



Happy Hollow Farm Winter News

Week 4 of 6 - November 28, 2011



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Extended winter CSA season

Are you interested in receiving 2 additional week's of delicious winter veggies?

This is currently week 4 of the 6 week winter CSA season, yet there are still plenty of veggies out in the fields. If you are interested in adding 2 more weeks to your CSA share then please send [Farmer Liz an e-mail](#) to let her know and she will contact you regarding making your payment.

Spotlight on Bok choy

Bok choy (*Brassica rapa, chinensis*) is a centuries old Chinese vegetable, one of numerous in the brassica family plants grown in east Asia. In the next couple of weeks you will find two additional Chinese vegetables in your shares — Chinese cabbage and tat soi. These types of plants only began appearing in the west by the 1800s and most are still considered specialty items.



To prepare bok choy, separate the outer stems and wash to remove any remaining soil. Stir-fry bok choy alone or add to other ingredients. The stems usually need longer cooking than the leaves. Try this simple recipe: 1) Saute onions and garlic in olive oil until soft, 2) add tofu chunks; cook another 5 minutes, 3) add bok choy stalks, tamari, grated ginger root, and your favorite spices for another 5–10 minutes of cooking, and 4) add the bok choy leaves and cook until they wilt. Serve on brown rice or make fried rice by stirring rice into the mixture. Even simpler is to steam bok choy, again starting with the stems and near the end of cooking adding the leaves. Toss with a marinade such as sesame oil, tamari or miso, and rice vinegar.

What's in your share this week

For full, partial & single shares

- * Beauty heart radish
- * Bok Choi
- * Broccoli
- * Dinosaur kale
- * Greens mix
- * Hakurei turnips
- * Leeks
- * Lettuce

Also, for full & partial shares

- * Cauliflower
- * Celery root
- * Spinach
- * Sweet potatoes

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

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



Need recipe ideas? Check these out!!!!

[Provencal Bok choy](#)

[Layered Celery Root, Potato & Onion casserole](#)

[Roasted Cauliflower w/ Cheese Sauce](#)

CSA EGG SHARES NOW AVAILABLE

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

Certified organic eggs: 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](#).

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)



Farmer Liz Update

I hope everyone had an enjoyable Thanksgiving weekend. We sure did!!!

My friend Chris helped me finish pulling up t-posts and winding up tomato trellising material and drip tape while he was here. I moved the chicken coop to it's winter location this morning. I'll be working on spreading mulch on the permanent growing beds this week as well as doing some minor plastic repairs on the high tunnel. I also need to figure out different sugar water feeding method for the bees. A varment has figured out how to tip the jars over and is enjoying the sweet sugary goodness that is supposed to be for the bees. I'm also going to start going to the winter farmer's market, which starts this upcoming Saturday 9-noon inside the Parkade Plaza building. If anyone wants extra veggies come and see me!

I thought you all might enjoy seeing the below pictures of the high tunnel. I try to keep up on taking pictures for not only my records but also for updating the website.

September 2011



October 2011



November 2011

