WEEKLY NEWSLETTER

OCT.

HAPPY HOLLOW FARM

Week 21 of 24 Wed. October 7th & Sat. Oct. 10th 2015

BROCCOLI

ONIONS & SWISS CHARD

HIGHLIGHTED VEGETABLE OF THE WEEK

Let's celebrate another great season, thanks to Farmer Liz and Happy Hollow CSA members and volunteers!

Please remember to RSVP for our upcoming CSA member potluck

Sunday, October 18 from 4:00 PM to 7:00 PM

1000 Prospect Street Columbia, MO 65203

Please direct questions for the host to martha.dragich@gmail.com

Hosted by CSA Members Martha Dragich and Jim Ronald

RSVP HERE

What's In Your Share?

Full Shares

Baby beets
Broccoli
Cilantro
Cherry tomatoes
Cucumbers
Garlic
Kale
Peppers, sweet
Summer squash and zucchini
Tomatoes
Yellow wax beans

Partial Shares

Baby beets
Broccoli
Cherry tomatoes
Cilantro
Garlic
Kale
Peppers, sweet
Summer squash and zucchini
Tomatoes
Yellow wax beans

Single Shares

Baby beets
Broccoli
Cherry tomatoes
Garlic
Kale
Peppers, sweet
Summer squash and zucchini
Tomatoes

Goings On Around The Farm

This has been an exceptional year for our honey bees here on the farm! CSA member Jim Ronald has been taking exceptionally good care of our ladies and thanks to his efforts (and a lot of flowers this summer and fall) the honey harvest looks to be spectacular. We've already extracted enough honey for all our members to receive a small jar of honey (in your shares this week) and we have more frames of honey yet to extract.

It takes a lot of equipment and a good set up to be able to efficiently extract honey from the honey combs that the bees make in their hives and luckily my father-in-law has just such a set up. One of these days I'll have a honey shack here on the farm but for now I'm very appreciative of being able to use his equipment!

It really is an exceptional thing to be able to keep bees in this day and age of rampant insecticide use. So, I am very grateful for the secluded place that I am lucky to call home and where I am able to farm and for the ability to keep healthy and happy bee hives! They help us in so many ways!!!

Cheers,

Did You Know?

We have some serious yogi's on the farm! This past Saturday, our last CSA member work day of the 2015 season, included yoga stretches, lots of weeding, and the first harvesting of our fall yellow wax bean crop.

I so love CSA member work shift days!!!

Broccoli & Yellow Wax Beans

Broccoli

I'm hesitant to include a recipe for broccoli this week. Our broccoli is so deliciously sweet & flavorful that my suggestion is you steam it, add a little butter, salt & pepper and enjoy it!

This is just the first round with hopefully more to come. The heads are on the small side this year; it seems the lasting effects of too much rain earlier in the season really did some damage to the soils. Our plants are big and healthy but the plants are putting on too many side shoots to form one really big nice head.

Yellow Wax Beans

I'm really happy that we will have at least 1 round of beans in the shares this year.

Veggie Recipe of the Week

This is one crop that we've really struggled with! The first 2 plantings drowned mid growth and the beans on the 3rd planting, after finally setting on beans, molded right on the plant. So, needless to say the beans were less than successful this year.

I would suggest you saute the beans in a little olive oil or lard until they are just seared in a few places, add salt & pepper and enjoy. They are tender and exceptionally sweet this fall!