



Happy Hollow Farm News

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Liz Graznak

17199 Happy Hollow Road
Jamestown MO 65046

660-849-2430

lizgraznak@happyhollowfarm-mo.com

www.happyhollowfarm-mo.com



Peppers are delicious eaten most any way you can think of: raw as a delicious summer snack, in a salad, slightly sauteed and added to eggs, add them to a stir fry, they make a great addition to burritos, stuffed bell peppers was one of my favorites growing up, and I could go on!

Enjoy this wonderful summer HEAT loving vegetable.

Spotlight on Sweet Peppers



Christopher Columbus brought peppers back to Europe from the Americas. When he tasted the natives' food, which was seasoned with dried pepper powder, the flavor was reminiscent of pepper, which Marco Polo had brought back from the Orient; hence the name for this vegetable.

Like all other peppers, sweet peppers contain high levels of vitamin C, and are the only peppers mild enough to consume with an eye toward nutrition. **Green bell peppers** (which most of you will receive this week) contain chlorophyll as the coloring agent. Red bell peppers are nutritionally superior to green peppers (the red peppers will come later in the season as we leave peppers on the plants to ripen). The level of carotene, an antioxidant, is nine times higher in a red bell pepper than in a green one. The red bell peppers also has twice as much vitamin C.

What's in your share this week

For full, partial & single shares

- * Sweet peppers (green bell, sweet banana, or apple)
- * Summer Squash
- * Zucchini
- * Cilantro
- * Garlic
- * Basil
- * Baby beets

For full & partial shares

- * Scallions

For partial shares

- * Cabbage

Remember to return one box when you pick up your box each week





Farmer Liz Update

I feel that some time needs to be spent making everyone aware of the severe stress our vegetable plants have been enduring due to the excessive heat we've been experiencing the past many days. Despite almost daily waterings of the various beds around the farm, when the soil becomes so dry and the air so hot the greatest effect watering can have on our vegetables is to aid in the struggle of keeping the plants alive. Very little of the plants energy goes towards producing any fruit.

As an example, despite the fact that our tomato plants have young green tomatoes on them, when it is this hot and dry for such extended periods of time, fruit production comes to a grinding halt. If a tomato plant is lucky enough to produce a new flower during high stress situations, the pollen viability within that flower is greatly reduced, thus lowering the chance of the plant to produce a viable fruit. Although the example is for a tomato, this scenario exists with all vegetables. Meaning most all of the vegetables that are currently out in the fields at this time.

I remain hopeful that we will get a break in the heat soon, not only for the plants sake but also for your farmers' sake! However, it is possible that the share boxes may be on the light side for the next couple of weeks. I do appreciate everyone's understanding and continued support of the farm!

Farmer Liz



Americans seem to be spending a lot of time talking about how and what they eat. Harvest Public Media seeks to contribute to the discussion with their first documentary. "Home Fields: Digging Into Local Food," produced by our partner NET in Lincoln, Neb., will air on PBS stations across the Midwest this month.

One of five compelling radio stories, "A cultural disconnect" features [Happy Hollow Farm CSA member, Jill Rostine](#). You'll find all of the stories at Harvestpublicmedia.org, along with video, slideshows, photos, links and interactive graphics. Lovacore or not, they think you'll find much to appreciate in their look at how this movement is changing the conversation on food production in the United States. Check out Harvest [Public Media Home Field](#) stories every Friday at 4:20pm on NPR.