



Happy Hollow Farm News

Week 23 of 25 - Oct. 17, 2011



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Liz's head & broccoli head



Spotlight on Broccoli

The broccoli this fall is some of the most beautiful, biggest & sweetest I've ever grown. Thanks in large part to the extremely long (warm days) fall we've been having. It is closely related to Broccoli raab, last week's veggie of the week, and has many of the same nutritional properties. Broccoli also needs to be eaten within a few days of harvest for it to be the freshest.

Some of you have asked why I don't have more broccoli, as it is often found at the farmer's markets in the spring. One of the reasons is that broccoli takes approximately 60 days from the time it is transplanted in the field to the time of harvest. The seedlings are seeded in the greenhouse 3-4 weeks prior to being transplanted. Broccoli forms its head best in cooler weather so a spring planted crop is pretty difficult because it is usually quite warm by early June. Also, as an organic grower it is VERY difficult to grow the entire *Brassica* family of vegetables in the spring due to intense pest pressure. Although I do use a couple of approved organic insecticides I try my hardest to use them as few times as possible. Thus I choose to grow certain vegetables at certain times of the year (broccoli & cauliflower in the fall) in order to reduce the overall pest pressure on the farm and to reduce the amount of insecticides I have to use. Lastly, one of my goals as a farmer and for HHF is to provide you with a beautiful selection of produce each week and I don't like having to include bug chewed heads, leaves & fruits in your shares. SO....

Enjoy the veggies this week and especially the beautiful heads of broccoli!

What's in your share this week

For full, partial & single shares

- * Arugula
- * Bok choi OR Tat soi
- * Broccoli
- * Cherry tomatoes
- * Chinese cabbage
- * Garlic
- * Greens mix
- * Lettuce
- * Radishes
- * Scallions

Full & partial shares

- * Broccoli raab
- * Mix of sweet & hot peppers
- * Spaghetti winter squash

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



Farmer Liz Update



We had a fantastic crew of friends, local farmers, CSA members & neighbors join Katie & I on the farm this past Sunday for the annual ritual of fall garlic planting. The weather was gorgeous and there's a chance of rain in the near future which will settle those little garlic cloves into the soil very nicely. We planted 1,985 linear feet of garlic, which means if we have consistent snow cover this winter we could potentially have 3,970 heads of beautiful delicious garlic next season. This is more than double the amount of garlic that I had this year.

For those unfamiliar with garlic it is the only crop that is planted late in the fall allowing it to set some good roots and send up a small green shoot before winter arrives. Tucked under a thick layer of mulch and with good snow cover thru winter, come spring the small green shoot that started in the fall will explode from under the mulch and each individual clove will begin their growth into a single head of garlic. The hard neck garlic types *Rocambole* will produce a scape (those delicious green curly q's that are harvested usually the first part of June) and then the head of garlic is typically ready early July. That's anywhere from 9-10 months in the ground, which is a long time for a vegetable!



I'm also expecting the first hard freeze this week (low 30's the forecast is predicting) so a lot of time early in the week is going to be spent setting up hoops and preparing to put row cover over most of the veggies that are still out in the fields. I'll include a picture in next week's newsletter so you can see all the funny little white tunnels running the length of the fields. I also have to make sure the bees are settled in for winter before the cold hits. Quite a bit of work has to be done to the hives to button them up for winter and to make sure that the bees have enough honey to eat in order to get thru the long cold months. If they don't have enough honey stored up then I'll have to keep them supplied with sugar water for the next 5-6 months so they don't starve. It might appear that things slow down this time of year but there's always lots to do on the farm!

Enjoy this week's veggies!!!!

Farmer Liz

PLEASE TAKE NOTE

Do you want to be a member of Happy Hollow Farm CSA for the 2012 growing season? Fill out a [member sign-up form](#) and send in a \$75 deposit (which will be applied to next year's member fee) and your spot will be guaranteed for next season.

Membership levels for the 25 week summer CSA season:

Full Share \$875 - 20 shares available

Partial Share \$650 - 25 shares available

Single Share \$475 - 15 shares available