

Happy Hollow Farm CSA

Week of August 23rd, 2010
Week 13 CSA Distribution

Veggie of the Week

Eggplant, Aubergine, Brinjal, or Guinea Squash....

Solanum melongena) is a plant of the family [Solanaceae](#) (also known as the nightshades) and genus [Solanum](#). It bears a [fruit](#) of the same name, commonly used as a [vegetable](#) in cooking. As a [nightshade](#), it is closely related to the [tomato](#) and [potato](#) and is native to [Nepal](#), [India](#), [Bangladesh](#), [Pakistan](#), and [Sri Lanka](#).

Some people still salt an eggplant (once it has been cut into slices) to rid them of their bitterness. I have found that with most of the varieties I grow when they are picked on time and eaten soon after harvesting, salting is generally not necessary because they don't develop any bitterness.

There are many different ways to prepare eggplant but one of our favorites is in Ratatouille or a simple eggplant, tomato, summer squash bake. In whatever size covered baking dish you have, drizzle olive oil on the bottom of the dish, cube 1 part eggplant, 1 part summer squash or zucchini & 1 part tomatoes (layering almost to the top from the bottom up in the dish in this order). Sprinkle with salt & pepper and a bit more olive oil over the top. Cube Mozzarella cheese and grate Parmesan over the top. Bake at 325 for about 45 minutes or until the veggies are soft. Remove lid for last 5 minutes to brown the Parmesan cheese.

Farm Happenings

Lots has happened this past week! I was able to get more lettuce, radishes, cutting mix, scallions, leeks, beets & carrots planted. All in raised beds and the 3" downpour that we got on Friday night didn't seem to hurt things too badly. I'm really thinking that raised beds are going to be a good method until I have the money to invest in a Spader. This is the tillage implement I plan on eventually purchasing which will hopefully help with some of the drainage issues.

My manure spreader has been out of commission for a couple of months now. I had a flat tire and it being older than I am, the old fashioned steel rims can be dangerous to work with. A neighbor helped me get the wheel and tire off and luckily helped me with trying to put on the new tire because the steel rim is VERY tricky. We're not quite finished; once he's able to weld it in a few places it will be good as new and I'll be able to spread compost where the fall planted garlic will go.

Plans are also in the works for putting up the high tunnel towards the end of September. I'll make sure and let everyone know the details as the time approaches. Maybe you would like to come and help!?!

I'm certainly enjoying the cooler weather and so are our fall veggies!

Happy Hollow Farm's Weekly Newsletter...

Thanks to all who joined us this past weekend at the mid-season CSA gathering. We had a wonderful time enjoying great food and great company!! The weather wasn't too stifling hot and I think the creek and pond were enjoyed by most of the folks who attended.

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	Yes	Yes	1 wk	Optional this week.
Cucumbers	Yes	Yes or crisper	1 wk	Diva & Little Leaf (this may be the last week for cucumbers)
Eggplant	Yes	Crisper	1-2 wks	The harvest is still slow on these so the partial shares will get them this week. Full shares next week.
Sun Gold Cherry Tomatoes	Yes/No	No	1 wk	NOTE: You can keep these in the fridge without losing the flavor or changing the consistency.
Tomatoes, multiple varieties	No	Counter	1 wk	The plants are starting to wind down so enjoy them while they last (maybe another week or 2 only)
Summer Squash	Yes	Yes or crisper	1 wk	Bennings Green Tint Scallopini (the little round ones) or Yellow Crookneck
Okra	Yes	Yes	1 wk	Try this week's second recipe on line for a great (non-mushy) quick way to fix Okra!
Peppers	Yes	Yes or crisper	1 wk	A mix of sweet and hot varieties
Zucchini	Yes	Yes or crisper	1 wk	Romanesco.(striped variety) or Dark Green
Watermelon	Yes/No	Counter until cut	1 wk	Small but delicious! Partial shares this week.

Recipe Corner

Just the beginning of some of our favorite recipes are available on the Recipes Page of the www.happyhollowfarm-mo.com website. More recipes will be added each week!

COOL AS A CUCUMBER

Chilled Cucumber Yogurt Soup:

Scoop the seeds out of 2 medium/large sized cucumbers, peel half the cucumber (we usually do it in strips around the outside of the cucumber leaving some peel), rough-chop the cucumber and add to a blender with 1 cup plain yogurt, salt and pepper to taste, and the juice of 1 lemon. Barely cover cucumbers with cold water and blend. Chill until ready to serve.

Super good, super fast & super easy!!

SAUTEED OKRA recipe is on the Recipes page of the website

<http://www.happyhollowfarm-mo.com/recipes/>