



Happy Hollow Farm News

Week 6 of 25 - June 20, 2011



Happy Hollow Farm
Liz Graznak

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

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

Spotlight on Endive and Escarole



What's in your share this week

*For full, partial,
and single shares*

- 🌿 Collard greens
- 🌿 Endive or escarole (one or the other)
- 🌿 Hakurei turnips
- 🌿 Head lettuce
- 🌿 Pearl drop onions
- 🌿 Swiss chard

*In addition for full
shares*

- 🌿 Fennel
- 🌿 Kale



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

Escarole and Bean Soup¹

- 2 tablespoons olive oil
- 2 chopped garlic cloves
- 1 pound chopped escarole or endive
- 4 cups low-salt chicken broth (or other stock)
- 1 (15-ounce) can cannellini beans, drained and rinsed (or other bean of your choice)
- 1 (1-ounce) piece Parmesan cheese
- Salt and black pepper

Heat olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste.

¹ Food Network

Ever notice the wild chicory with its blue flowers growing along side the roadways starting this time of year? It's closely related to both the endive or escarole you will be receiving in your share this week. Confusion abounds when trying to understand the differences between these bitter-type lettuce plants. Just know the veggies you're receiving have been cultivated to be milder in flavor than the wild varieties.

Endive frisee has deeply cut, curled leaves with a mild flavor, while escarole has broad, smooth leaves and tends to be more bitter than endive frisee. Both will keep a long time in the refrigerator if stored in a perforated plastic bag. Both are also interchangeable in recipes.

It's a spring tonic to eat these greens either raw, lightly sauteed, or mixed in a soup (see recipe). Here are some ideas for spring salads;

- Place endive or escarole on individual salad plates, crumble blue cheese over them and sprinkle with green onion. Drizzle over a vinaigrette of olive oil, lemon juice, salt and pepper.
- Crumble goat cheese on your escarole or endive salad, garnish with red onion and slivers of garlic. Dress with olive oil, lime juice, and honey.
- Mix endive or escarole, beets, apples, and walnuts and toss with your favorite dressing.
- Mix endive or escarole, fennel, some fish, and a vinaigrette whisked with a little fish stock.

Farmer Liz Update

The cool weather this week has given us, your farmers, and the veggies a nice reprieve from the unseasonably hot June we've been having so far. The first plantings of all the summer veggies – summer squash, tomatoes, cucumbers and peppers – are now in the ground and growing very nicely.

We use row cover over the cucurbits – summer and winter squashes, and cucumbers – to keep the squash bugs and cucumber beetles off the plants so they can get some good growth before they start to flower and set fruit. These pests are some of the most damaging for organic farmers because they spread disease between the plants which causes the plants to die prematurely. Over the course of the summer we will put out three different plantings of the various summer cucurbits to keep everyone in a steady supply of these favorite summer staples.

Studies identify risks of prenatal pesticide exposure

Three separate studies published in April found that children exposed to certain pesticides in utero have somewhat lower IQs than do children with virtually no exposure. Results from the studies – two conducted in New York and one in a California agricultural community – suggest prenatal exposure to organophosphate pesticides can have a lasting effect on intelligence. All three studies appear online April 21 in *Environmental Health Perspectives* (see sidebar).

One of the pesticides tested in the studies is chlorpyrifos, which kills by inhibiting certain brain-signaling compounds in the insects. Chlorpyrifos, was commonly used on pets, in the garden, and around the house, until it was banned for

Order Now!
Fresh Frozen Chickens

- Raised and butchered locally by a friend of Farmer Liz's.
- Fed non-GMO grain without hormones or antibiotics.
- Weight about 5–6 pounds; cost is \$4.50/lb.
- Delivered frozen to the drop site.
- Place orders with Farmer Liz by June 24 for delivery in mid August.

This time of year on a Missouri vegetable farm is always an interesting and challenging time as we move out of spring and into the throws of summer. I'm hoping some of the first summer squashes will be in your shares in 2–3 weeks. Enjoy your veggies this week!

Cheers, Farmer Liz

residential use in 2001. However, it is still used in agriculture on soybeans, lettuce, asparagus, broccoli, cabbage, fresh corn, melons, onion, strawberries, and wheat.¹

In 2007, the Natural Resources Defense Council and the Pesticide Action Network of North America filed a *Petition to Revoke All Tolerances and Cancel All Registrations for the Pesticide Chlorpyrifos* with the Environmental Protection Agency (EPA). The EPA was supposed to have published a health assessment of the pesticide by June 1, 2011, but they have delayed the assessment until July 1. It will be available for public comment and we will keep you informed through this newsletter when it's available.

¹NASS Agricultural Statistics Service



Environmental Health Perspectives

Environmental Health Perspectives (EHP) is a monthly journal of peer-reviewed research and news, and has all three studies conducted on prenatal pesticide exposure mentioned in this newsletter.

The EHP publishes articles from a wide range of scientific disciplines encompassing basic research; epidemiologic studies; risk assessment; relevant ethical, legal, social, environmental justice, and policy topics; longitudinal human studies; in vitro and in vivo animal research with a clear relationship to human health; and environmental medicine case reports. Because children are uniquely sensitive to their environments, EHP devotes a research section specifically to issues surrounding children's environmental health.

The journal is published by the U.S. National Institute of Environmental Health Sciences, National Institutes of Health, Department of Health and Human Services. EHP's mission is to serve as a forum for the discussion of the interrelationships between the environment and human health by publishing in a balanced and objective manner the best peer-reviewed research and most current and credible news of the field.

<http://ehp03.niehs.nih.gov/home.action>