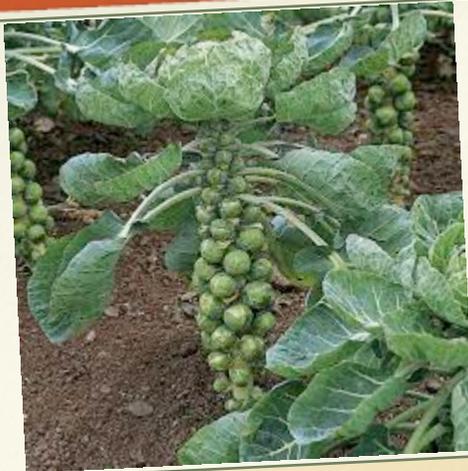


NOV

## HAPPY HOLLOW FARM



Week 4 of 6 WINTER SEASON Nov. 12<sup>th</sup>, 13<sup>th</sup>, & 15<sup>th</sup>



LEEKS SWISS CHARD

## BRUSSEL SPROUTS

HIGHLIGHTED  
VEGETABLE  
OF THE WEEK



## What's In Your Share?

Full, Partial &  
Single Shares



Acorn Winter  
Squash

Brussel Sprouts

Chinese cabbage

Garlic

Peppers (sweet & Jalapeno)

Scallions

Tatsoi (this is a delicious Asian green that can be enjoyed any way you would eat Swiss chard or Bok Choy)

Full & Partial Shares

Swiss chard



Full Shares

Beets

Please return your box when you pick up this week's share.



## V EGGIE of the week

**Brussel sprouts** are a member of the *Brassicaceae* family of plants that many cold weather loving vegetables belong to, such as kale, broccoli, cauliflower, cabbage & others. I'm thrilled that the brussel sprouts have done well this year. They are pretty challenging to grow!! They take nearly 5 months to mature from the time they are transplanted in the ground and they spend a month growing in the greenhouse before they are transplanted outside.

They also do best if the last 4 weeks that they are maturing there are some good solid frosts & freezes over night combined with nice sunny warm days. This year

has been perfect! The last two years I wasn't so lucky and there wasn't a good crop of sprouts.

Like most *brassic*s they also require an enormous amount of fertility and organic matter. The field where they are growing this year has had a cover crop of Rye & Hairy Vetch growing on it since Sept. 2013 and a good thick layer of compost was spread in early July before we transplanted all of the little seedlings. That's nearly 2 years that the ground was "in preparation" just to grow this crop and the other fall *brassic*s that you've been enjoying in your shares.

So, I hope you enjoy this wonderful fall treat!

Cheers, Farmer LIZ

## Farm Happenings

The 2015 garlic crop was successfully planted on Friday this past week. All 3,500 bulbs are tucked into the warm soil with a good layer of compost to give them a good growing start come spring. They'll also be covered with a thick layer of straw in the coming weeks.

The weather forecasters are calling for some pretty cold temps. the middle of this week! The first real cold snap always comes when we're not quite ready for it and of course it happens to be this week when I'm heading down to Joplin to attend a 2-day winter vegetable production workshop. Luckily I've got some great helpers that are going to be harvesting this week's veggies and getting the last of the hoops and row cover put over the lovely fall/winter crops that are still out in the fields and in the high tunnels.

It's always stressful for me to leave the farm but if I don't do it once in a while I could go a little nuts. I fell like there is still plenty to learn about growing veggies successfully in the winter months and I'll be gathering with a lot of my friends and fellow farmers from around the state. We usually only see each other once or twice a year at these types of learning workshops. So, I'm looking forward to spending time with these friends!

I hope everyone enjoys your CSA share this week!

Farmer LIZ

## Did You Know?

Last week, the U.S. Environmental Protection Agency approved the use of a new herbicide cocktail, Dow's Enlist Duo, a toxic blend of glyphosate and 2,4-D. The genetic engineering of 2,4-D—resistant crops and EPA's approval of Enlist Duo for use on them is the result of an overuse of Monsanto's Roundup. That overuse caused tens of millions of acres of agricultural land to become infested with Roundup-resistant superweeds, which farmers now want to kill with the more toxic 2,4-D—one of the ingredients in Agent Orange. Read more about the [EarthJustice Lawsuit](#) here.



### Roasted Brussel Sprouts w/ Pancetta

#### Ingredients

- 1 lb Brussels sprouts, trimmed and halved (quartered if large)
- 2 oz pancetta, visible fat discarded and pancetta minced (bacon can be substituted for pancetta)
- 1 garlic clove, minced
- 1/2 tablespoon extra-virgin olive oil
- 1/4 cup water

#### Preparation

1. Preheat oven to 450°F.
2. Toss together Brussels sprouts, pancetta, garlic, oil, and salt and pepper to taste in an 11- by 7-inch baking pan and spread in 1 layer.

3. Roast in upper third of oven, stirring once halfway through roasting, until sprouts are brown on edges and tender, about 25 minutes total. Stir in water, scraping up brown bits. Serve warm.



### VEGGIE RECIPE OF THE WEEK