WEEKLY NEWSLETTER

JULY

HAPPY HOLLOW FARM

Week 11 of 25, July 31st & August 3rd distributions

CABBAGE

LEEKS SWISS CHARD

HIGHLIGHTED VEGETABLE OF THE WEEK

Cabbage!!!

It's pretty unusual that I have this veggie that so many people equate with the making of a good cole slaw with during the hot summer months. I tend to only grow cabbage in the fall with other brassica's like broccoli & cauliflower. I think the flavor is sweeter in the fall and the bug pressure is much less! However, my FF (Farming Friends) Tom & Rebecca of Fair Share Farm, a large CSA north of Kansas City, MO. have grown this variety, *Farao*, for years and love it. So, I thought I'd give it a try this spring. It's matured a bit on the late side for spring cabbages but that's mostly due to the late planting on my part because we had such a late wet & cold spring. I'm pretty impressed with how these cabbages have headed up so I think I'll continue to grow this variety in the spring so folks can enjoy one batch of good cole slaw during the summer.

There are many different variations on the traditional cole slaw dish but my favorite way is with a Vegenaise dressing. If you have a favorite way to prepare cole slaw post it on the HHF FB page and share it with your fellow CSA members. :-)

What's in your share?

Full, Partial & Single Shares

Basil

Cabbage (super sweet, perfect for cole slaw)

Cucumbers

Lettuce (summer varieties are crunchy & sweet)

Red Long of Tropea Onions (fabulous for fresh salads & such)

Summer Squash (multiple varieties)

Tomatoes (your first taste of a true summer tomato and the many yet to come!)

Full & Partial Shares

Eggplant

Green Beans (the last picking has been ravaged by the bugs, holes & all they are still delicious!)

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

Farm Happenings

We are well into the swing of summer here on the farm. Lucky for your farmers the weather has been incredibly hospitable towards us the past week and it's looking like the upcoming week is going to be lovely as well. Planting, weeding, harvesting, mulching and now *flame weeding* have commenced in full force.

Flame weeding, you ask?!? This is my favorite method of eliminating the nasty pests known as Squash Bugs & Cucumber Beetles. Both of these pests are ruthless on our cucurbit plants (summer & winter squashes & melons). Once their populations reach the point of causing significant damage to the plants I take my trusty flame weeder and torch the plants, bugs & all. This is a very satisfying task on the farm and since our second planting of summer squash & zucchini are well on their way to producing lovely fruits there shouldn't be too much of a gap in production (and therefore in your CSA shares). The second planting of broccoli, cabbage, beets, fennel, leeks, cucumbers, kale & swiss chard are also on tap for being transplanted this week. We have more seeding to do in the greenhouse as well. Keep your fingers crossed that we get it all done!!!

Here's to another fabulous week in July.

Cheers, Farmer Liz

pictures borrowed from my farming friends Tom & Rebecca

DID YOU KNOW?

Breaking the grass ceiling: On U.S. farms, women are taking the reins

"Meet three of America's female farmers, the most rapidly growing segment of the nation's changing agricultural landscape. The U.S. Department of Agriculture's Economic Research Service reported last month that the number of woman-operated farms more than doubled between 1982 and 2007." (click on the link for full article)

Veggie Recipe of the Week

Creamy Cole Slaw Dressing

Ingredients:

- 2/3 cup mayonnaise (we like Vegenaise)
- 1/4 cup minced onion
- 3 tablespoons minced dill pickle
- 2 tablespoons pickle brine
- 2 tablespoons distilled white vinegar
- 1 tablespoon prepared white horseradish
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon celery seeds
- 1/2 teaspoon freshly ground black pepper

Preparation:

Whisk all ingredients in a medium bowl to blend. DO AHEAD: *Can be made 1 day ahead. Keep chilled.*