



SEPT

HAPPY HOLLOW FARM

Week 19 of 24 Wed. 9/10, Thurs. 9/11 & Sat. 9/13



L E T T U C E F E N N E L

SUMMER LETTUCE



HIGHLIGHTED
VEGETABLE
OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Cherry tomatoes

Okra

Peppers (1 sweet & 1 hot)

Red Long of Tropea Onions

Summer Lettuce

Summer Squash

Zucchini

Tomatoes (assorted heirlooms)



Full Shares

Melon

Basil



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

Late Summer...

This is the time of year that many of you may be starting to grow weary of the abundance of summer vegetables and are wondering when the greens and some root vegetables will be re-appearing...

The second planting of green beans is flowering so they will be ready probably next week. Two weeks ago we seeded arugula & spicy greens mix which I hope will produce well. The tiny seedlings that germinated have been pretty hammered by the recent rains! There will probably be enough melons for everyone to have one

more watermelon or cantaloupe, hopefully this week or next.



There is cauliflower about 3-4 weeks away and broccoli & cabbage should be appearing in the last few weeks of the season. There are more beets, carrots, hakurei turnips, brussel sprouts, winter squash and an assortment of Asian greens that will also be showing up during the **Winter CSA Season**. **If you haven't already thought about joining for the 6 week Winter CSA season, now's the time to sign up!** Fill out the [member sign-up form on the HHF website](#) and continue receiving your weekly

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share thru the end of December.

The pick up locations will be slightly altered from the summer drop sites since we need to distribute indoors. We will continue to offer the Museao pick up location on the south side of town. The Jeff City location will continue at the same spot (as long as there are 10 CSA members) and the Saturday farmers market location will shift at some point in early November to the Parkade Plaza indoor market location. I am still in search of an indoor distribution site somewhere near campus so if any of you have a good lead please get in touch with me!

Lastly **GREAT** news for HHF & me your farmer. I received an e-mail last

night confirming that the KIVA ZIP loan that I applied for has been 100% fundraised. So, I have the start up money I need in order to get one additional high tunnel put up. I have the tunnel parts ordered and just as soon as the ground dries out enough we will start working the ground to build a raised pad where the high tunnel will go. I'll be able to show everyone where the new tunnel will be located when you come out for the annual **HHF CSA potluck, Sunday October 5, 1-4pm**. I hope you will all be able to make it out to the farm for some fun, relaxing and a fabulous meal. Bring the kids! There are lots of large round hay bales for them to play on this year.

Cheers,
Farmer LIZ

Did You Know?



Save The Date

Annual CSA member potluck

- * Sunday October 5
- * 1:00-4:00pm
- * Happy Hollow Farm

Please bring a dish based on the beginning letter of your last name (enough for 8 people)

A-G: Side Dish
H-N: Salad
O-T: Main Dish
U-Z: Dessert

Summer Squash saute

Ingredients

2-3 summer squash and/or zucchini (1 per person), sliced in half and then into thin rounds

2-3 Red Long of Tropea onions, sliced thinly

1 sweet red pepper, chopped in to small pieces

Preparation

Saute the onions in copious amounts of olive oil at first on high heat then lower the heat after a minute or two. While on high heat stir constantly. Stir occasionally after lowering the heat; you want the onions to caramelize. Once finished remove from pan & set aside. Put squash & peppers in pan with a dab more olive oil, salt &

pepper. Saute until the squash has nice black spots on them (you want some of them almost burned but not quite). This is how I prefer to cook the squash but you of course don't have to cook it as long if you don't want to.

Once the squash is finished add the onions back in the skillet give it a good stir & it's ready to eat.

Slice up 3-4 tomatoes into thick quarters and put on a plate. Chop up a few sprigs of your basil into fine pieces. Toss on tomatoes. Drizzle a balsamic glaze or reduction over the top of the tomatoes and serve with the summer squash saute.

I've made this for dinner 4 times in the past two weeks and it's **delicious!!!**



VEGGIE RECIPE OF THE WEEK