WEEKLY NEWSLETTER

AUGUST

HAPPY HOLLOW FARM

USDA ORGANIC

QCS

Week 14 of 24 Wed. 8/6, Thurs. 8/7 & Sat. 8/9

LETTUCE & FENNEL

TOMATOES

HIGHLIGHTED VEGETABLE OF THE WEEK

Tomato Do's & Dont's

- **Do** store tomatoes on your counter on the "shoulders" of the fruit (the top of the fruit where the stem would have been)
- **Don't wait too long to eat them**. Heirloom tomatoes come in all shapes size & colors! We pick them as soon as they start to "blush" i.e. show some color, so that they will ripen on your table soon after you receive them. If they aren't already ripe, they should reach full ripeness in 1-2 days once you receive them.
- **Do** know that heirloom varieties are *rarely* perfect and cracks & blemishes come with the amazing flavor inherent in these types of tomatoes.
- **Don't** expect heirloom tomatoes to lose their greenish color completely, especially on the shoulders of the tomato. If the bottom and sides are a deep rich color & give a little to the touch then it's ripe & ready to eat.
- **Do** store your cherry tomatoes in the fridge. The flavor & texture of these little gems will not change considerably in the fridge. And they will last a lot longer, that is assuming you don't finish off the container on the way home!
- **Lastly & most importantly...** Enjoy the tomatoes, which we harvest every 3 days straight from the field. There will be LOTS of them for many weeks to come!!!

What's in your share?

Full, Partial & Single Shares

Basil

Cherry tomatoes

Cucumbers

Garlic

Lettuce (Summer Crisp)

Red Russian Kale

Scallions

Summer Squash

Tomatoes (heirlooms)

Zucchini

Full & Partial Shares

Fennel

Peppers (1 sweet & 1 Jalapeno)
*** single shares will get some next week*

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

Happenings on the Farm

Lots has been happening on the farm the past couple of weeks!

First of all... you have all the ingredients in your share this week to make my favorite summer dish, **this week's highlighted recipe**, Panzanella salad. I could eat this nearly every meal of the day during the peak of tomato season, which is now finally upon us. I hope you enjoy it as much as I do!

We hosted a Crop Mob of local farmers & friends this past Sunday. We had a great group of people and got a lot accomplished. The biggest job of which was planting the perennial herb beds. Let's keep our fingers crossed for some fabulous herbs & hopefully rhubarb to add to the mix of CSA veggies in next years boxes.

This Thursday 4:30-6:30pm we are hosting a farm tour in collaboration with Lincoln Universities IPM program. There will be a farm tour as well as presentations by Lincoln Univ. folks that are leading the research study that I'm participating in, using "trap crops" as a lure for *cucumber beetles & squash bugs*, to help draw them away from the "cash crop" that I want to harvest. I'd love for you to join us!

We also have a guest, Matt L., coming on Wed. & Thurs. to work with us & see how our CSA farm operates. He is part of Earth Dance Farms in St. Louis. I have formed great collaborative efforts with farmers across the state and we exchange interns fairly regularly. This is part of my goal of providing learning opportunities to young people wanting to learn all there is to know about CSA farming.

Did You Know?

Just a reminder that today is voting day and that a "NO" vote on Amendment 1 is the best choice for this (your CSA) farm and all small family farms in Missouri.

Thank YOU!

Farmer LIZ

Panzanella

Veggie Recipe of the Week

Ingredients

- 4 cups torn pieces of sourdough or rustic peasant bread, 1 to 1 1/2 inches wide
- 3 tablespoons olive oil
- Kosher salt and cracked black pepper
- 1/4 cup red wine vinegar
- 1 tablespoon drained capers (optional)
- 2 teaspoons grated lemon zest
- 1 garlic clove, minced
- 1/2 cup extra virgin olive oil
- 1 cup thinly sliced red onion (or scallions)
- 5 assorted ripe heirloom tomatoes (the cherry tomatoes are delicious as well), halved or quartered, depending on size and shape
- 1 bell pepper, julienned
- 1 cucumber, peeled and chopped
- 1/2 cup pitted and halved Niçoise olives
- 1/4 cup chopped fresh basil leaves
- 1/4 cup shaved Parmigiano-Reggiano cheese

1. Preheat the oven to 300°F.
2. In a bowl, toss the bread with the olive oil and salt and pepper to taste. Spread the bread on a baking sheet and bake for 7 to 10 minutes, until slightly crisp. (The pieces should not be as crispy as croutons.) Alternatively, spread the bread cubes on a baking sheet and let them dry, uncovered, for about 24 hours.
3. In a large bowl, whisk together the vinegar, capers, zest, and garlic. Season to taste with salt and pepper. Whisking constantly, add the extra virgin olive oil in a stream until well incorporated.
4. Add the onion, tomatoes, bell peppers, cucumber, and olives and toss with the vinaigrette. Adjust the salt and pepper.
5. Add basil and bread to the bowl. Toss to coat. Set aside for 20 minutes.
6. Divide the salad among 4 plates. Garnish each plate with shaved cheese and serve. If you prefer a moister salad, drizzle with a little more extra virgin olive oil.