



Happy Hollow Farm Winter News

Week 1 of 6 - November 9, 2011



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Welcome to Week 1 of the Winter CSA season!

As we move thru the next 6 weeks into the first part of winter, I hope you will enjoy the delicious, sweet, fresh veggies we have growing in the fields for you.

You will be receiving a wide variety of fresh greens like lettuce & arugula as well as cooking greens like kale & swiss chard. There will also be regular appearances of hearty root vegetables like sweet potatoes & beets as well as a variety of winter squashes and garlic that have been in storage from the summer growing months.

I strongly encourage everyone to pick up your weekly share as close to 4:30pm as possible. The colder it gets, the more likely your veggies are to “freeze” before you get them home.

Spotlight on Endive

Another member of the Chicory family, which I highlighted in last week’s newsletter as well as earlier in the summer season. I hope everyone notices the



increased sweetness of this lovely vegetable when it is grown in the fall. As with many veggies, the cool fall nights and light frosts really bring out the sugary sweetness in the vegetables!

Don’t be fooled by it’s lettuce like appearance; if so you will be shocked by the slightly bitter flavor that are the main characteristics of this leafy vegetable. It will store for a couple weeks in your fridge in a loose plastic bag. Endive can be prepared in a number of different ways but our favorite is as a salad! Paired with dried fruit (we like figs or dates), goat cheese and a vinaigrette dressing, Endive makes a delicious addition to any meal.

Also, as a quick reminder for folks about Broccoli raab. The entire plant (leaf, stem & floret with flower) can all be eaten. Lightly sauteed in olive oil with garlic is our preferred method of cooking but if any of you CSA members have suggestions or recipes I’d love to hear them. We’re always looking for new exciting ways to prepare our veggies!

Need recipe ideas? Check this out!!!!

[Pan-Roasted Chicken w/ Honey Roasted Squash](#)

What’s in your share this week

For full, partial & single shares

- * Arugula
- * Broccoli
- * Endive
- * Hakurei turnips (best enjoyed raw!)
- * Leeks
- * Lettuce
- * Winter squash (Delicata)

Full & partial shares

- * Bok choy
- * Lettuce Mix
- * Sweet peppers

Great recipe ideas can be found on the [HHF website](#)

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



CSA EGG SHARES NOW AVAILABLE

These Happy Hollow Hens are laying eggs every day just for you!!!

Certified organic egg shares are now available thru your HHH CSA membership. Add any size Egg Share to your weekly CSA share and the eggs will be delivered each week with your vegetables. Sign up for your [Egg Share on the HHH website](#).

Egg share sizes include:

- 1/2 dozen eggs per week (\$3.50/week)
- 1 dozen eggs per week (\$6/week)
- 2 dozen eggs per week (\$11/week)



Fall growing in the High Tunnel



Farmer Liz Update

The fabulous fall weather we've had the past many weeks is responsible for the beautiful veggies that are currently

growing in the high tunnel (Bok choy, Lettuces, Fennel, Endive, Arugula). It is looking like we will have a bountiful winter season full of fabulous veggies.

Recently I've been busy with starting the huge tasking of cleaning up from the summer months; taking down tomato trellising, composting tomato, pepper and other summer vegetable plants. Rolling up miles and miles of drip tape and emptying irrigation lines is another huge task which will take at least another week or so to fully complete. Soon I'll also have to start putting down a new layer of mulch on all the permanent growing beds to get them ready for next spring.

I've also been paying close attention to the frequent rotation of the chickens into the growing areas from the summer. Currently they are pecking around in a couple of permanent beds where summer squash & tomatoes were. I know they are enjoying the squash bugs that like to nest in the mulch. Most of our chickens that we got this spring are heritage breed birds. There are some great pictures on the website if you'd like to see them.

Enjoy your veggies this week! Farmer Liz

REMINDER

CSA share pick up location is:

4:30pm-6:30pm
Sarah & John's house
2264 Country Lane
[Mapquest Map](#)

Please call if you cannot pick up your share. (573)-289-8356