

NOV.

HAPPY HOLLOW FARM

Week 2 of 8 in the 2012 Winter CSA Season



BROCCOLI RAAB



HIGHLIGHTED
VEGETABLE
OF THE WEEK

Broccoli raab or **Rapini** is a little known vegetable that grows fantastically in Missouri's fall weather & is a super delicious green/mini broccoli. It is a common vegetable in the cuisines of southern Italy & Galicia (northwestern Spain, where it is known as grelos).

The plant is a member of the Brassicacea ([mustard family](#)). Rapini is classified scientifically as *Brassica rapa* & is in the same subspecies as turnip. The flavor of rapini has been described as nutty, bitter, and pungent. Rapini is a source of vitamins A, C & K as well as potassium, calcium & iron.

A common preparation involves either blanching or sauteing the leaves, stems & sprouts with garlic over low heat for 10 to 15 minutes. In Umbria and other central Italy regions, rapini sauteed with garlic, chili pepper and [guanciale](#) is a typical side dish for [porchetta](#), grilled pork ribs, sausages and other pork dishes.

Enjoy this fantastic fall treat!

CSA SHARE PICK UP

Wednesday 4:30-6:30pm

@ 2236 Country Lane

Organic veggies in this
week's share

Full, Partial & Single Shares

Broccoli raab

Kale

Lettuce

Radishes (French breakfast or
Cherry Bell)

Onions (good for storage)

Tat soi

Winter squash (Acorn)

Single Shares

Cauliflower

Full & Partial Shares

Broccoli (side shoots)

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



This Thanksgiving, consider making a heritage turkey the centerpiece of your meal.



Why serve a heritage turkey?

- Heritage turkeys have a juicier, richer flavor.
- Creating a market for heritage turkeys is crucial to keeping these historical animals safe from extinction.
- Support small family farms that raise animals humanely.

Heritage turkey breeds are created over generations, by finding birds of different breeds with the best traits. A turkey farmer looks for traits like hardiness, self-sufficiency, high meat production, taste, and temperament.

But... you may say... they're so expensive!

Heritage turkeys are an example of how much more time, money, and effort it can take to produce the most nutritious and delicious food. It's important to support our best farmers to the extent that you can, but to feed your family good, clean, and fair food, you don't have to fork over a fortune.

- **Certified Organic/Certified Naturally Grown:** turkeys that have been fed organic feed for its whole life and that has never been treated with antibiotics.
- **Pastured:** turkeys have been raised in the sunshine with ample space to move around.
- **Free Range:** turkeys are free of confinement but may have been kept in a barn.
- Whenever possible, **buy directly from a local farmer.**

New Stamps



The U.S. Postal Service has come out with some new 'Earthscapes' stamps featuring natural and urban views of the US from satellites and aircraft.

The images were captured from the sky, either by orbiting satellites or photographers in aircraft. One of the images is a satellite view of irrigated crops in Kansas. Red areas on the image indicate healthy vegetation, while sparse grasslands and fallow fields are in shades of green, and lighter areas represent harvested crops.

Check out these cool new stamps that show some pretty interesting images of agriculture & the environment in the US.

THIS WEEK'S CSA RECIPE

Broccoli raab w/ Caramelized Onions



Ingredients

- Olive oil
- 1 yellow onion, sliced into slivers, lengthwise (with the grain)
- 1 large bunch of [broccoli rabe \(raab, rapini\)](#), rinsed and cut into 2-inch long pieces
- 2-3 garlic cloves, sliced
- 1/4 teaspoon red chili flakes
- Salt
- Freshly ground black pepper

Directions

1. Heat 2 Tbsp olive oil in a large sauté pan on medium heat. Add the onions, spread out in a thin layer.

Cook, stirring occasionally until softened and then lightly browned. (Tip: to speed up the caramelization process you can sprinkle a pinch of sugar over the onions.) If the onions start to dry out at all, lower the heat (you can add a little water to them too.) They should brown, but not get dried out.

2. After you start the onions, bring a large pot of water to a boil. The onions take at least 15 minutes to cook, so you'll have time to get the water boiling.

[continue with recipe](#)