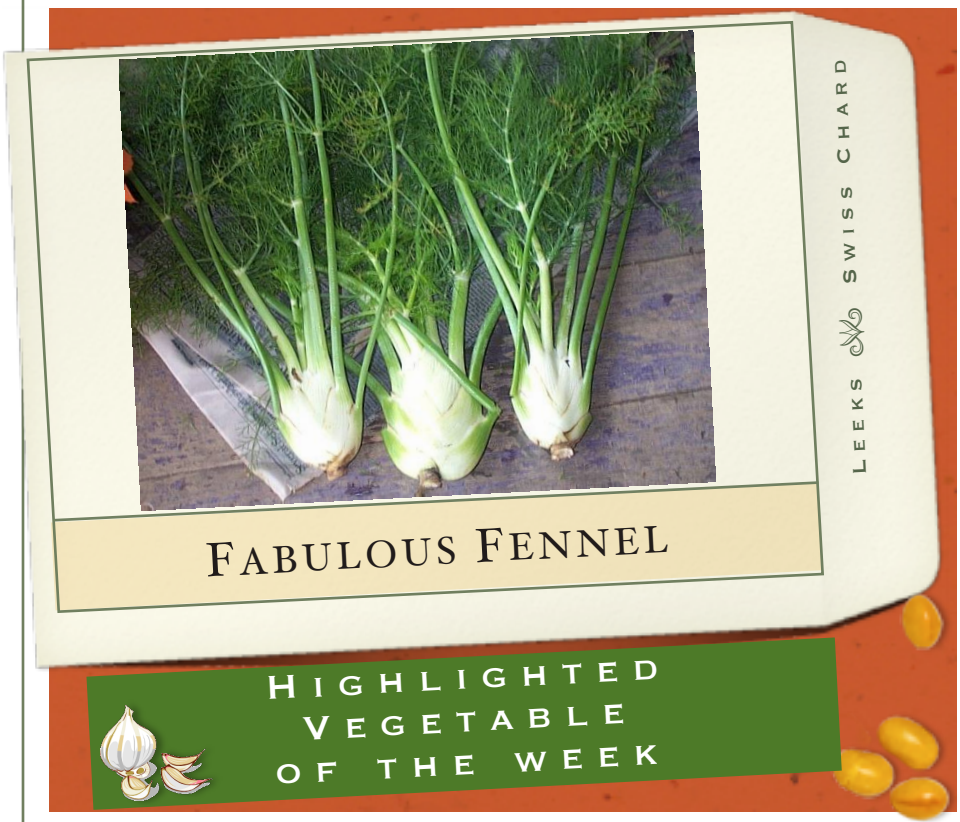
WEEKLY NEWSLETTER

JUNE

HAPPY HOLLOW FARM

Week 5 of 24 Wed. June 10th & Sat. June 13th 2015



Fabulous fennel may not be your favorite vegetable but it can be prepared in many different ways that really change the flavor of this subtle anise flavored vegetable. I encourage those of you that are wary of fennel to try it in a new recipe and see if prepared differently you may learn to love it. It certainly is one of my favorite spring treats!

We are running low on CSA boxes. Please, please, please remember to bring your box back each week so that we can pack shares for all of the CSA members each week. We had to hand out veggies in bulk on Saturday b/c we didn't have enough boxes.

What's In Your Share?

Full Shares

- Arugula
- Beets
- Carrots
- Escarole
- Fennel
- Garlic Scapes
- Hakurei turnips
- Head lettuce
- Kale

Partial Shares

- Arugula
- Beets
- Carrots
- Escarole
- Fennel
- Garlic scapes
- Hakurei turnips
- Kale

Single Shares

- Arugula
- Carrots
- Fennel
- Garlic Scapes
- Hakurei turnips
- Kale

Farm Happenings

It's been a pretty stressful week on the farm! **Rain, rain, rain!!!** Making our fields incredibly wet and impossible to plant. Making the weeds grow before our eyes and impossible to clear from the fields. Our CSA members that were at the farm on Saturday saw first hand just how bad the weed situation is.

It's been over 5 weeks since we were able to plant anything other than in the high tunnels. All of the veggies in your shares, so far this season, have come out of the high tunnels and a few things from the fields that we were able to plant back in April. What has me concerned is what we're going to be putting in the shares in 3, 4 & 5 weeks from now once those vegetables are all gone. Our CSA members here this past weekend graciously reminded me that understanding the very risky business that farming is, is part of the commitment that they have made to me and the farm. That made me feel better for a moment but I am still very nervous about having slim boxes to send out.

I will certainly keep everyone posted as we move thru the next couple of weeks.

A bit of good news on the farm are the new baby chicks that arrived on Monday. With this new life and energy we farmers are plowing ahead with the daily tasks of keeping the farm running and planning for the future! Farmer Liz

Did You Know?

One of the things I love about what I do is the collaborative nature between researchers and organic farmers.

I have been participating in a research project with Lincoln University for the past 3 years, studying the effectiveness of trap crops to guard against Cucumber Beetles & Squash Bugs. Last week some partners in this project from Jamaica came to visit us at the farm.

Veggie Recipe of the week

Fennel fronds

Don't throw out those fronds!
Fennel fronds (the leafy green tops) are delicious in salads of any sort (lettuce, egg, tuna, etc.)

The fronds also add a lovely mild fennel flavor to vinaigrette dressing. Chop them up and add them to your favorite dressing before shaking and serving.

Arugula, Fennel & Citrus/Fruit Salad

- 2 tablespoons white balsamic vinegar
- 2 tablespoons minced shallot
- 3 tablespoons extra-virgin olive oil
- 1 bag arugula
- 1 large fennel bulb, very thinly sliced, plus 1 tablespoon chopped fronds
- 2-3 (oranges, tangerines, grapefruit or apricots, pitted, sliced)
- 1/4 cup unsalted natural pistachios

Preparation

Whisk vinegar and shallot in medium bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper.

Place arugula, sliced fennel, and fruit of your choice in large bowl. Whisk chopped fennel fronds into dressing. Drizzle dressing over salad and toss to coat evenly. Season to taste with salt and pepper. Transfer salad to large serving bowl. Sprinkle pistachios over and serve.