

Happy Hollow Farm CSA

Week of November 29, 2010
Week1 Winter CSA Distribution

Veggie of the Week

Dill- This versatile herb originated in Central Asia and is in the same plant family as parsley. Dill was praised by the Romans for its fortifying qualities, and food given to the gladiators was covered with it. It was one of the herbs used by magicians in spells and charms against witchcraft. The name comes from the Saxon word *dilla*, meaning “to lull” (the seeds were first used to soothe babies to sleep.) The leaves of the plant, often called “dillweed,” are used either fresh or dried as an herb, often added to hot dishes at the last minute to preserve their delicate flavor. Because their flavors are so different dill weed and dill seed are not good substitutes for each other. Try your fresh dill in this week’s Buttermilk ranch recipe.

Lemongrass- This less common herb is a real treat for those who like to cook! There are a lot of what look like very good recipes on Epicurious.com for fairly simple dishes using lemongrass. We’re going to make the roasted chicken this week. Katie also has chopped the inner stalks into one inch long pieces and included them when she bakes fish (delicious!!). The lemongrass adds a delicious lemony flavor without the acidity you get from lemons.

Farm Happenings

Welcome to the first season of the winter CSA! For those of you new to Happy Hollow Farm welcome and for you seasoned members, I’m excited to continue to have the opportunity to provide all of you with delicious organically grown produce on a farm just 30 miles west of Columbia, Mo.

The high tunnel [Photo Gallery](#), where all of your winter veggies are currently growing, was constructed this past October with the help of numerous friends, neighbors and CSA members.

So far the growing conditions have been really good despite an early onslaught of aphids and white fly. After a couple applications of insecticidal soap I think they are pretty much under control. These little critters really do like the Brassica family (Chinese cabbage, Broccoli Raab, Hakurei turnips, mustard, etc.) of plants of which there are many currently in the high tunnel.

This week’s share is a bit on the slim side. Although the high tunnel is FULL of lovely veggies they are just growing a bit slowly. The cold cloudy days we’ve had during the last week slowed down the maturing time quite a bit. The 10 day forecast has a lot of sunny days in it so I expect some rapid growth which means some very full shares yet to come. Enjoy your veggies this week!

Happy Hollow Farm’s Weekly Newsletter...

As a reminder I would like for all members to please bring your own bags, boxes, containers, etc. to put your veggies in and leave the black crates nicely stacked in Sarah’s garage. Thanks for helping me with this!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Dill	Yes	Plastic bag	1 wk	Use in this week's salad dressing recipe
Garlic	No	Counter	1-2 wks	
Head Lettuce	Yes	Yes	1 wk	Green Oakleaf
Leeks	Yes	Crisper	1-2 wks	
Lemongrass	Yes	Plastic bag	1-2 wks	
Radish	Yes	Crisper	1-2 wks	Remove tops for longer storage
Spinach	Yes	Plastic bag	1 wk	

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!

Buttermilk Ranch Dressing

yield: Makes 1 1/2 cups

Ranch dressing:

- 1/2 cup buttermilk
- 1/2 cup mayonnaise
- 3 tablespoons finely chopped fresh chives
- 3 tablespoons finely chopped fresh Italian parsley
- 2 tablespoons finely chopped fresh dill (in this week's share)
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon freshly ground black pepper

For ranch dressing:

Whisk all ingredients in small bowl to blend. Cover and chill until ready to use.