

OCT

HAPPY HOLLOW FARM



Week 2 of 6 *WINTER SEASON* Oct. 29th, Oct. 30th, Nov. 1st



LEEKS SWISS CHARD

FENNEL

HIGHLIGHTED
VEGETABLE
OF THE WEEK



Share Pick-up Details

Full, Partial &
Single Shares



Apples

Cauliflower

Carrots

Fennel

Kabocha winter squash

Red Long of Tropea Onions

Spicy Greens Mix

Swiss Chard

Full Shares



Chinese Cabbage

Each week you will pick up a CSA box. The following week please return your box when you pick up your next week's share.



VEGGIE of the week

Each week I will highlight one of the vegetables in your CSA share. There will be a corresponding recipe on the second page of the newsletter that utilizes the veggie of the week. If you have recipes that you have found work well for you and your family please share them with me so I can pass them on to other CSA members.

This week's highlighted vegetable is *Foeniculum vulgare* a member of the celery family. The entire part of the plant is edible from the white multi-layered bulb to the stems & fronds. It has a similar flavor as anise and pairs very well with fish, eggs & arugula. The anise flavor is stronger if eaten raw

but when cooked the flavor becomes quite mellow.

I have come to realize over the years that as with anything there are some people that just don't like fennel. Like there are people that just can't tolerate beets, swiss chard, cilantro or really any other vegetable. **HOWEVER**, I have also experienced many stories from CSA members & their families that when they try a new recipe using the same vegetable that they actually like it. I think this is the case with most food. You may have had a vegetable prepared one way and you can't stand it. But prepared an entirely different way it is your new favorite dish.

So, enjoy the fennel... it's one of my favorites!



Second Annual Empty Bowls Dinner

Help families in need: Soup dinner, silent auction, and music.

Saturday, November 15, 2014

5-8 pm

Café Berlin
220 N 10th Street
Columbia, MO 65201

Soup & bread donated by:

Broadway Brewery
Columbia Area Career Center
Café Berlin
Wine Cellar and Bistro
Mighty Acorn Farm
MKT Provisions

Ozark Mountain Biscuit Co.
Sycamore
Trey Bistro
Mulberry Grill and Bakery
Uprise Bakery

Tickets:

Adults \$20

Kids 12 and under \$10

Purchase at Columbia Farmers Market Oasis or online at sfandc.org.

Empty Bowls of Columbia promotes awareness of hunger issues and supports the Access to Healthy Foods initiative at the Columbia Farmers Market.



We humbly thank Eli Gay at Café Berlin for providing us a place to host the event.

Did You Know?



We just finished constructing and planting a new HUGE high tunnel (34' wide by 198' long) last week! Thanks to *A LOT* of hard work by our interns & the Morgan County Seed crew we have it nearly completed and planted.

Winter veggies here we come!!!

Cider Braised Cabbage w/ Apples & Fennel

Ingredients

- 4 Tbl. butter, cut into pieces
- 1 tsp. caraway seeds
- 1/2 head cabbage, core removed & thinly sliced
- 1/2 fennel bulb, thinly sliced, plus fronds, roughly chopped, for garnish
- 1 large apple, cored & thinly sliced
- 1/2 cup boiled cider, such as Wood's Boiled Cider
- Salt & freshly ground black pepper

Directions

1. Melt 2 tbl. butter in a large lidded skillet over medium heat. Add caraway seeds & toast, shaking pan

once or twice, until fragrant, about 30 seconds.

2. Add cabbage & sliced fennel, stir to coat with butter & saute 2 minutes. Add apples and boiled cider, cover skillet & cook, stirring occasionally, until cabbage has softened but still retains some crunch, about 6 mins. Remove lid, add remaining butter, increase heat to high & saute until any liquid has evaporated and cabbage is coated in sauce, 2-3 minutes. Season with salt & pepper to taste. Garnish with a few fennel fronds & serve.



VEGGIE RECIPE OF THE WEEK