WEEKLY NEWSLETTER

JUNE

HAPPY HOLLOW FARM

Week 6 of 25, June 13th & June 17th 2012

FENNEL

LECTUS EGET VEHICULA

HIGHLIGHTED VEGETABLE OF THE WEEK

GREENS OPTION FOR MEMBERS THIS WEEK

What does the OR mean in the list of veggies that you'll be receiving this week?

Swiss chard **OR** Kale?

There will be times during the coarse of the season that I want to keep things interesting for our CSA members... as if all these new veggies aren't interesting enough!?!

Many of you may not be used to eating the quantity of greens you've been receiving in your boxes the past few weeks. Relish them while they last because soon we will be moving away from the leafy greens to more hearty summer veggies. **For this week, you get to choose:**

1 bunch of swiss chard **OR**
1 bunch of kale

CSA SHARE PICK UP

Wednesday 4:30-6:30pm OR
Sunday 9:00- 11:00am

What's in your share?

Full, Partial & Single Shares

Baby bok choi

Beets

Chard **OR** Kale

Fennel

Hakurei turnips

Head lettuce (Deer Tongue, Red or Green Oakleaf, Red or Green Buttercrunch)

Scallions (red and/or green)

Full & Partial Shares

Radish

Also, for Full Shares

Carrots

Please remember to return your box every week when you pick up your next share.

WELL, I wrote the below fairly stressed out paragraphs over this past weekend and am now (Monday morning) breathing a **HUGE** sigh of relief as the pitter patter of rain falls on the tin roof of the house. The rain gauge is nearing 3/4 an inch of rain and it looks like there is more to come! I can't tell you how relieved I am!!!!

At least for now the green leafy veggies will continue to grace your CSA boxes for the next couple of weeks.... thanks to mother nature's gift this morning!

Sunday 6/10/12 early evening... Drought and anxiety are the words on the top of my "to do" list this week. Although we continue to put together some beautiful boxes for you each week and the next couple of weeks are also looking to be really full shares as well, my concern is down the road... 4, 5, 6 weeks away.

My friends at Chert Hollow are excellent record keepers and nerdy scientists to boot, so their attention to detail, when it comes to weather history, really hit home with me in their newsletter this week. If you're interested in some pretty cool weather statistics and Eric's great writing check out their newsletter this week.

I, as well as most of the farmers in our area, am very nervous about what our future holds if we don't get some substantial rainfall in the near future!

Veggie Storage TIPS

One of our CSA members sent me this link last week and I thought they had some great tips for all those leafy greens you've been receiving lately.

Although plastic bags (even used ones) are still a great option for keeping your veggies fresh, there are some great tips in this article. AND you'll reduce your plastic use.

How to Store Vegetables & Fruit Without Plastic

So you've got all these great fruits and vegetables and now we're going to help you keep them at their freshest with these tips. These tips are from the Berkley Farmer's Market which is a Zero Waste market! Here is a printable PDF of their original tip sheet.

Veggie Of The Week Recipe

Fennel fronds

Don't throw out those fronds!
Fennel fronds (the leafy green tops) are delicious in salads of any sort (lettuce, egg, tuna, etc.)

Fennel & arugula also make a great flavor combination. Add some wedges of citrus & you'll have a fantastic salad!

Roasted Fennel and Carrots

Ingredients:

1 large or 2 small fennel bulbs, trimmed

1 medium red onion, peeled and cut lengthwise into 8 wedges (pearl drop or scallions work just as well)

2 carrots, peeled, halved lengthwise and cut into 2" pieces (OR USE YOUR TURNIPS)

2 TB olive oil

1 TB balsamic vinegar

Instructions:

Heat your oven to 425 degrees. Halve and core the fennel. With cut side down, slice each half crosswise to get 1/2" strips. Then, cut each in half lengthwise to get long thin strips.

Toss the vegetables with oil in a large roasting pan.

Season generously with salt.

Roast 30 minutes, turning veggies once at about 20 minutes.

Drizzle vinegar over the veggies and toss gently. Continue roasting until they are richly colored and tender, which is about 5 minutes more. Serve hot or warm. Try serving over some of this week's lettuce!

*Remember the kale spaghetti from a few weeks ago? Try it again, but add your fennel bulb, minced, with the onion. And you can sub the kale with any other bitter green, such as the green tops of those beautiful beets we had in our share previously, or you can try swiss chard (just check it sooner because it will cook faster than kale). Also, to enhance the fennel, add 2 TB balsamic vinegar in the last minute of braising.