# Happy Hollow Farm News

## Last week of the 2011 Season


**Liz Graznak**

17199 Happy Hollow Road

Jamestown MO 65046

660-849-2430

lizgraznak@happyhollowfarm-mo.com


## Spotlight on Escarole

I highlighted the Chicory family of vegetables earlier this spring but wanted to hit it again and hope everyone notices the increased sweetness of this lovely vegetable when it is grown in the fall. As with many veggies, the cool fall nights and light frosts really bring out the sugary sweetness in the vegetables!

Don't be fooled by it's lettuce like appearance; if so you will be shocked by the slightly bitter thick leaf that are the main characteristics of this leafy vegetable. It will store for a couple weeks in your fridge in a loose plastic bag. Escarole can be prepared in a number of different ways! Soups and salads are our favorite ways to eat it but I've also had it on pizza which was very good.

Also, a quick nod to the fabulous extra large leafed winter spinach that I'm growing for the first time this year. Although the leaves are large, they are scrumptiously sweet & tender. I'm sure most of you are familiar with spinach but this time of year the best way to enjoy it is raw in a salad. It has received a few frosts already this fall and is super delicious!

I hope you all have enjoyed the weekly vegetable **Spotlight's** this past season. If you have suggestions or have things you would like to see more of please let me know so I can add them in next year's newsletters.

### White Bean & Escarole Soup

* 1 tablespoons olive oil
* 1 cup chopped onion
* 1 lg. carrot cut into small dices
* 5 large garlic cloves, peeled, & flattened
* 3 c. (packed) 1-inch pieces escarole (about 1/2 large head)
* 4 c. (or more) canned vegetable broth or low-salt chicken broth
* 3 1/4 c. cooked Great Northern beans or two 15-ounce cans cannellini (white kidney beans), rinsed, drained
* 2-3 fresh diced tomatoes
* 2 tablespoons freshly grated Parmesan cheese

Heat oil in heavy large Dutch over medium-low heat. Add onion, carrot and garlic and sauté until onion is golden and tender, about 7 minutes. Discard garlic. Add escarole; stir 3 minutes. Add 4 cups broth, beans and tomatoes and bring to boil. Reduce heat to medium-low. Cover and simmer until escarole is tender and flavors blend, about 20 minutes. Thin with more broth, if desired. Season soup to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before continuing.). Sprinkle with Parmesan cheese and serve.

## What's in your share this week

*For full, partial & single shares*

* Acorn winter squash
* Broccoli
* Escarole
* Kale
* Leeks
* Lettuce
* Spinach
* Tomatoes

*Full & partial shares*

* Arugula
* Fennel
* Sweet peppers

Remember to return all of your CSA boxes as this is the last week of the season. THANKS!!!

# Farmer Liz Update

**WOW**... what a year we've had!!!

From a collapsed high tunnel in February to a wet & cold spring, record breaking heat and weeks & weeks of drought this summer and unseasonably warm & still dry this fall. I was honestly a bit nervous going into this year, wondering if I could handle feeding 56 families for 25 weeks straight. But the bounty that the farm has produced this year is proof enough to me and all the people that played a role in growing your veggies, that we have a beautiful, healthy and bountiful farm!!

## Happy Hollow Farm CSA Survey

Please help out your farmer and CSA farm by filling out this survey. 2011 CSA Survey

Help Happy Hollow Farm be the best it can be!!!

I am grateful to all of you CSA members for continuing to make it possible for me to do what I love and allowing me to play a small role in providing you with some of the food you need to keep you healthy and active. It has also been a real pleasure getting to know so many of you over the past months. I really enjoy the time that we spend together on harvests days here on the farm. I hope those of you that come out also enjoy your time on the farm and your glimpse into the daily life of your farmer & the crew of people that it takes to bring you your CSA box each week.

Wishing all of you a happy fall and holiday season and I hope many of you will consider joining Happy Hollow Farm CSA again next year!

Cheers, Farmer Liz

## CSA EGG SHARES NOW AVAILABLE

Certified organic egg shares are now available thru your HHF CSA membership. Add any size Egg Share to your weekly CSA share and the eggs will be delivered each week with your vegetables.

**Egg share sizes include:**

- 1/2 dozen eggs per week ($3.50/week)
- 1 dozen eggs per week ($6/week)
- 2 dozen eggs per week ($11/week)

To sign up go to the Egg Share Sign-Up page