WEEKLY NEWSLETTER

MAY

HAPPY HOLLOW FARM

Week 2 of 25, May 22nd & May 25th 2013

LEEKS & SWISS CHARD

SWISS CHARD

HIGHLIGHTED VEGETABLE OF THE WEEK

CSA

Farm Work & Distribution Work Shifts begin this week! You will receive a reminder e-mail a few days prior to your shift from one of our CORE group members giving you the details you will need to know for your specific shift.

Spring is the busiest time of the year on the farm and we have LOTS to do as we're catching up after the slow start to the season. So, if you're coming for a Farm Work Shift please come prepared to get down and dirty!

You will find specifics about each of the Farm Work & Distribution Work Shifts on the HHF webpage under the Membership Details Header on the Membership Q&A Page. There are details if you have questions about what to wear, what you can expect, what your responsibilities will be, etc.

I look forward to meeting and having each and every one of you out on the farm! It's beautiful this time of year. Cheers, Farmer LIZ

What's in your share?

Full, Partial & Single Shares

Beets & beet greens (beet greens are delicious! Prepare them like you would spinach or swiss chard)

Head lettuce (Panisse/green leaf & Rouxai/red leaf, Sylvesta or Skyphos - both buttercrunch varieties)

Herb choice (peppermint, bronze fennel, sage, or oregano)

Leeks

Swiss Chard (fix this fabulous spring green like you would kale or spinach) It's simple & easy!

Also, for Full Shares

Kale (Dinosaur)

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

Meet our 2013 farm apprentice

Hello CSA members! For those of you I have not yet had the pleasure of meeting, I am one of the new interns on the farm this year! I plan to work in the realm of local, organic food and decided that working on an organic farm was the first step. I have already learned an incredible amount of what it takes to farm and how much pride Liz takes in her work. I realized within my first week that I landed at the premier organic farm in the Columbia area and am incredibly thankful that out of all the farms in Mid-MO, I am at Happy Hollow Farm!

Here is a bit about myself: I grew up in Ashland, Massachusetts (45 min. outside of Boston). Although I do not have the classy accent, I am a die hard Red Sox and Patriots fan and constantly crave Dunkin' Donuts. I moved to Columbia, MO from Tulsa, Oklahoma after graduating from Oral Roberts University with a degree is Psychology in August of 2011.

Although I knew Psychology was the right undergraduate degree for me, I could not shake my love for the earth and did not want to pursue a Master's or Doctorate in the field of Psychology if I could not incorporate environmental preservation into it as well. I had been working at Integrity Home Care as the Customer Service Representative when I heard about HHF from friend who had a CSA share with Liz. I jumped on the opportunity to apply as an intern and here I am. I look forward to spending the next several months with you and working hard alongside Liz to grow you the freshest, tastiest produce around!

Cheers! Hayley

Did You Know?

Asparagus spears are high in folic acid and are a good source of potassium, fiber, thiamin, riboflavin and iron. It is full of antioxidants, including vitamins A, C and E and it also contains bone-enhancing vitamin K.

Veggie Recipe of the week

Asian Marinated Asparagus

1 lb. (our bunch) of asparagus spears
2 Tbls. water
1/4 cup seasonsed rice vinegar
2 Tbls. soy sauce
2 tsp. chopped fresh ginger
1 tsp. dark sesame oil
2 tsp. freshly squeezed lemon juice
Zest of 1 lemon, divided

Remove tough ends and scales from asparagus. Place the stalks in glass pie plate and add water. Cover with lid of some sort and steam in oven until just tender (approx. 5-7 mins.). Plunge asparagus into cold water and drain well.

Place remaining ingredients in zip-lock plastic food bag, reserving 1 tsp. lemon zest for garnish. Seal, then massage bag to blend well.

Add asparagus and reseal bag. Refrigerate overnight or at least 2 hours. Drain marinade & serve cold.