Happy Hollow Farm News

Week 8 of 25 - July 4, 2011

Happy Hollow Farm
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Roasted Garlic Dip[1]

- 1 full bulb of garlic
- 1/2 tablespoon (tbs) plus 1/4 cup olive oil
- freshly ground black pepper
- Additional ingredients (get creative!) such as
  --1/4 cup freshly grated Parmesan cheese,
  --1 tbs tahini (sesame butter)
  --1-2 tbs horseradish, etc.
- choice of crackers, bread, cut veggies

Cut 1/4-1/2 inch off top of garlic, place top side up in small baking dish. Drizzle with 1/2 tbs olive oil and sprinkle with pepper. Roast covered until soft and fragrant, about 30-45 minutes. Cool completely. Squeeze cloves from the base to release pulp and mash. Add additional ingredients and serve on bread, crackers, or use as a dip with veggies.

[1]*From Asparagus to Zucchini* adaptation

Spotlight on Garlic

The garlic scapes you enjoyed a few weeks ago are now transformed into full garlic bulbs in this week's share. You will be receiving two "hardneck" varieties in the next couple of weeks. This week is the *Music* variety, one of Farmer Liz's favorites and one of the nicest crops she's grown on the farm; they have nice plump bulbs with 4-6 cloves per head. The *German Extra Hardy* variety will be ready in a couple of weeks.

The garlic you receive in your share is still "green." It's uncured with the necks attached so you can hang the bulbs to dry. Garlic will keep for many months with correct curing and cool, dry, well-ventilated, and dark storage conditions. Never refrigerate garlic, unless storing peeled garlic cloves for a short amount of time. To freeze for very long-term storage, mince, cover with olive oil, and place in small containers. Refrigerate after thawing. To use the garlic fresh, just cut off the neck and peel back the skins to get to the inner cloves.

Tips for using garlic[1]

- To mellow garlic's strong flavor, opt for longer cooking. To enjoy its more pungent flavors and increased medicinal benefit, use it raw or with minimal cooking.
- Add to soups at the beginning of cooking and again at the end just before serving.
- Saute garlic only until translucent as it burns quickly producing a bitter flavor.
- Mix pressed or minced garlic with olive oil and keep in the fridge to add to salad dressings or spread on bread.
- Add pressed, minced, or whole garlic to salad dressings.

What's in your share this week

For full, partial, and single shares

- Collard greens
- "Green" uncured garlic
- Kale
- Kohlrabi
- Scallions or pearl drop onions
- Swiss chard

In addition for full and partial shares

- Bok choy

In addition for full shares

- Cabbage

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

Farmer Liz Update

What a scorcher the past week has been! We've been irrigating out of our large pond and the veggies are really growing. The last planting of winter squash, watermelon, tomatoes (that will hopefully be fruiting in mid-September) and the second planting of green beans all went in this past week. We also seeded in the greenhouse all of the fall Brassicas (broccoli, cauliflower, rutabaga, and brussel sprouts), leeks, scallions, and a number of flats of what will be our first attempt at trying summer lettuce under shade cloth.

The biggest project of the week, however, was the hauling of nearly 500 bales of straw in four different loads to our farm for mulch this and next season. Wheat straw is harvested and baled at the peak of summer and therefore the heat of the season! We couldn't have done it without the great crew to help with this very labor intensive and hot project–three friends from the Columbia Center for Urban Agriculture, our own farm hands Christina, Eric, Susie, and my always present neighbor and friend, J.T. Cassil. We will be going back for one more load on Monday morning and that should be enough to get us through to this time next year.

The ever looming project of weeding awaits us for most of this upcoming week. Enjoy your veggies this week!

Please make sure you're taking the right size box at pick-up! The single share boxes now have a laminated "S" card to help you see the difference from the partial share. Please return the card with your box.

The crew who made the straw baling possible!

Monterey Bay Aquarium

Seafood Watch: *Do you know which fish to eat?*

Nearly 75% of the world's fisheries are fished to capacity, or overfished. Our seafood choices have the power to make this situation worse, or improve it. The Monterey Bay Aquarium *Seafood Watch* program provides an easy to reference guide for making choices about the fish you choose to eat.

Their recommendations indicate which seafood items are 1) *Best Choices,* 2) *Good Alternatives,* and 3) those to *Avoid. Seafood Watch* offers a complete vision of sustainability, and considers the fishery, habitat, species, management, and contamination in their recommendations, which are science-based and peer reviewed, using ecosystem-based criteria.

Seafood Watch is helping to sustain wild, diverse and healthy ocean ecosystems that will exist long into the future. They do this by encouraging consumers and businesses to purchase seafood that is fished or farmed in ways that don't harm the environment. They have close to 200 partners across North America. Since 1999, they've distributed millions of pocket guides.

http://www.montereybayaquarium.org/