WEEKLY NEWSLETTER

JULY

HAPPY HOLLOW FARM

Week 7 of 25, July 3rd & July 6th distributions

LEEKS & SWISS CHARD

SUMMER SQUASH

HIGHLIGHTED VEGETABLE OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Cucumbers (Tasty Jade... my favorite variety! The skins aren't bitter so no need to peel them)

Kale (Redbor Kale, a special treat from my friends at Bear Creek Farm)

Pearl Drop Onions (these are sweet & delicious eaten raw or lightly sauteed and added to any dish)

Summer Squash

Swiss Chard

Zucchini

Full & Partial Shares

Arugula

Beets

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

QUICK TIPS for your CSA share... Part 1

(brought to you by CSA CORE group member Anna Valiavska)

By now you have had CSA for a month! Do you love having fresh veggies so easily accessible? I find that it is so exciting to discover these in the fridge, but sometimes I struggle with using them all. I wanted to share some of my tips to make the most out of your CSA share:

• Have a plan

Once you bring your bounty home plan for how it can be used up. What will you freeze or incorporate into weekly meals?

• Try 1 new recipe a week

There are an abundance of recipes to use online or in cookbooks – pick one new recipe to try each week. Farmer Liz highly recommends the Asparagus to Zucchini cookbook for easy seasonal recipes (available on the HHF website or at the Saturday Farmers Market).

..... to be continued next week

Farm Happenings

Sylvia & Farmer Liz's Hats

Summer is here!!!

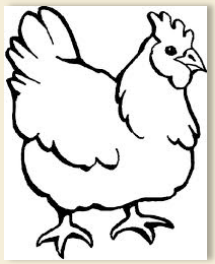
As we reach the middle part of summer, the days are the longest of year, and the farming work just keeps piling up! The more daylight hours we have to cram things in the better. We've been busy seeding in the greenhouse, planting more successions of summer squashes, lettuce, arugula, green onions, carrots, beets and the first of the fall brassicas will be going out next week. And of course there is constant weeding and other farm chores to keep up on.

This past weekend the farm took a quick relaxation break and went to our friends farm near Osceola, MO Bear Creek Farm. They were hosting their annual summer "Lobster Fest" and we joined them for a fabulous summer potluck. Katie's, Sylvia's & my first time having lobster and we loved it!!! Hayley our farm intern being from Massachussets, is a lobster eating pro, so she showed us how to dig in.

We're looking forward to a wonderful week of cool weather!!!

Did You Know?

Add a chicken to your CSA share this week!



A friend and young farmer in the area has raised a batch of organically fed meat birds. They are $4.75/lb. Please contact egraznak@gmail.com by noon on **Friday July 5th** and let me know how many you'd like.

Pick up will be this Saturday (July 6th) at the Columbia Farmers Market 8am - noon at the HHF market stall.

Veggie Recipe of the Week

Summer Squash Saute

Ingredients:

- 2 pounds summer squash and/or zucchini, cut into matchsticks
- 1 teaspoon kosher salt plus more
- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- 2 garlic cloves, sliced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup finely grated Parmesan
- Freshly ground black pepper

Directions:

Place squash in a colander set in the sink or over a large bowl and toss with 1 teaspoon salt. Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).

Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes. Transfer to a plate; let cool.

Heat oil in same skillet over medium heat. Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes. Add squash and cook, tossing occasionally, until crisp/tender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.