



Happy Hollow Farm News

Week 7 of 25 - June 27, 2011



**Happy Hollow Farm
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Other Ideas for Using Kohlrabi¹

- Grate kohlrabi raw into salads, or make a non-traditional coleslaw with grated kohlrabi, radish, chopped parsley, scallions, and dressing of your choice.
- Steam kohlrabi whole 25-30 minutes or thinly sliced 5-10 minutes. Dress slices simply with oil, lemon juice, and fresh fennel fronds, or dip in flour and briefly fry.
- Chill and marinate cooked kohlrabi for a summer salad. Add fresh herbs.
- Mash cooked kohlrabi, mix with cooked potato, form into patties, and fry in olive oil.
- Use kohlrabi leaves like other greens (you might want to remove the center rib) in salads, steamed, or in soup, stews, or stir-fry.

Spotlight on Kohlrabi

Another relative of broccoli, kohlrabi (*Brassica oleracea*) is as nutritious with a lot of vitamins A and C, and minerals potassium and calcium. It is considered a hybridized cabbage (“kohl”) and turnip (“rabi”). The edible globe is actually a swollen stem, which can be eaten raw or cooked, much like the other vegetables you’ve received in your spring shares so far. After washing, trim away any woody or tough portions of the skin. It does not have to be peeled after cooking. The globe keeps a month in the fridge; use the leaves quickly.



Kohlrabi Patties with Cilantro-Yogurt Sauce¹

Patties

- 1 tablespoon (tbs) Dijon mustard
- 1 tbs minced ginger
- 1 tbs minced garlic or garlic scapes
- 1 tbs curry powder
- salt/pepper to taste
- 1/2 cup packed greens
- 3 kohlrabi, peeled and finely chopped
- 2 tbs flour
- 1 egg
- 1/4 cup olive oil
- 1 cup bread crumbs

Sauce

- 1 bunch cilantro, stemmed, finely chopped
- juice of 1 lime
- 1/2 teaspoon (tsp) salt
- 1 tsp honey
- 5 ounces plain yogurt

Combine and let sit 30 minutes; store in fridge.

Mix all ingredients for patties, except bread crumbs. Form mixture into small patties, squeezing out moisture. Roll patties in bread crumbs, and fry on medium-low heat in about 1/4 cup olive oil on both sides until golden brown. Drain and serve with cilantro yogurt sauce.

¹From *Asparagus to Zucchini*

What's in your share this week

For full, partial, and single shares

- 🍷 Bok choy
- 🍷 Cilantro
- 🍷 Endive or escarole (one or the other)
- 🍷 Kale
- 🍷 Kohlrabi
- 🍷 Scallions
- 🍷 Swiss chard

In addition for full and partial shares

- 🍷 Hakurei turnips

In addition for full shares

- 🍷 Fennel



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

Farmer Liz Update

What a great week we've had here on the farm! Tomatoes have been trellised and weeded, the melons and second planting of cucumbers have been planted and mulched. The sweet potatoes were hilled and planted. The summer lettuces, fall carrots and beets, scallions and cutting lettuce have been seeded and/or planted. The first planting of green beans are up and growing fast.

Last, but not least, we got some much needed mowing and weed-knocking down done this past week. Of course the weeds will be a constant battle for us but we're making good progress in staying on top of them.

Staff Profile: Jill Rostine

Jill Rostine grew up on a farm in Southern Illinois, then moved to Columbia to attend MU in 1993. As a farm kid, Jill loved hiking through the woods, reading by the creek, playing with the animals, making lemonade for her grandpa on hay-baling day, picking and eating mulberries from the tree in the pasture, and helping her mom in the garden.

As an adult, Jill's love of the simple life and good food has grown into a passion. She loves talking about, preparing, and eating good food. In search of a gratifying career, Jill decided to build on the lessons of her mother and both grandmothers and bake. Jill has worked as a pastry baker for the last eight years. You might recognize her from many years working at Uprise Bakery. Today, she bakes for Stephens College and runs her own business called Good Food Co., where she cooks, bakes, and decorates cakes.

During this year's summer break, Jill is enjoying country drives out to the farm and dusty, sweaty,

Two new farm apprentices started this week, Eric and Susie, who added to the already great crew we've had so far this season, Christina, Fares, and Jill. We're making great progress in tackling the "to do" list!

All the veggies and all of us on the farm really enjoyed the cooler weather. I know most of you probably never thought you'd here me say it.... but.... we could really use some rain ... if we could only get an inch or two! Luckily, we have a huge pond that we use for irrigation, but there's nothing like a good ground-soaking rain.

Here's to another great week ahead; enjoy your veggies!



long days of hard work followed by refreshing pond swims and really delicious dinners. She shares a cozy little house in Columbia with her wife, Rhea, and their three cats.



Beyond the Plate

Ever hear "these problems in the American diet have really come about in the last thirty years?" One of these problems is a result from having changed from eating foods rich in Omega 3 fatty acids (green leafy vegetables, fish, and meat and milk from pastured animals) to diets rich in Omega 6 fatty acids (corn, soybean, safflower, and cottonseed oils, and livestock eating corn and soy products from confined animal-feeding operations).

The ratio of omega 6 to omega 3 is supposed to be 1:1 or 2:1, respectively, but is usually 20:1 or even 30:1 in the modern American diet. According to Dr. Joseph Hibbeln, Captain in the U.S. Public Health Service, this imbalance and the resulting deficiency of omega 3 in the diet causes disorders of the nervous system, brain, and heart, and is the "biggest challenge to the future of humanity."

This is what Columbia resident and the KOPN Food Sleuth, Melinda Hemmelgarn, M.S., R.D., writes on the Organic Valley web page entitled "Beyond the Plate." The Food Sleuth had Dr. Hibbeln as a guest on her KOPN radio show June 2. (Get podcast from KOPN.) He convincingly describes the problem with this change in the modern diet, and provides recommendations for how to improve your diet.