WEEKLY NEWSLETTER

JULY

HAPPY HOLLOW FARM

Week 11 of 25, July 18 & July 22 2012

LECTUS EGET VEHICULA

EGGPLANT

HIGHLIGHTED VEGETABLE OF THE WEEK

EGGPLANT

There are lots of fabulous ways to prepare eggplant. Check out the two recipes in this week's newsletter for some ideas. It's also delicious fixed on the grill with a little olive oil, salt & pepper.

The tomatoes are just starting to ripen so the Full Shares will get the Sun Gold's this week and by next week there should be enough for everyone! The plants are hanging in there and even continue to produce new fruits, so it's just a matter of being able to keep them watered.

EGG CSA SHAREHOLDERS

I'd like to ask that we skip this weeks egg distribution. We need to move the portable coop to new fresh grass. This always disturbs the mama hens quite a bit and with the added stress of the extreme heat the girls just aren't laying that many eggs at the moment.
We will make up your egg share, in the next few weeks as the temps begin to cool off. I will let you know when you will be getting your "make up" egg share.
Thanks for understanding!

CSA SHARE PICK UP

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

What's in your share?

Full, Partial & Single Shares

Cucumbers

Eggplant

Peppers (mix of sweet & hot)

Scallions (white or purple)

Summer squash (2 varieties)

Zucchini (2 varieties)

Partial Shares

Basil

Full Shares

Cherry tomatoes (Sun Gold)

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

Winter Squash

After spreading nearly 200 bales of straw around the winter squashes during the hottest week of the summer, your farmers can happily say... we are DONE with that task!

News from the farm:

It's been another hot one out here in Happy Hollow. Unfortunately, none of the scattered storms the past week have graced us with their delicious wet drops. The pond is dropping lower & lower as we run the irrigation around the farm almost 24 hours a day now. I'll be setting up irrigation lines to attach to our well in the next week for the first time ever.

There will probably be a dip in the amount of veggies in your boxes over the next few weeks as some of the plantings haven't lasted as long as expected and others didn't get in the ground on time due to the extreme temps the past couple of weeks.

I have found myself being quite forgetful & short tempered this past week & was reminded by my friends at Chert Hollow that it's the heat & the same has been happening to them. Let's keep hoping for some rain in the near future, for all of our sakes! Farmer Liz

Poor-Man's Caviar

(Baklazahanna Ikra) is a spread best served on tangy brown bread, like pumpernickel. I hope you enjoy this authentic recipe!

Heat oven to 400. Line a baking sheet with foil. Cut eggplant in half lengthwise and then cut crosshatches one inch deep into the flesh of the eggplant. Drizzle the scored sides with 2TB olive oil and sprinkle with salt and pepper. Place cut side down on the baking sheet and roast until very soft, about 1 hour.

Let it cool about 10 minutes. Set a colander in the sink and spoon the eggplant pulp out of the skins into the colander. Let drain 30 minutes. Transfer the pulp to a cutting board and chop coarsely, then put in a bowl. Heat 2TB oil in a 10" non-stick skillet over medium until shimmering. Add 1 small minced onion and cook until softened 5-7 min, stir in 3 minced garlic cloves, and cook 30 seconds. Stir in 1 tsp tomato paste and cook until color deepens, about 3 minutes. Stir in eggplant and cook until warmed through, 2 min. Transfer back to your bowl and stir in 2TB oil and 1 TB fresh lemon juice and season with salt and pepper.

Cover and refrigerate until chilled, at least 1 hour or up to 2 days. Stir in 1 tsp minced dill or herb of your choice just before serving.

Veggie Of The Week Recipe

Zucchini and Eggplant Lasagna

Ingredients

- 1 pound zucchini (about 2 medium)
- 1 pound eggplant (about 2 small)
- 28oz can crushed tomatoes
- 2 TB chopped basil or parsley
- about 15 no-boil lasagna noodles
- 1 lb mozzarella cheese, shredded (4c)
- 5oz grated parmesan cheese (2/3c)
- olive oil
- garlic

Instructions

Chop vegetables into a 1/2" dice. Heat oven to 400 degrees. Toss vegetables with 3 TB oil, 4 minced garlic cloves, and sprinkle with salt and pepper. Spread the veggies on 2 greased baking sheets, roast, turning occasionally, until golden brown, about 35 min. (This step can be done ahead of time, just store in an airtight container in the fridge.)

Heat 2TB oil and 1 minced garlic clove in a 10" skillet over medium heat until fragrant but not brown, about 2 min. Stir in tomatoes, simmer until thickened slightly, about 10 min.

Stir in herbs and salt and pepper to taste. Pour into large measuring cup and add enough water to make the mix equal 3 1/2c.

Spread 1/2c sauce evenly over bottom of greased 13x9 lasagna pan. Lay 3 noodles crosswise over sauce, making sure they do not touch each other or the sides of the pan. Spread 3/4 c prepared veggies over noodles, 1/2c sauce over veggies, and 3/4c mozzarella, and generous 2 TB parmesan over sauce. Repeat layers three more times. For the fifth and final time, lay three noodles over top and add remaining sauce and cheeses. (You can wrap this tightly with plastic AND foil and freeze for 1 month. If frozen defrost in the fridge.)

Adjust oven rack to middle position and heat over to 375 degrees. Cover pan with large sheet of foil greased with cooking spray. Bake 25 min (30min if chilled); remove foil and continue baking until top turns golden brown in spots, about 15 mins. Remove pan from oven and let lasagna rest 5 min. Cut and serve immediately.