Happy Hollow Farm News

Week 19 of 25 - Sept. 19, 2011

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Spotlight on Delicata Squash

The term "winter" squash generally indicates a number of different varieties of squash that are members of the *Cucurbita maxima* family. Despite the diversity in looks, most winter squash are similar on the edible inside. The squash tends to be orange fleshed with a mild sweet flavor.

Winter squash are excellent keepers and are an important part of our fall and winter vegetables for us seasonal eaters. Winter squash boasts 10 times the vitamin A content of its summer squash relations, and is also an excellent source of potassium. It is high in fiber and complex carbohydrates. Delicata squash, unlike all other varieties of winter squash, is not good for long term storage. Therefore, it is best to eat the winter squash you will be receiving over the next couple of weeks fairly soon. Most winter squash are interchangeable in recipes.

My favorite way to prepare Delicata squash is to cut it in half, scoop out the seeds, lay them cut side up on a baking sheet, place a few pats of butter in the center cavity of the squash, sprinkle with salt & pepper & bake at 350 for approx. 30 minutes or until soft when poked with a fork.

I would like to make everyone aware that most of the winter squash this season was grown on a neighbor and fellow CSA member's (C.H.Cassil) farm. His land is not certified organic but the squash was grown following all of the USDA NOP guidelines.

WONDERFULLY EASY PASTA WITH KALE

* 1/3 pound penne or farfalle pasta
* 2-3 Tbl. olive oil
* 2 scallions diced (you can use the entire scallion, remove the roots)
* 2 or 3 garlic cloves, minced
* 1/2 pound chopped kale leaves
* 1/3 pint sliced in half cherry tomatoes
* salt & pepper to taste

Bring 6-8 cups salted water to a boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and saute until wilted. Drain the pasta and combine it with the onions, garlic, and kale. Add sliced cherry tomatoes just before serving. Season with salt & pepper and serve immediately. Makes 2 servings.

Many other delicious recipes for the veggies in this week's box can be found in the MACSAC cookbook From Asparagus to Zucchini. Let Farmer Liz know if you'd like to purchase one.

What's in your share this week

For full, partial & single shares

* Carrots
* Cherry tomatoes
* Cucumbers
* Delicata squash
* Eggplant
* Mix of sweet & hot peppers
* Scallions
* Shunkyo Long Radish
* Summer Squash
* Swiss Chard

For full & partial shares

* Kale

For full shares

* Arugula
* Melon

Remember to return one box when you pick up your box each week

Farmer Liz Update

Join me and a bunch of other local food enthusiasts this **Saturday October 1st from 4-7pm** at the **Columbia Center for Urban Agriculture's** 2nd annual Hootenanny. The urban farm is located in the block of 1209 E. Smith Street, just one block south and west of the Business loop and College Ave. Join us for farm tours, yummy food, live music, raffle items and an all around good time!

Raffle tickets will be sold and 1 lucky winner will win 1 Full Share membership in Happy Hollow Farm's 2012 CSA season

Following the Hootenanny join your farmer's and friends for the showing of Farmageddon.

What: Citizen Jane Film Festival - Farmageddon by Kristin Canty

When: 8pm

Where: The so-called Rustic Ring, the stables of Stephens College have been transformed into an outdoor movie house. Old Highway 63 South, Columbia, MO 65201

One reviewer said "Farmageddon is a powerful film documenting the U.S. government's constant attacks on innocent farmers and consumers in an attempt to protect massive corporate interests. When the government controls the food you eat and the healthcare you receive, sickness is pervasive – this is exactly what has happened in the U.S."

HHF's Winter CSA Season is currently **FULL**

npr

High Costs Make It Harder To Grow Young Farmers

I saw this story posted on FB and thought I should definitely share it with everyone. I am one of the young farmers they are talking about in this story. Two years ago, I wanted to borrow money to build my barn. With 2/3 of the amount I was looking to borrow in my bank's savings account, they wouldn't loan me the money because I didn't have enough equity yet in the farm. The barn had to be built! So up it went, and is currently partially finished, and my savings in totally gone.

September 23, 2011
In farm country, business is still booming. Commodity prices remain high, and investors are funneling millions of dollars into buying farmland, making it quite enticing for the would-be farmer who wants to leave the rat race.

But surprisingly, these factors make it that much harder for the next generation of farmers to secure the financing they need to get on the tractor.

Austin Bruns drives with his windows down on a dirt country road in a noisy 18-wheeler. He's towing tons of corn and has a little more than a five o'clock shadow, hinting at long days of an early harvest.

continue reading the story...