WEEKLY NEWSLETTER

JULY

HAPPY HOLLOW FARM

Week 9 of 25, July 4th & July 8th 2012

CABBAGE

LECTUS EGET VEHICULA

HIGHLIGHTED VEGETABLE OF THE WEEK

4th Happy Independence Day

Delivery of your CSA shares will occur just as it does every week, even though this Wed. is the July 4th holiday.

Those veggies don't stop growing, needing to be watered, weeded or harvested just because we folks enjoy some much needed rest & relaxation on this mid-summer holiday. So, don't forget to pick up your CSA shares.

I hope each of you will be able to spend some time with your family & loved ones and hopefully a portion of your time will involve preparing, enjoying & eating some delicious meals together!

Thanks to my sister & Bobbi for the **fabulous** meal on Sunday
What a treat!!!!

CSA SHARE PICK UP

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

What's in your share?

Full, Partial & Single Shares

Cabbage

Cucumbers

Head lettuce

Summer squash (2 varieties)

Zucchini (2 varieties)

Full & Partial Shares

Beets

Eggplant

Pearl drop onions

Single Shares

Scallions

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

Special LETTUCE note:

One of our members brought it to my attention this weekend that a head of lettuce in her share last week had a pink mold looking substance inside the head.

Don't be alarmed. This can sometimes happen with the summer lettuces. Due to the excessive heat & the frequency that the lettuce has to be watered, a pink slimy substance sometimes forms inside the head, which we cannot see from the outside when harvesting. The darn cucumber beetles are also wreaking a little havoc on the inner succulent leaves of the summer lettuces.

You can either, wash this substance off and eat the lettuce, keep just the leaves that don't have the pink substance or toss the entire head, it's up to you.

There will be extra heads of lettuce in the swap box this week & next in case you were a recipient of one of these heads.

If and/or whenever you get something in your share that you are not satisfied with, PLEASE, let us know. Our goal is to provide you the best possible (*nutritious, delicious & beautiful*) produce so please don't hesitate to let us know if there is a problem.

CHEERS!!! Farmer Liz

Did you know???

It's Flippin HOT out!!!

Despite almost daily waterings of the various beds around the farm, when the soil becomes so dry and the air so hot the greatest effect watering can have on our vegetables is to aid in the struggle of keeping the plants alive.

As an example, despite the fact that our tomato plants have young green tomatoes on them, when it is this hot and dry fruit production comes to a grinding halt. If a tomato plant is lucky enough to produce a new flower during high stress situations, the pollen viability within that flower is greatly reduced, thus lowering the chance of the plant to produce viable fruit. Although the example is for a tomato, this scenario exists with all vegetables. Meaning most of the vegetables that are currently in the fields at this time.

Veggie Of The Week Recipe

Sweet and Tangy Coleslaw

Ingredients

1/4 C cider vinegar
2 TB vegetable oil
1/4 tsp celery seed
1/4 tsp ground black pepper
Green cabbage, about a 1lb head, cored and shredded finely (6C)
1/4 C sugar
1 large carrot, peeled and grated
2 TB fresh parsley leaves

Instructions

Combine 1/4 C vinegar, oil, celery seeds, and pepper in a medium bowl. Place bowl in freezer until mixture is well chilled, at least 15 minutes

Toss cabbage with 1/4 C sugar and 1 tsp salt in a large microwave-safe bowl.

Cover with a large plate and microwave on high for 1 minute. Stir briefly, re-cover, and continue to microwave on high until cabbage is partially wilted and has reduced in volume by a third, 30-60 seconds longer.

Transfer cabbage to a salad spinner and spin until excess water is removed. (Or put in a colander and press with a rubber spatula until drained) Remove bowl from freezer add cabbage, carrot, and parsley to vinegar, and toss to combine. Adjust flavor with up to 2 tsp of vinegar or sugar. Season with salt to taste. Refrigerate until chilled, about 15 minutes, and toss again before serving.

Consider adding your scallions to the coleslaw, but slice them thinly.