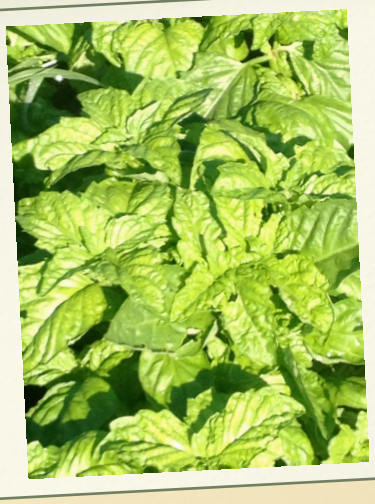
WEEKLY NEWSLETTER

AUGUST

HAPPY HOLLOW FARM

Week 15 of 24 Wed. 8/13, Thurs. 8/14 & Sat. 8/16



LETTUCE & FENNEL

ITALIAN BASIL

HIGHLIGHTED VEGETABLE OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Basil

Cherry tomatoes

Cucumbers

Dinosaur Kale

Onions (these are ***seconds***, so use them immediately!)

Summer Squash

Tomatoes (assorted heirlooms)

Zucchini

Full Shares

Eggplant

Okra

Partial & Single Shares

Peppers (1 sweet & 1 Jalapeno)

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

BASIL

There are so many wonderful uses for this delicious and uniquely flavored summer herb. Farmer friends of mine, Tom & Rebecca at Fair Share Farm CSA (north of KC) told me about their favorite variety a couple of years ago. It's from a seed company called Seeds of Italy and it is the most fabulous basil I've ever grown!!! **Bulk quantities now available for $12/lb.**

BASIC PESTO

- 3 to 5 cloves garlic
- 1 cup pine nuts, slivered almonds or walnut halves
- 2 tablespoons grated Parmigiano cheese, or to taste
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon fine sea salt
- 4 packed cups chopped fresh basil leaves
- 1/2 cup extra-virgin olive oil, plus more for storage
- Juice of 2 lemons
- Crushed red pepper flakes to taste (optional)

Put the garlic in the bowl of a food processor and pulse until coarsely chopped. Toss in the nuts, Parmesan, pepper and salt and chop until the nuts are finely crushed, about 1 min. Add the basil, oil and lemon juice and pulse for 1 min. more, until smooth. Stir in red pepper flakes, if desired. To store, transfer the pesto to a sterilized jar with a tight-fitting lid. Pour a thin layer of olive oil on top of the pesto, seal and refrigerate up to 10 days or freeze up to 3 months.

Happenings on the Farm

This past weekend the entire farm crew headed to the Gasconade River just after returning from Saturday market. We've made an annual late summer trip to one of our states glorious rivers the past few years. Our get-a-way always comes at just the right time of year when a break from the labors of farm life are much needed. One of our neighbors looked after watering in the greenhouse & feeding & watering the chickens & animals. We returned on Monday afternoon and harvested over 300lbs. of tomatoes, squash, zucchini & cucumbers.

The tomatoes are really starting to ripen so be prepared for lots of them in your shares over the next many weeks. The cucumbers are close to their end so that will be it for them this year. We've had an amazingly long season for cucumbers this year! I also saw the first ripe watermelon out in the patch yesterday evening so you can look for those in your shares this week & next!

The fall *brassica* planting is really starting to grow and looking super good! I'm excited about broccoli, cauliflower, brussel sprouts & cabbages in the future months. There is also a second planting of green beans that is up & growing so hopefully there will be a nice fall crop of those. We've got more seeding to do in the greenhouse & outside this week to make sure we have plenty of fall carrots, beets, radishes, hakurei turnips, & plenty of greens. The planting will continue until mid-late October to make sure our winter CSA shares are fully stocked! Cheers, Farmer LIZ

Did You Know?

For the first time in 5 years, I've harvested honey from the bees! This is a HUGE milestone for me and the farm. I keep bees for many reasons (fruit tree, *cucurbit* crop & cover crop pollination), they're super cool animals, and for the honey. They're a lot of work especially if there is no honey harvest. So, I'm very excited this year!!! CSA members can look for a small jar in your boxes in the near future.

Insalata Caprese

Veggie Recipe of the Week

Ingredients

- 2 pounds vine-ripened tomatoes (about 4 large), sliced 1/4 inch thick
- 1 pound fresh mozzarella, sliced1/4 inch thick
- 1/4 cup packed fresh basil, washed well and spun dry
- 1/4 teaspoon dried oregano, crumbled, if using arugula instead of basil
- 3 to 4 tablespoons extra-virgin olive oil
- fine sea salt to taste
- freshly ground black pepper to taste

Preparation

On a large platter arrange tomato and mozzarella slices and basil leaves, alternating and overlapping them. Sprinkle salad with oregano and arugula and drizzle with oil. Season salad with salt and pepper.

(Tomato and Mozzarella Salad)

Insalata caprese (literally, the salad from Capri) is the perfect summertime dish for cooks in a hurry; slicing is the hardest part. The salad was created in the 1950s at the Trattoria da Vincenzo for regulars out for a light lunch. They'd order a just-picked tomato and fresh fior di latte (cow's-milk mozzarella — no buffalo on Capri). The salad has evolved on the island to include a few leaves of rughetta (wild arugula) and a pinch of dried wild oregano, both local products; everywhere else in Italy it takes the form of tomato, mozzarella and basil. The dressing is always a drizzle of extra-virgin olive oil — only. Vinegar would destroy the delicate flavor of the cheese and is never used. Because this salad is so simple, top-rate ingredients are imperative: Hothouse tomatoes and rubbery processed mozzarella are unacceptable. Can be prepared in 45 minutes or less.