



OCT.

HAPPY HOLLOW FARM

Week 22 of 25, October 16th & 19th distributions



TAT SOI

L E E K S S W I S S C H A R D



HIGHLIGHTED
VEGETABLE
OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Broccoli side shoots

Endive

Fresh Ginger

Lettuce Mix

Peppers (sweet)

Radishes

Tat Soi

Tomatoes (The cool weather means these heat lovers are really slowing down. Plan for only another week or maybe two for these in your shares)

It's Stir Fry Season

Tat Soi is similar to Bok Choy as far as the way you can cook with it and it's flavor. There are many different Asian vegetables, of which I grow a few of the more popular ones. Tat Soi is a fabulous main ingredient in most any version of a stir fry that you would like to make. One of the things that makes stir fry's so great is that you can add most any vegetable and maybe some tofu or chunks of meat and your dish will turn out fabulously.

At Chong's Asian Market in downtown Columbia there are a number of different sauces that will spice up your stir fry. One of our favorites is a Sweet Chili Sauce. It seems to work with many versions of stir fry dishes and really brings out the wonderfully sweet flavor of the asian vegetables. This time of the year is my favorite growing season!!! The summer veggies are still producing a bit and the fall veggies are coming on strong. The cool weather is really enjoyable to work in and we're able to start thinking again about tackling some of the many farm projects on our "to do" list.

Here's to a fabulous week!

Cheers, Farmer Liz

COLUMBIA'S FIRST ANNUAL
EMPTY BOWLS DINNER
— A FUNDRAISER FOR ACCESS TO HEALTHY FOODS —

**SATURDAY
NOVEMBER 9**
5 — 8 PM
ORR STREET STUDIOS
100 ORR ST. IN DOWNTOWN COLUMBIA

Empty Bowls of Columbia promotes awareness of hunger issues and supports the Access to Healthy Foods initiative at the Columbia Farmers Market.

Admission is \$15

- Soup and Bread dinner prepared by Les Bourgeois, Main Square, Clark Mountain Biscuit Co., Sycamore and Uprize Bakery
- The first 100 tickets sold includes a bowl crafted by local 4-H members
- Silent Auction featuring donations from artists, craftspersons & businesses

**Purchase tickets at the Columbia Farmers Market "OASIS" or contact Sandy Gummersheller
Gummershellers@missouri.edu 573-864-6347**

Empty Bowls is organized by the Columbia Farmers Market, Sustainable Farms and Communities, and Boone County 4-H University of Missouri-Columbia with grant support from the Howard G. Buffett Foundation.

Full & Partial Shares

Arugula

Fennel

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



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EMPTY BOWLS DINNER

A FUNDRAISER FOR ACCESS TO HEALTHY FOODS



SATURDAY,
NOVEMBER 9

5 — 8 PM
ORR STREET STUDIOS
106 ORR ST. IN DOWNTOWN COLUMBIA

Empty Bowls of Columbia promotes awareness of hunger issues and supports the Access to Healthy Foods initiative at the Columbia Farmers Market.

Admission is \$15

- Soup and Bread dinner prepared by Les Bourgeois, Main Squeeze, Ozark Mountain Biscuit Co., Sycamore and Uprise Bakery
- The first 100 tickets sold includes a bowl crafted by local 4-H members
- Silent Auction featuring donations from artists, craftspeople & businesses

Purchase tickets at the Columbia Farmers Market "OASIS"
or contact **Sandy Gummersheimer**

GummersheimerS@missouri.edu 573-864-6347

Empty Bowls is organized by the Columbia Farmers Market, Sustainable Farms and Communities, and Boone County 4-H/University of Missouri Extension with grant support from the Howard G. Buffett Foundation.

Did You Know?

The monarchs were missing this summer ...



Not long ago, Taylor says, the vast corn and soybean fields of the US midwest supported enough milkweed to ensure plenty of monarch habitat. The turning point, he says, was the year 2000, when farmers began using genetically-modified crops that are designed for the use of the herbicide glyphosate, or Roundup. And of course the use of more herbicide-resistant seeds meant the use of more of the herbicide.

"After 2000, when we saw the adoption of Roundup-ready corn and soybeans began to skyrocket, then we began to see the monarchs decline and they declined with the disappearance of milkweed," Taylor said.

[Continue story](#)

Tatsoi & Tofu Stir Fry

Ingredients

- 1 package extra-firm tofu
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 2 tablespoons all-purpose flour
- 2 tablespoons sesame oil
- 2 sweet peppers, seeded, cored and thinly sliced
- 6 green onions, sliced
- 1 package (8 ounce) whole-wheat lo mein noodles
- 6 tablespoons white miso paste
- 2 cloves garlic, minced
- 1 piece ginger (1 inch), minced
- 1 teaspoon orange zest
- 1/4 cup orange juice
- 1 head of tatsoi; separate stems from leaves & chop stems into bite size pieces. Chop leaves into somewhat larger pieces.

VEGGIE RECIPE OF THE WEEK

Directions

Place tofu in a colander; set a heavy pot on top 10 to 15 minutes to press out moisture. Halve; sprinkle soy sauce, garlic powder, then flour over halves. Heat 1 tablespoon oil over medium-high heat in a large skillet. Cook tofu until golden, 2 to 3 minutes per side. Slice; set aside. In same skillet, cook peppers, tatsoi stems & onions, covered, until peppers soften, 7 to 8 minutes. Add tatsoi leaves just before peppers soften. Cook noodles as directed on package. Whisk miso paste, garlic, ginger, zest, juice and remaining 1 tablespoon oil in a bowl. Add pepper mixture, noodles & toss. Top with tofu.

