



Happy Hollow Farm News

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REMEMBERING...



Last week we lost one of our CSA members to a long hard fought battle with cancer.

Royda was a very active Columbia resident! She was one of the first people I met when I moved back to Columbia 8 years ago and was always excited about my plans to start a CSA. Royda had a private practice as a psychologist and hypnotherapist and practiced HypnoBirthing. She hosted a radio show on KOPN called "Women's Issues, Women's Voices" where she became recognized for her wellness tips. She volunteered with the Unity Center and Show Me Dharma, a nonprofit organization dedicated to community development based on Theravada Buddhist practices. Royda will be dearly missed by all those who knew & loved her!!

Spotlight on Chinese Cabbage



This is one of the largest Chinese Cabbages I've harvested so far this year! Ada is the 18 month old (3' tall) great granddaughter of my dear friend's JT & Mary Cassil. As everyone saw last week... there are some BIG cabbages this fall!

Chinese cabbage is commonly known as napa cabbage and has been cultivated in China since 500 A.D., but was not introduced into this country until the late 19th century. These cabbages are not known for their nutritional value so much as their extremely long storage ability. We had a head last nearly 3 months thru last winter before we finally got around to eating it. And it was in perfect shape and deliciously sweet!

Chinese cabbage is very versatile, both raw and cooked. Katie included it in a stir-fry last week and she's also made cole slaw with it. You can substitute Chinese cabbage in any recipe that calls for common cabbage just reduce its cook time by about 2 minutes. For an Asian-style salad, toss chopped cabbage with grated carrot, chopped green onion, toasted sesame oil, rice vinegar & soy sauce.

Do not remove the outer leaves until ready to use (this will help preserve its moisture) and keep it in a lightly sealed plastic bag somewhere in the lower part of your fridge.

What's in your share this week

For full, partial & single shares

- * Arugula
- * Bok choi OR
- Tat soi
- * Broccoli
- * Cherry tomatoes
- * Chinese cabbage
- * Delicata winter squash
- * Kale
- * Lettuce
- * Storage onions (small but delicious)

Full & partial shares

- * Fennel
- * Garlic
- * Greens mix
- * Sweet peppers

Remember to return one box when you pick



Farmer Liz Update

Rows and rows of frost cloth span the vegetable fields this week. Our first real frost came early on Friday morning. If you aren't familiar with this white spun nylon fabric, it is an essential on any vegetable farm where the danger of frost looms! I use this material in both the spring and fall and when you're careful with rolling it up for storage, a farmer can get many seasons of use out of the material. The only down side to frost cloth is the *WIND!!!*



The hard frost brings to an end the many weeks of delicious summer veggies that we've been enjoying but on the flip side sweetens up many of the kohlr crops that will be gracing us the next two weeks and into the winter CSA season. If you remember in last week's newsletter the picture of me holding a head of broccoli... (Thanks to my friend Tom for the fun idea!). Well, they are super sweet this week and although there are many ways to fix broccoli, my suggestion with this week's share is totally raw!

The last many week's have shown us bumper crops and for that I have many things to be thankful for! All the hard work that went into starting seedlings back in July & August, just the right amount of rain at the right times, nice warm weather with some cool nights sprinkled in, and super healthy soils. There are many factors that all have to align in order for the harvests to be as bountiful as they have been this last quarter of the CSA season. I can truly say this has been an amazing fall and for that I am very thankful!

Enjoy this week's bounty.

2012 CSA SEASON

Do you want to be a member of Happy Hollow Farm CSA for the 2012 growing season? Fill out a [member sign-up form](#) and send in a \$75 deposit (which will be applied to next year's member fee) and your spot will be guaranteed for next season.

Apprenticeship opportunities at HHF for the 2012 growing season



Are you or someone you know interested in learning the ins & outs of certified organic CSA farming?

An apprenticeship with Happy Hollow Farm will provide a great experience on a certified organic vegetable farm as well as an extensive learning opportunity for new farmers wanting to get their hands dirty and experience the good, the bad, the ugly & the immense rewards of organic farming.

My goal with providing an internship opportunity is to teach as much as I know about all aspects of farming from greenhouse work, in the field planting & weeding, planning, scheduling, organizing, bugs & diseases, equipment repair & maintenance, construction skills (when applicable), and everything else in between. While simultaneously working, working, working (in all weather) and having fun and enjoying the work while we do it.

Details are available on the [HHF website](#) at the bottom of the Membership Q&A page about the apprenticeship opportunity.