



Happy Hollow Farm Winter News

Week 2 of 6 - November 14, 2011



Spotlight on Broccoli Raab

Broccoli Raab is a close relative of broccoli and is a member of the large *Brassica* family. These veggies have evolved from wild cabbage varieties growing along the coasts of Europe and were first cultivated by the ancient Romans. When fresh and not overcooked, these veggies are loaded with vitamins A, C, calcium, potassium and iron.



Broccoli Raab can be prepared and used just as you would use broccoli. One of the biggest differences is that you can eat the entire thing (stem, leaves & floret). Uncooked it has a reminiscent mustard greens flavor.

Chop florets, stems & leaves and saute lightly in olive oil and garlic (5-10 minutes), sprinkle with your favorite grated cheese for a delicious side dish. Add to casseroles, quiches, stir fry (lots of veggies in your share this week that would be good in stir fry), or on top of pizza.

Broccoli raab is best used within a few days. Store in a plastic bag in your fridge or crisper drawer.

What's in your share this week

For full, partial & single shares

- * Arugula
- * Broccoli raab
- * Garlic
- * Hakurei turnips (best enjoyed raw!)
- * Scallions
- * Lettuce
- * Sweet potatoes
- * Tat soi

Also, for full & partial shares

- * Broccoli
- * Greens mix
- * Sweet peppers

Great recipe ideas can be found on the [HHF website](#)

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



Grilled Halibut with Tatsoi & Chiles
(makes 4 servings)

- * 5 tablespoons sugar
- * 5 tablespoons fish sauce*
- * 1/4 cup water
- * 3 tablespoons fresh lime juice
- * 2 tablespoons minced peeled fresh ginger
- * 2 garlic cloves, minced
- * 2 Thai bird chiles with seeds or
- * 1/2 large jalapeño chile with seeds, minced
- * 1 small carrot, peeled, cut into matchstick-size strips
- * 4 6- to 7-ounce halibut fillets
- * 3 tablespoons vegetable oil, divided
- * 1 shallot, thinly sliced
- * 3/4 pound tatsoi or baby spinach (about 12 cups packed)

Mix first 7 ingredients in medium glass bowl. Season sauce to taste with salt and pepper. (Sauce can be prepared 2 days ahead. Cover and refrigerate.)

Prepare barbecue (medium-high heat). Place carrot in medium bowl. Cover with ice water. Let stand 15 minutes, then drain well. Brush fish on all sides with 2 tablespoons oil. Sprinkle with salt and pepper. Grill until just opaque in center, about 4 minutes per side.

Meanwhile, heat 1 tablespoon oil in large nonstick skillet over medium heat. Add shallot; stir 1 minute. Add tatsoi; sprinkle with salt. Toss until tatsoi is wilted but still bright green, about 2 minutes; divide among 4 plates.

Need recipe ideas? Check this out!!!!

[Broccoli raab w/ Asian Flavors](#)

REMINDER

CSA share pick up:

Wednesday 4:30pm-6:30pm

Sarah & John's house

2264 Country Lane

[Mapquest Map](#)

Please call if you cannot pick up your share. (573)-289-8356

Farmer Liz Update

This has truly been an amazing fall!! The vegetables that have gone into the shares the past many weeks, in quantity and quality, have far exceeded my expectations. And I have pretty high standards for myself and what I grow on the farm. I can honestly say that the weather this fall has been nearly perfect as far as this farmer is concerned.

My friends Tom & Rebecca, at Fair Share Farm near Liberty, MO said that in their 9 years of farming, this spring was their best yet. The long hot summer was hard for all of us but for a farmer to have a great spring only once in 9 years.... come on! I hope that speaks to the true challenges that exist when it comes to putting beautiful and bountiful vegetables in your box every week. That is of course what we CSA farmers strive to do, but sometimes there are so many obstacles working against us. And when weather like the last 2 months graces us with her presence, I feel the need to shout for joy and share that joy with anyone and everyone that will listen!

THANK YOU MOTHER NATURE for providing us with such a bountiful vegetable filled fall and early winter!!!

Cheers, Farmer Liz

p.s. There is a lot happening on the farm these days and I'll tell you all about it next week!



EGG SHARES NOW AVAILABLE

These Happy Hollow Hens are laying eggs every day just for you!!!

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.

Sign up for your [Egg Share on the HHF website](#).

