and whole lemon basil for the last couple minutes of cooking.
- Chop and sprinkle on plain baked fish or chicken, in addition to lemon juice or slices.
- Add as an ingredient or garnish in any Thai or Chinese-type recipe.

What's in your share this week

For full, partial, and single shares

- Basil: lemon or Genovese
- Cilantro
- Garlic
- Lettuce
- Peppers
- Scallions
- Summer squash
- Zucchini

In addition for full shares

- Cabbage

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

Farmer Liz Update

WOW was it a scorcher last week and they're predicting for even hotter weather this upcoming week! We've changed our schedule here on the farm to starting the days at 6:00 a.m. and trying to wrap things up by 3 or 4 p.m. to avoid some of the hottest parts of the day. I'm sure many of you have been experiencing the toll the heat is taking. Luckily for us the pond is a big one and has been providing the fields with much needed water.

Many of the fall vegetables are in the greenhouse and ready to be transplanted but I just can't bring myself to setting out broccoli plants in 100 degree weather. I'm hoping for a break in the heat so we can start transplanting like mad! One good thing is the tomatoes and peppers love the heat and are growing like crazy. We should have our first tomatoes and green beans in another week or so. I know we're all anxiously awaiting those summer delights!

If you find this card in your share box, it means it is a single share. This is how we are trying to differentiate between the single and partial share boxes. Let us know if this works for you!

Save this date!

Happy Hollow Farm Summer Member Potluck

Sunday, August 14
3:00 - 7:00 p.m.

Dinner at 5:00
Pond swimming, volleyball, etc. before

National Center for Appropriate Technology
NCAT

The *National Center for Appropriate Technology (NCAT)* is a private nonprofit organization, founded in 1976, which operates a series of publicly-funded projects to promote self-reliance (especially for low-income people) through wise use of appropriate technology. Its programs deal with energy conservation, resource-efficient housing, sustainable community development, and sustainable agriculture.

In 1987, NCAT launched the *National Sustainable Agriculture Information Service,* which provides information and other technical assistance to farmers, ranchers, Extension agents, educators, and others involved in sustainable agriculture in the U.S. This valuable information service has often been cited as an example of a successful partnership between a private nonprofit, NCAT, and its primary funding source, the USDA Rural Business-Cooperative Service, a public agency with a mission to enhance the quality of life for all rural Americans by providing leadership in building competitive businesses including cooperatives that can build sustainable economic communities.

Despite elimination of funding for this valuable service in the Federal 2011 budget. NCAT is keeping the service alive. Donations are appreciated.