WEEKLY NEWSLETTER

JULY

HAPPY HOLLOW FARM

Week 13 of 24 *Wed. 7/30, Thurs. 7/31 & Sat. 8/2*

SUMMER CRISP LETTUCE

LETTUCE & FENNEL

HIGHLIGHTED VEGETABLE OF THE WEEK

One of the things that I'm awfully proud of in my farming career is that I can grow really nice lettuce. Honestly, lettuce might be one of my favorite crops. This is unfortunately to the dismay of my wife, who is not a big fan of salads. But when we have lettuce I eat salads!!! There are *so many* different varieties, colors, textures & flavors of lettuce and they all seem to do really well down here in our little hollow. One of my friends and CSA members calls me "Queen of the leaf".

It's not that easy to grow lettuce in the middle of the summer but this summer has been exceptional when it comes to growing leafy greens. Normally we would never have kale & swiss chard the end of July/beginning of August. But the plants keep kicking out beautiful leaves so I'm going to keep harvesting them! Our first summer lettuce planting has also done exceptionally well which makes me excited for the next planting that will be following this one. Who doesn't love a salad with delicious lettuce & farm fresh vine ripened tomatoes (a combination that we rarely get here in hot humid mid-Missouri). So, I hope everyone enjoys a fabulous salad this week!

Cheers, Farmer Liz

What's in your share?

Full, Partial & Single Shares

Basil

Cucumbers

Dill

Lettuce (Summer Crisp)

Red Long of Tropea Onions

Swiss Chard

Summer Squash

Tomatoes (the first of the season)

Zucchini

Partial & Single Shares

Cherry Tomatoes (the first of many more to come!)

Full & Partial Shares

Red Russian Kale

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

How 'Right to Farm' will effect small farms

'Right to farm' is wolf in sheep's clothing

Selective protections favor corporate ag.

By ERIC and JOANNA REUTER

Sunday, July 27, 2014 at 12:00 am Comments *(9)*

Missouri's proposed "right to farm" amendment says "the right of Missouri citizens to engage in agricultural production and ranching practices shall not be infringed." For eight years, we have operated a diversified farm in northern Boone County, managing produce, dairy goats, poultry, timber and more. This experience, along with one of us spending several years on the board of a local farmers market, has made us quite open to a discussion about ways to protect farmers from unnecessary interference and regulation. As we follow this debate, however, the current approach is not aimed at benefiting all of Missouri's diverse agriculture equally.

Our farm recently experienced a close encounter with a crop-dusting aircraft spraying conventional fields 1,000 feet to our north, with a north wind blowing. We have been unable to reach the farmer involved despite repeated attempts to find out what was being sprayed and potentially drifting onto our food crops. Such a situation is a serious problem for a farm whose customers demand chemical-free produce. What does right-to-farm have to say about a situation like this? Would it ensure the offending farmer's right to apply airborne poisons regardless of neighbors' concerns, even other farmers, simply because crop-dusting is an agricultural practice? Growing chemical-free produce for local sale is also an agricultural practice, one that is our full-time business, but would right-to-farm really protect us against infringement by "conventional" agriculture? The rights of all farmers cannot be simultaneously guaranteed.

We've also experienced governmental infringement on our farming practices. As just one of many examples, we were informed several years ago by the Missouri Department of Agriculture that it would be illegal to raise and sell any of our pastured hogs that had been fed vegetables (even those raised on our farm) because of an overly strict reading of an old, obscure garbage-feeding law. We wrote about the issue on our website and contacted media outlets but could generate little support. Our state representative at the time effectively blew us off, and we were told the only way we could fight back was to sue the state, a black hole of time and money that we couldn't afford. If ever there was a need for right-to-farm, this was it, but farms like ours don't seem to count when it comes to lobbying power. Why is a corporate hog lot deserving of legal protection but a small pastured pork farmer is not?

Missouri's diverse agriculture encompasses commodity crops, vegetables, fruit and nut orchards, flowers, livestock, poultry, agroforestry and so much more, all spread over farms large and small, run by Missourians of many backgrounds and beliefs.

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Veggie Recipe of the Week

Braised Swiss Chard

Ingredients:

- Swiss Chard
- 1/4 tsp red pepper flakes
- 1/4 tsp white pepper
- 3 Tbl. butter or olive oil
- 1/2 to 3/4 cups good chicken stock
- 1/4 tsp black pepper
- salt to taste

Directions:

Wash chard thoroughly. Tear into pieces about the size of your hand, this isn't very scientific. Let chard drain, but don't dry. Put butter or oil into a large pan and heat to medium, if possible with a tight fitting lid. Start adding chard. It will wilt, add more. Add the stock a little at a time, just enough to keep steaming the chard. Add peppers and alt. Stir from time to time after wilted to work in the peppers and salt. When all the chard is wilted lower the heat to the lowest heat you can get and hopefully you have a tight lid. If the lid is not tight you will have to add at least another 1/2 cup of stock or water. Cook till chard is tender, maybe 30 minutes.

You will need more chard than you can imagine. 1 large bunch (the size I put in the shares) should be enough for a side dish of greens for 2 people.

For a variation you can have 1/2 of the liquid be apple juice or apple cider. And/or add a couple of cups of small apple pieces, skins off.

Original recipe from Brook Harlan with additions/suggestions from Tim & Linda Harlan.