WEEKLY NEWSLETTER

JAN.

HAPPY HOLLOW FARM

Week 6 of 8 WINTER SEASON Wed. Jan.1 & Sat. 4 2014

LEEKS & SWISS CHARD

BUTTERNUT SQUASH

HIGHLIGHTED VEGETABLE OF THE WEEK

What's In Your Share?

Full, Partial & Single Shares

Beets

Kohlrabi

Lettuce (these are out of the high tunnel)

Onions

Spinach

Sweet peppers

Winter Squash

Full & Partial Shares

Arugula

Hakurei turnips

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

Happy New Year Everyone !!!!

It would be nearly impossible to sum up 2013 in a short few sentences. **A LOT** has happened in the last 12 months both in my farming world and in my personal life. Probably the most wonderful and exciting thing has been experiencing the amazingly fast growth of my little Sylvia. She has grown into a little person in what seems the blink of an eye. I have a new little nephew that was born just 1 month ago and seeing him over the holidays was really a shock for me. I truly can barely remember when Sylvia was that little! I'm grateful that Katie has taken a ton of pictures; so many that I had to buy an external hard drive for my computer 4 months ago because I kept getting an error message saying there was no more disk space available on my computer. I've been able to take advantage of the incredibly cold days the past month and have updated the HHF website. You'll find a smattering of the pictures documenting the 2013 year on the Photo Gallery Page. I wish you all a fabulous start to the new year and look forward to sharing many more fabulous veggies with you and your family!

Farmer Liz's favorite Winter Squash Soup recipe!

Ingredients

- 5 ounces pancetta, coarsely chopped
- 2 medium onions, coarsely chopped
- 1/4 teaspoon dried crushed red pepper
- 1 2-pound butternut squash, peeled, seeded, cut into 1/2-inch dice (about 4 cups)
- 2 tablespoons chopped fresh oregano
- 7.5 cups chicken broth
- 2 cups canned diced Italian-style tomatoes with juices (OR a perfect use for those frozen tomatoes you got in your Week 5 CSA share)
- 3/4 cup yellow cornmeal

Sylvia's first time sledding

Directions

Cook first 3 ingredients in heavy large saucepan over medium-low heat until onions are very soft, stirring occasionally, about 10 minutes. Add squash and oregano; cook until squash is crisp-tender, stirring occasionally, about 8 minutes. Add broth and tomatoes with juices; bring to boil. Gradually whisk in cornmeal. Reduce heat to medium and simmer until squash is tender, stirring occasionally, about 35 minutes. Season with salt and pepper and serve.

Did You Know?

In the winter in order to keep the one queen bee per hive warm, worker bees form a cluster around the queen with their bodies. The workers then flutter their wings and shiver. This constant motion and continuous use of energy is how the bees keep the inside temperature of the hive warm. In order to keep shivering, the bees must have enough honey. This is how they get their energy. The worker bees rotate from the outside to the inside of the cluster, so no individual worker bee gets too cold. The temperature of the cluster ranges from 46 degrees at the exterior to 80 degrees at the interior. The colder the weather is outside, the more compact the cluster becomes.

Veggie Recipe of the Week

Kohlrabi & Potato Soup

Ingredients

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 1/2 pounds kohlrabi (1 large to 2 small bulbs), peeled and diced
- 1 large potato (about 12 ounces), peeled and diced
- 4 cups homemade or store-bought, no-salt-added vegetable broth
- 1 small Asian pear, peeled, cored and finely chopped
- 1/2 cup pecan halves, toasted and chopped
- 2 tablespoons finely chopped flat-leaf parsley leaves

Pour the 3 tablespoons of oil into a medium soup pot over medium heat. Add the onion and garlic, stirring to coat; cover and cook until tender and lightly browned, about 5 minutes.

Add the kohlrabi, potato and broth. Increase the heat to medium-high to bring to a boil, then reduce the heat to medium-low so the soup is barely bubbling around the edges. Cover and cook until the kohlrabi and potato are very tender, 15 to 20 minutes.

Use an immersion (stick) blender to puree the soup until smooth. (Or transfer it to a blender or food processor and puree it in batches, then return it to the pot to keep warm.)

Divide the soup among individual bowls. Top each portion with pear, pecans, parsley and a drizzle of the oil.

A note about pecans:
Toast the pecans in a small, dry skillet over medium-low heat for several minutes, until the nuts are fragrant and lightly browned. Cool completely before chopping.