

Happy Hollow Farm News

Week 5 of 25 - June 13, 2011



Happy Hollow Farm
Liz Graznak

17199 Happy Hollow Road
Jamestown MO 65046
660-849-2430

lizgraznak@happyhollowfarm-mo.com
www.happyhollowfarm-mo.com

Spring Turnips and Raisins¹

- 2 tablespoons olive oil
- 1 medium onion, diced
- A bunch of hakurei turnip bulbs chopped into 1-inch (or so) squares
- Swiss chard, washed and chopped
- About 1/2 cup raisins
- Salt and pepper to taste
- 12 ounces small-type pasta or rice [optional]

1) Heat the olive oil in a skillet and saute the diced onion at a low-medium heat until soft and translucent (about 5 min.)

2) Add the turnip bulbs, sprinkle with salt, stir, cover, and cook until you can easily pierce the turnips with a fork.

3) Uncover, add the greens and raisins and cook until the greens are wilted.

4) Put mixture on top of pasta or rice, if you like.

¹ From *Asparagus to Zucchini* adaptation

Spotlight on Hakurei Turnips



Hakurei turnips (*Brassica rapa*) are not your standard big, strong-flavored turnip. This is a variety of turnip prized for its sweet, fruity flavor and crisp, tender texture. They are a good source of vitamin C (particularly when eaten raw), potassium, and calcium. The greens, like many of the brassica family, are packed with vitamin A.

Hakurei turnips are great to munch on raw and kids love them as snacks. The turnips can be sliced and added to a salad, just like radishes. You can add them to a relish tray, sliced or cut into strips. Try thinly slicing the bulb and dressing very lightly with sesame or olive oil and a vinegar of your choice for a nice side dish. The turnip bulbs can be quickly cooked by steaming or roasting in the oven. To see if they're done, prick with a fork to determine if the softness is to your liking. The bulbs can be substituted in recipes for other root vegetables such as potatoes.

Turnip tops are one of the classic greens used in Southern dishes cooked with ham or bacon. Though the hakurei tops are not yet included in your share because of harvesting and storage conditions at the farm, the dark green tops can be eaten raw in salads or lightly cooked by sautéing or steaming. Any green, such as kale or swiss chard, can be substituted for turnip tops in recipes (see sidebar recipe).

What's in your share this week

For full, partial, and single shares

- 🍷 Baby bok choy
- 🍷 Fennel
- 🍷 Hakurei turnips
- 🍷 Head lettuce
- 🍷 Radish
- 🍷 Swiss chard

In addition for full and partial shares

- 🍷 Arugula
- 🍷 Collard greens
- 🍷 Garlic scapes

In addition for full shares

- 🍷 Pea shoots



Remember to return one box when you pick up your share!

Farmer Liz Update

Well, it was a tough, long, hot week here on the farm. Though everything is right on schedule—transplanting is mostly finished for the next couple of weeks, weeding is an ongoing project, the veggies are happily growing provided they get some water from the pond every few days—I lost my beloved grandfather suddenly last Wednesday morning.

My grandfather, Wayne Gladney, was an amazing man and ahead of his time in so many ways. He and my grandmother were instrumental in raising my three sisters and me. Grandpa was the driving force behind the woman I have become today. He taught me how to ride a bike, whistle, and drive a car. He was the only one in my family that didn't tell me I was crazy when I explained that I wanted to grow vegetables for a living. And, he was the first person I told that I was in love with a woman.

“Oh, The Things You Can Do With A Farm-Share Box”

Check out this NPR story by Nicole Spiridakis to learn more about other people's experience with being a CSA member.

If I needed anything, Grandpa was there for me. He taught me that I had to learn to take care of myself and that I could achieve anything if I worked hard enough for it. Though he wasn't known for praising, he showed his affection by telling me how I could do something better. I could always count on my grandfather for tough love, but it was the biggest love I've ever known. I am going to miss him terribly, but I also know that he is with me in everything I do. Farmer Liz

Wayne Gladney

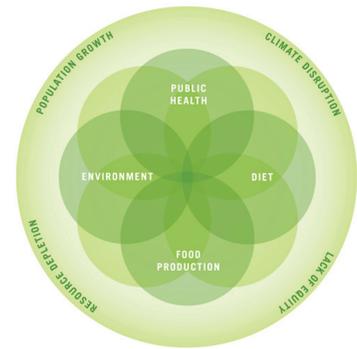
Farmer Liz's grandfather, Luther Wayne Gladney, died at home on June 8, 2011 at the age of 83. Wayne was born on September 27, 1927. Sixty-two years ago, he married Betty June Graves and they had two daughters, Susanne and Rebecca (Liz's mom). Together, Wayne and Betty gave love, attention, advice and wisdom to their daughters and granddaughters. Wayne was devoted to his family and took joy in working and talking to everyone he met.

Wayne was a hard worker from an early age on his parents' dairy farm and owned restaurants in Columbia, including G&G, Max's Campus Snack, Ernie's Steak House, Farmer's Cafe, White House, Salt and Pepper Lounge, and others. In “retirement,” he was known as The Wood Man, rural mail delivery man, Meals on Wheels driver, and FedX expedite driver.



Farmer Liz's grandfather,
Wayne Gladney

Memorial service
2 p.m., Saturday, June 18
Parker Funeral Service
22 N. Tenth Street, Columbia
(Visitation starting at 1 p.m.)



The Center for a Livable Future

The *Center for a Livable Future* is part of Johns Hopkins University in Baltimore, Maryland. The Center promotes research and publishes many reports that might be of interest to the Happy Hollow Farm members, such as how industrialized food production systems impact human health and the natural environment. It tries to answer such questions as “can organic farming feed the world?”

The Center advances an ecological perspective in reducing threats to the health of the public and promotes policies that protect health, the global environment and the ability to sustain life for future generations.

The Center develops and communicates information about the complex interrelationships among diet, food production, environment and human health. These are all elements of a single, complex system (illustrated in the model above). Change to one element invariably affects the others, sometimes in unpredictable ways.

<http://www.jhsph.edu/clf>