WEEKLY NEWSLETTER

SEPT.

HAPPY HOLLOW FARM

Week 16 of 25, September 4th & 7th distributions

LEEKS & SWISS CHARD

KALE

HIGHLIGHTED VEGETABLE OF THE WEEK

We are growing three varieties of Kale this fall: Red Russian (pictured above), White Russian & Tascano (also known as Dinosaur or Lacinato). They can all be used interchangeably in recipes.

The warm weather the past couple of weeks has been fabulous for our summer veggies! The peppers are finally beginning to ripen, the tomatoes are going gang busters & the sweet potatoes are growing like crazy.

I am however, looking forward to the cooler days forecasted for this week. I saw our first baby head of broccoli on Friday last week, which means broccoli will be arriving in your shares in the next few weeks.

REMINDER CSA Member Potluck

Sunday Sept. 8th 1-4pm

Potluck: Members should bring a dish based on the beginning letter of their last name.

A-G: Side Dish
H-N: Salad
O-T: Dessert
U-Z: Main dish

We look forward to seeing many of you on Sunday!!!

What's in your share?

Full, Partial & Single Shares

Cherry Tomatoes

Kale

Yellow Wax Beans

Peppers (numerous sweet varieties & Jalapenos)

Summer Squash

Red Long of Tropea Onions (use immediately!)

Tomatoes (a wide variety of the many types we're growing on the farm this year)

Full & Partial Shares

Cucumbers

Lettuce

Single Shares

Eggplant

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

Farm Happenings

We have some new babies on the farm. Two weeks ago 40 baby chickens and 10 baby ducks arrived via US Postal Service. They've grown really fast and except for one casualty in the first couple of days, they are all happy & healthy. The chickens are a wide variety of heritage breed birds; Cochin (feather footed breeds), Araucana (green egg layers), Silver & Golden Laced Wyandotte. The two breeds of ducks are also heritage breed birds that are known for good egg laying (Cayuga & Khaki Campbell).

This is my first attempt at having ducks and my hope is that by raising them with the chickens they will acclimate well to the big chicken coop when they are moved from their brooder house in with the main flock of the chickens. Hopefully duck eggs will be available by early next summer. Fans of baking should be very excited!

One thing that hasn't gone that well this summer is our crops of melons & winter squash & onions have all not performed as well as we would have liked. Many of the Red Long of Tropea onions have not "cured" properly and that's why you've been receiving ones with some bad/rotten spots in them. There is still plenty of good onion you just have to take out the bad bits. There also won't be very many winter squash this fall but the sweet potato crop appears to be doing fabulously so let's keep our fingers crossed that we get a good harvest from them!

Until next week... Farmer Liz

DID YOU KNOW?

Canning and/ or freezing tomatoes are still available for a discounted rate to CSA members?

Freezing is super easy! Wipe them clean, fill a zip lock baggie & throw them in the freezer. And you'll enjoy tomatoes all winter long. When frozen whole you can slice or cut them easily with a bread knife.

Contact Farmer Liz if you would like tomatoes to freeze.

Spaghetti w/ Braised Kale

VEGGIE RECIPE OF THE WEEK

Ingredients

- 1 pound kale (1 large bunch), large center ribs and stems removed, cut crosswise into 1/2-inch slices
- 2 summer squash halved and sliced in thin pieces
- 3 tablespoons olive oil, divided
- 1 medium onion, finely chopped (about 1 1/2 cups)
- 8 large garlic cloves, thinly sliced
- 1/2 pound spaghetti
- 2 teaspoons fresh lemon juice
- Finely grated Parmesan cheese
- 1/2 ounce dried porcini mushrooms, rinsed and minced
- 1 tablespoon balsamic vinegar
- Ground black pepper
- Extra-virgin olive oil (for serving, optional)

Directions

Rinse Kale. Drain; transfer to a bowl with some water still clinging. Heat 2 tablespoons olive oil in heavy large pot over medium heat. Add chopped onion and cook until soft and translucent, stirring occasionally, about 6 minutes. Add sliced garlic & summer squash and sprinkle with salt; cook until onion is golden brown, stirring occasionally, about 5 minutes. Add kale and remaining 1 tablespoon olive oil and toss until wilted, about 3 minutes. Cover pot and reduce heat to medium-low. Continue cooking until kale is very tender, stirring occasionally and adding water by teaspoonfuls if dry, about 20 minutes.

Meanwhile, cook spaghetti in medium pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1/4 cup cooking liquid. Add cooked spaghetti to kale mixture in pot. Add lemon juice and 2 tablespoons reserved cooking liquid; toss to combine, adding more liquid by tablespoonfuls if dry. Sprinkle spaghetti with grated Parmesan cheese and serve.

Serves 4