



Happy Hollow Farm News

Week 21 of 25 - Oct. 3, 2011



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Oven-Roastd Beets & Garlic

Recipe brought to you by CSA member Karlan Seville

- * 4 large beets, trimmed, pared & quartered (about 2 cups)
- * 6 garlic cloves, quartered
- * 2 1/2 tsp. chopped fresh thyme
- * 2 tsp olive oil
- * 1/4 cup + 1 Tbl. orange juice

1. Preheat oven to 375. In medium bowl, combine beets, garlic, oil and 1/2 teaspoons of the thyme. Transfer to a 9x13" baking pan.
2. In same bowl, combine juice and 2 Tbls. water; pour over beet mixture. Roast, covered with foil, 50 minutes, until tender. Remove foil; roast 10 minutes longer. To serve, sprinkle with the remaining teaspoon of thyme.

Spotlight on Tatsoi



It's that time of year again when the asian greens start to make their appearance in your CSA boxes. For a few weeks in the spring and fall these delicious, nutrient dense, leafy veggies grace us with their fabulous flavors and textures. SO... break out your stir fry pans & recipes and start stirin'!

Stir fries are one of the quickest and easiest meals that happen in our kitchen here on Happy Hollow Farm. Just about any veggie can be tossed into a stir fry; just add some tofu or strips of meat for protein and you have a one dish meal. There are some great recipes on Epicurious.com for how to use Tat soi as well as the other asian greens (Bok choi & Napa cabbage which will be in the coming week's shares).

Some of the key ingredients for a successful stir fry are rice wine vinegar, fish sauce, soy sauce, sesame oil, fresh ginger & garlic. With these and other sauces you can whip up a tasty meal in no time flat. ENJOY the delicious sweetness of the fall veggies!!!

What's in your share this week

For full, partial & single shares

- * Beets
- * "Carnival" winter squash - just like Acorn but fun colors
- * Cherry tomatoes
- * Eggplant
- * Kale
- * Mix of sweet & hot peppers
- * Pea shoots
- * Scallions
- * Swiss Chard OR collard greens
- * Tat Soi

Full & partial shares

- * Summer Squash
- For full shares*
- * Arugula

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



PLEASE TAKE NOTE

In this week's share all members have the opportunity to choose 1 bunch of either Swiss Chard OR Collard Greens. If you prefer one over the other then make sure and get to your distribution site early so you will get your choice green. ENJOY!

Farmer Liz Update



Exactly two weeks ago today my dear friends Tom Rugierri & Rebecca Graff from [Fair Share Farm](#) in Kearney, MO brought their interns to HHF for the day. This type of educational exchange between farms is quite common as we farmers attempt to provide the opportunity for young budding farmers to see and work on

different farms in the mid-MO area. The timing was PERFECT that Tom, Rebecca, Danny & Lucas came on the Monday after I had pretty seriously hurt my back. (Two weeks later I'm still recovering but at least able to do things without too much pain.) Tom & Rebecca are considering putting up a high tunnel so having them here not only helped me out tremendously but gave them some hands on experience in "Big Bertha". We spent most of the day prepping the soil and planting things for the winter CSA season.



Calling all CSA members...

- * Are you energetic, organized and detail oriented?
- * Are you willing to help with some of the business & organizational details of making HHF CSA a great experience for all?

THEN... we want you!

... to join the Happy Hollow Farm CORE group. Details are on the [HHF website](#).

An informational meeting is scheduled for Saturday October 29th at 5:30pm at Uprise Bakery. Please contact Farmer Liz if you would like to join us!



Healthy Food Action

Support America's Beginning Farmers

Providing a healthier diet for all Americans, and stemming the tide of "diabetes" and other diet-related disease, will necessitate recruiting more men and women to become farmers.

Farming is among the most difficult professions to enter because of the enormous uncertainties in the market and the weather, not to mention the access to land and technical expertise required.

This Act will support new farmers by providing:

- Better access to land, capital and credit through government-backed loans.
- Greater access to conservation dollars so that new farmers can farm organically and in a way that fosters clean air, soil and water by
- Helping to reduce barriers to entry to farming at the local level by providing access to technical assistance and training.

The Beginning Farmer and Rancher Opportunity Act will help ensure a healthy, safe food supply for future generations and help create jobs in America now.

Support a healthier food system. Click on this link to write your U.S. Representatives asking them to co-sponsor [The Beginning Farmer and Rancher Opportunity Act of 2011](#).