WEEKLY NEWSLETTER

DEC.

HAPPY HOLLOW FARM

Week 6 of 8 in the 2012 Winter CSA Season

LECTUS EGET VEHICULA

FENNEL

HIGHLIGHTED VEGETABLE OF THE WEEK

All parts of the fennel plant (Foeniculum vulgaris) - the bulb, foliage (fronds), and seeds - are widely used in many of the culinary traditions of the world. Dried fennel seeds are aromatic, anise-flavored spice; often used medicinally to treat indigestion, gas, hypertension, and spasms of the digestive tract. The leaves are delicately flavored and similar in shape to those of dill. The bulb is a crisp, hardy root vegetable that can be sauteed, stewed, braised, grilled, or eaten raw.

Raw and cooked fennel bulbs and fronds feature prominently in Mediteranean cuisine in side dishes. Many cultures in the Indian subcontinent and the Middle East use fennel seed in their cookery. Fennel can be substituted for celery in most any recipe; especially delicious is in most tuna, chicken or turkey salad recipes. The fronds are especially nice & colorful used in these dishes.

Try a saute of olive oil, fennel, artichoke hearts, scallions & hakurei turnips, delicious!

CSA SHARE PICK UP

Wednesday 4:30-6:30pm
@ 2236 Country Lane

Organic veggies in this week's share

Full, Partial & Single Shares

Fennel

Lettuce

Scallions

Pac Choi

Swiss Chard

Watermelon Radish (not s spicy as most radishes)

Winter squash *(please **use these soon**; they will not last long on your counter due to the super cold weather early last week)*

Full & Partial Shares

Broccoli raab

Hakurei turnips

Tat soi

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

Remembering this week last year...

The first really cold weather & snows of winter had set in and preparing the boxes each week was very challenging!! Check out Week 5 2011 CSA newsletter. Not having any siding on the barn walls or heat in the barn, washing vegetables in cold water in freezing cold temps. is less than desirable. This year still no siding on the barn but luckily we've escaped the super cold temperatures so far.

Help support a local farm & friends of mine...

The 2013 Fair Share Farm Calendar is now available! With 12 beautiful photographs of scenes at the farm throughout the year, it also provides you with information on important dates for farming and gardening, from when to start you tomato seedlings to when to renovate that strawberry patch of yours.

To preview the calendar click on the link below:
Fair Share Farm 2013 Calendar

Cost for the calendar is $15.00 plus tax ($0.78)

Calendars are available at the Wednesday CSA drop site. You may also order your calendar from me for US Mail delivery (shipping and handling charges apply).

Did You Know?

End of Season SURVEY

Please give me your feedback by answering the questions on this short survey. It is my goal to make your CSA experience as enjoyable & delicious as possible. With your suggestions & helpful ideas I can make that possible!

Cheers,
Farmer Liz

This Week's CSA Recipe

Tortellini & Fennel Pasta

Ingredients

- 1 tablespoon olive oil
- 1 large fennel bulb, trimmed, halved through core, thinly sliced lengthwise (about 3 cups), fronds chopped
- 1 pound spicy Italian sausages, casings removed, sausage coarsely crumbled
- 1 8-ounce package sliced fresh crimini (baby bella) mushrooms
- 4 large garlic cloves, pressed
- 1 tablespoon fennel seeds, coarsely crushed
- 1/2 cup heavy whipping cream
- 1 cup (or more) low-salt chicken broth
- 1 16-ounce package dried tortellini with pesto filling or fresh tortellini with 3-cheese filling
- 1 5-ounce package fresh baby spinach leaves
- 1/2 cup finely grated Parmesan cheese plus additional (for serving)

Read More http://www.epicurious.com/recipes/food/views/Tortellini-with-Italian-Sausage-Fennel-and-Mushroom-362553#ixzz2DwcVkPq