

OCT.

HAPPY HOLLOW FARM

Week 23 of 25, October 9th & October 14th 2012

WINTER SQUASH



HIGHLIGHTED
VEGETABLE
OF THE WEEK

Only 3 weeks left in the Summer CSA season.

I will be sending out a survey via Survey Monkey next week so please think back thru the past 5+ months and prepare to pass along your comments & suggestions. My goal is to provide the best CSA experience possible & I need your feedback to do so.

The death of summer veggies signals the true switch of the seasons for us here at Happy Hollow Farm. Although fall solstice was nearly 3 weeks ago the first hard frost (this past Saturday night) brings the sweet juices out in our cool weather loving veggies and is the beginning of what should be a slower paced time of year for your weary farmers.

This fall, however, many of you may remember that a little one is in the very near future for this farmer (1-2 weeks to be exact) so I'm not getting my hopes up too high that the upcoming months will bring a lot of relaxation my way. Katie & I are anxiously awaiting the new addition to the farm and will share pictures and stories soon!

CSA SHARE PICK UPWednesday 4:30-6:30pm OR

Sunday 9:00- 11:00am

Organic veggies in this week's share

Full, Partial & Single Shares

Beets

Broccoli

Cucumbers (Tasty Jade)

Eggplant

Garlic

Pea shoots

Pac choi

Winter squash (mini Long Island Cheese)

Full & Partial Shares

Green tomatoes

Hakurei turnips

Lettuce

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





Farmer Liz, Adam & CSA members (Anna L., Melody N. & Anna V.) harvesting the last of the cucumbers for the season.

The summer's transition into fall not only brings a new slate of CSA goodies, but also a new development in the creation of the latest US Farm Bill. While federal agricultural policies aren't usually connected to the everyday operations of the CSA community, I feel that this issue is worthy of your attention.

Congress is right in the middle of putting together a new Farm Bill, since the last one expires at the end of this month. Although it's looking unlikely that a complete bill will be finished any time soon, there is a lot of talk about slashing different programs, and I would like to ask that you speak up to save one in particular, the very successful Beginning Farmer and Rancher Development Program, of which I & Happy Hollow Farm have greatly benefited from.

The BFRDP, which provides funding for business and technical training programs for farmers and ranchers, is at risk of losing funding, which would be a tremendous loss for American farming. Since it received funding in 2008, this program has supported 145 different training programs, from apprenticeship programs in Illinois to legal aid for farmers in Nebraska, and it is widely considered one of the USDA's most successful programs.

We all care deeply about access to good, local food. Programs like the BFRDP provide support for continuing the legacy of community-oriented farms for the next generation of CSA farmers, and I want to see these programs secure for the future. If you agree, I would encourage you to sign this [change.org](http://www.youngfarmers.org/save-the-bfrdp) petition: <http://www.youngfarmers.org/save-the-bfrdp>. Together, we can all ensure CSAs and other local farms receive the support they need to thrive.

Thanks for all you do to support Happy Hollow Farm & local organic agriculture!!!! Cheers, Farmer Liz

Did you know???

Has anyone seen the Univ. of MO Extension billboard on I-29 between KC & KCI airport???

It's fantastic!!!!



"Live Like Your Life Depends on it"

-- Eat Fresh! "



THIS WEEK'S CSA RECIPE

Macaroni & Long Island Cheese Winter Squash

Ingredients

- 1 small long island cheese squash, peeled and cut into chunks
- 1 cup vegetable stock
- 2 cups skim milk
- 1 lb macaroni, or other pasta
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cinnamon
- 1 1/2 cup shredded cheddar, (I used Cabot reduced fat cheddar)
- 3/4 cup low-fat ricotta
- 3 Tablespoons breadcrumbs

Instructions

1. Preheat Oven to 375
2. Heat squash cubes, milk and stock in a medium pan.

- Bring to a Boil, and reduce head to simmer.
3. Meanwhile, cook pasta according to package directions. I like to cook my pasta a bit al dente, as it will be baked in the oven as well.
4. When squash is tender, remove from heat and mash squash.
5. Mix spices into mashed squash.
6. After pasta is done cooking, transfer it to a large bowl. Stir in squash mixture as well as cheddar and ricotta.
7. Transfer to a 9x13 baking dish and sprinkle breadcrumbs over top of dish.
8. Cover with foil & bake for 25 minutes. Remove Foil and bake for 45 minutes. Dish is finished when the top is browned and crispy, heated well throughout. Let cool slightly before serving.

A fabulous twist on a common comfort food