WEEKLY NEWSLETTER

MAY

HAPPY HOLLOW FARM

Week 2 of 24 Wed. 5/7, Thurs. 5/8 & Sat. 5/10

LETTUCE & FENNEL

BOK CHOY

HIGHLIGHTED VEGETABLE OF THE WEEK

Bok Choy is one of my favorite veggies! It is very sweet & crunchy & can be used in a number of different ways (stir fries, add it to your eggs, slice it in strips for a crunchy snack).

This week's recipe suggestion is a staple in our house when asian greens are plentiful. I found it on Epicurious.com. We have decided that we think it is better with a little more of a sauce so I looked up a good peanut sauce recipe and whipped that up and added it to the pasta. Chop up some cilantro & sprinkle it on top of your dish before serving; it's really delicious!!

What's in your share?

Full, Partial & Single Shares

Arugula OR Spicy Greens mix

Baby Beets & beet greens (beet greens are delicious! Prepare them like you would spinach or swiss chard)

Bok Choy

Cilantro

Head Lettuce (Baby Green Oakleaf & Rouxai, a red oakleaf)

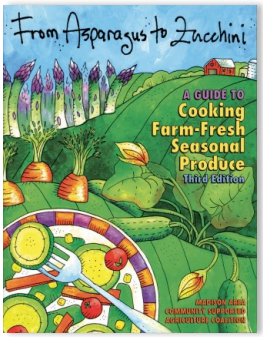
Radishes

Full & Partial Shares

Scallions

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

A Great Cookbook for CSA Members!



"From Asparagus to Zucchini"

Madison Area Community Supported Agriculture Coalition publishes *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce*. This recipe simple cookbook is an excellent resource for people who want to make the most of local and seasonal produce. We will use it as a reference in the Happy Hollow Farm newsletter and you can purchase your own for $20.

Send Farmer Liz an e-mail if you would like to purchase a copy of this fabulous CSA specific cookbook. She will bring it to the distribution site for you!

Make checks payable to Happy Hollow Farm, LLC.

We had our first Saturday work shift this past weekend. 9 fabulous CSA members came out on a gorgeous morning and we had a great time together!!! We weeded & mulched 1 of the kale beds and we put up the trellising on the snow peas; we got a lot done and really enjoyed our work together. I look forward to many more Saturdays of sharing farm work & getting to know all of you!

Did You Know?

How to Store Vegetables & Fruit Without Plastic

So you've got all these great fruits and vegetables and now we're going to help you keep them at their freshest with these suggestions.

Here is a link to a PDF file with suggestions on the best ways to store your vegetables. You can also find this on the HHF website under the Member Q&A tab.

Here is another article with tips on eliminating plastics from your life. This comes from the Berkley Farmer's Market which is a Zero Waste market! Here is a PDF file with suggestions on reducing plastics from your life & the environment.

Let's all work together to reduce & re-use the plastic in our lives!

Veggie Recipe of the Week

Hot & Sour Peanutty Noodles w/ Bok Choy

Ingredients

- 8 ounces whole-wheat spaghetti
- 2 1/4 teaspoons kosher salt, divided
- 1 tablespoon canola or sunflower oil
- 1 large shallot, sliced
- 1 piece (about 1 inch) ginger, peeled and finely chopped
- 1 pound baby bok choy, leaves and stems separated, roughly chopped
- 1 red bell pepper, sliced
- 3/4 cup low-sodium vegetable stock or water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dark sesame oil
- 1 tablespoon rice vinegar
- 1/2 cup chopped unsalted roasted peanuts
- 1/4 teaspoon red pepper flakes (or more to taste)

Directions

Cook pasta as directed on package with 2 teaspoons salt until just tender. Drain and rinse pasta with cool water. In a large nonstick skillet, heat canola oil over medium-high heat. Cook shallot and ginger, stirring, until just brown, 1 minute. Add bok choy stems, bell pepper and remaining 1/4 teaspoon salt. Cook, stirring frequently, until peppers are crisp-tender, 1 to 2 minutes. Transfer contents of skillet to a plate. To same skillet, add bok choy leaves, stock, soy sauce, sesame oil and vinegar. Cook, stirring, until leaves are soft and bright green, 1 to 2 minutes. Add bell pepper mixture, pasta, peanuts and pepper flakes to pan. Toss to combine; serve.

Makes 4 Servings