



NOV

# HAPPY HOLLOW FARM

Week 2 of 8 *WINTER SEASON* November 20<sup>th</sup> & 23<sup>rd</sup> 2013



L E E K S   S W I S S   C H A R D

## CHINESE CABBAGE



H I G H L I G H T E D  
V E G E T A B L E  
O F   T H E   W E E K

There are a lot of possibly “**new to you**” veggies in this weeks CSA share. So, on the second page of the newsletter are a few recipes as well as some “tips” for preparing some of the things. Your farmers also really like the website [epicurious.com](http://epicurious.com). There are lot of recipe ideas, many of which are simple & delicious. Also, remember to use the HHF FB group to ask your fellow CSA members for their favorite way to prepare, Swiss Chard, for example. If you’re not a member of the group, let me know and we’ll add you to the list. :-)

• **CHANGE** of date for **all**  
• CSA shares the week of  
• **Thanksgiving.**

• **When:** Monday November  
25th, 4:00pm - 6:30pm

• **Where:** 2236 Country Lane  
(Wed. distribution site. [Click on  
the link for directions](#))

\*\*\* Hopefully having everyone pick up your shares on Monday will allow enough time for you to plan your Thanksgiving day meals to include many of the veggies in your share.

I plan to include a lot of the traditional staples as well as some fabulous treats that will make your Turkey Day meal a huge success!

## What's In Your Share?

### Full, Partial & Single Shares

**Chinese cabbage** (*veggie of the week*)

**Hakurei turnips**

**Kohlrabi**

**Lettuce** (Heads of beautiful sweet fall lettuce)

**Swiss chard**

**Sweet potatoes**

**Onions**

### Full & Partial Shares

**Endive**

### Full Shares

**Broccoli raab**

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



## Swiss Chard & Rosemary Pesto Pasta

*\*\* this comes highly recommended by a number of our CSA members*

### Ingredients

- Kosher salt
- 10 ounces dried, shaped whole-wheat pasta, such as fusilli
- 1 bunch of swiss Swiss chard
- Several stems flat-leaf parsley
- 2 tablespoons packed rosemary leaves
- 4 cloves garlic
- 2 tablespoons freshly grated Parmigiano-Reggiano cheese, or more as needed
- 1/2 cup pine nuts (2.4 ounces)
- 1/3 cup extra-virgin olive oil, or as needed
- Freshly ground black pepper

### Directions

Bring a pot of water to a boil over high heat. Add a generous pinch of salt, then the pasta. Cook for 5 minutes less than the package directs (to keep the pasta from getting mushy). Meanwhile, separate the chard leaves from their ribs and stems, reserving the stems for another use, if desired, and stuffing the leaves into a food processor as you work. Pluck

enough parsley leaves to yield 1/4 cup packed and enough rosemary leaves to yield 2 packed tablespoons, and place them both in the food processor. Smash and peel the garlic cloves, then place them in the food processor, along with the Parmigiano-Reggiano cheese and pine nuts. Pulse until finely chopped.

With the motor running, gradually add the oil to form a well-incorporated pesto. Taste, and add cheese if needed. Season with salt and/or pepper to taste.

Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot (off the heat). Add all of the pesto and 1/4 cup of the cooking water, tossing to coat evenly. If the pesto seems too thick, stir in some or all of the remaining cooking water.

Divide among wide, shallow bowls. Serve right away, with more cheese at the table.



For you **Full Share** members. Look up Broccoli raab on [epicurious.com](http://epicurious.com) and you'll find some great recipes. This is my, Farmer Liz's, favorite winter vegetable!!!!

## Did You Know?

### The best way to enjoy Kohlrabi is raw ! ? !

Kohlrabi has a thick and somewhat tough outer skin. Don't be afraid...

Just grab a sharp knife, peel the outer green skin off until you hit the nice white inner core. Slice into long strips and you have a sweet & crunchy snack that you and the kids will love!

**Hakurei turnips** are also deliciously sweet (not like what you probably know as a turnip) often times called a salad turnip. There is no need to peel these white beauties. Just cut off the tops and eat them like an apple. The tops are a fantastic leafy green that can be added to most any dish.



## Asian Noodle, Mushroom & Cabbage Salad

### Ingredients

- 12 large dried shiitake mushrooms
- 1 tablespoon peanut oil
- 3 cups thinly sliced Napa cabbage
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon minced garlic
- 14 green onions; 12 halved lengthwise and cut on diagonal into 2-inch lengths, 2 chopped
- 3 tablespoons soy sauce
- 1 1-pound package fresh thin Chinese egg noodles or one 12-ounce package dried Chinese egg noodles
- 1/3 cup oriental sesame oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon unseasoned rice vinegar
- 2 teaspoons sugar
- 3 hard-boiled eggs; 2 thinly sliced, 1 chopped for garnish
- 1 cup chopped fresh cilantro

## VEGGIE RECIPE OF THE WEEK

Place mushrooms in medium bowl; add enough boiling water to cover. Let stand until mushrooms soften, about 45 minutes. Drain mushrooms. Cut off stems and discard; thinly slice caps. Heat peanut oil in heavy large wok or nonstick skillet over medium-high heat. Add cabbage, ginger, garlic, and mushrooms. Stir-fry until cabbage wilts, about 2 minutes. Add 2-inch green onion pieces; toss until green tops begin to wilt, about 30 seconds. Remove from heat. Mix in 1 tablespoon soy sauce. Cook noodles in large pot of boiling salted water until just tender but still firm to bite. Drain well; place in large bowl. Whisk sesame oil, next 3 ingredients, and 2 tablespoons soy sauce in small bowl. Add to noodles. Add sliced eggs, 3/4 cup cilantro, and cabbage mixture; toss to blend well. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill, tossing occasionally.)

