WEEKLY NEWSLETTER

AUGUST

HAPPY HOLLOW FARM

USDA ORGANIC

QCS

Week 17 of 24 Wed. 8/27, Thurs. 8/28 & Sat. 8/30

LETTUCE & FENNEL

OKRA

HIGHLIGHTED VEGETABLE OF THE WEEK

Earlier this spring I did an interview with John Suscovich, the farm manager at Camps Road Farm in Kent, CT.

Along with farming he also hosts the Growing Farms Podcast, an awesome resource for new & beginning farmers. He contacted me about doing a show on what it takes to "start a farm" from the nuts & bolts of farming, knowledge of growing food & the skills for marketing & advertising your product. Last week one of my interns from two summers ago, Adam Andres, contacted me from Washington state and said he heard me on the radio! I was thrilled. So, if you'd like to check out John's and my conversation it is #54 called "Being Part of the Food Fight". Check it out here.

MELONS

I hope everyone enjoyed your melons (either cantaloupe or watermelon) over the past two weeks. The reason the fruits taste as good as they do is b/c I leave them on the vine until they are ripe. But since they don't ripen all at once I can't reliably tell you that they'll be in your shares. So, think of them as a *surprise* if/when you receive them next. Hopefully there will be enough for one more for everyone!

What's in your share?

Full, Partial & Single Shares

Basil

Cherry tomatoes

Cucumbers

Okra

Peppers (2 sweet & 1 hot)

Summer Squash

Zucchini

Tomatoes (assorted heirlooms)

Partial Shares

Eggplant

Partial & Single Shares

Scallions

Full Shares

Leeks (these are a mild nutty flavored onion)

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

Happenings on the Farm

HEAT is the word of the week!

We've been incredibly spoiled this summer with amazing weather (both for us farmers and for the growing veggies) and the heat wave of last week and what looks like will continue into the start of this week, has hit me over the head like an iron skillet!!!

Sarah picking tomatoes

We're smack dab in the middle of the peak of tomato harvest which takes many hours each day four days a week. We separate out the picking of cherry tomatoes one day and the large slicers on another day. Then there is at least an hours worth of sorting and packing in the barn; luckily we can leave this for the afternoons when the shade of the barn is much appreciated! Then of course there is still the every other day picking of cucumbers, summer squash and zucchini. The okra has also now hit it's stride (being a heat loving vegetable) and we're picking it every other day as well. The peppers and eggplant are on a twice a week harvesting schedule and we pick basil on Wed. morning & Fri. morning for CSA packing.

The majority of what we did last week was harvest produce. There was little time for much else.

Our greenhouse looks like it could be the middle of May, exploding with transplants just waiting to go in the ground. Hopefully the end of this week will show a break in the temps. and we'll be able to start planting again.

Your veggies this week will be many of the same summer fruits that grace us with their amazing flavors this time of year. I hope you are enjoying the vast array of different heirloom tomatoes that we have this year. My favorite way to eat tomatoes is with a slice of Mozzarella, a slice of tomato, a leaf of basil and a drizzle of fabulous balsamic vinegar. There's no better way to enjoy the amazing differences in the flavors of heirlooms. ENJOY! Farmer LIZ :-)

Did You Know?

Monarch butterflies need you & Milkweed!!!

Milkweed is a native flower here and can be purchased from many local garden centers and the native plant nursery in Brasito (just south of Jeff City). Not only will planting Milkweed in your gardens supply much needed Monarch habitat, you will enjoy their beautiful flowers at a time of year (now) that not many things are blooming.

Veggie Recipe of the Week

Stewed Corn & Tomatoes with Okra

Ingredients

- 6 scallions (or 3 leeks), chopped (in your share)
- 1 fresh jalapeño, finely chopped, with seeds (in your share)
- 1 large green or red pepper, coarsely chopped (in your share)
- 3 tablespoons unsalted butter
- 1 pound tomatoes, coarsely chopped (in your share)
- 3 cups corn (from 5 to 6 ears)
- 1/2 pound small fresh okra, trimmed, keeping stem end intact (in your share)

Preparation

Cook scallions/leeks, jalapeño, bell pepper, and 1/2 teaspoon salt in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until scallions begin to brown, 7 to 9 minutes. Stir in tomatoes and cook, stirring occasionally, until broken down into a sauce, about 15 minutes.

Add corn and okra and cook, stirring occasionally, until just tender, about 15 minutes. Add salt & pepper to taste.

Serve as a fabulous summer side with any meal!