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HAPPY HOLLOW FARM

Week 7 of 8 in the 2012 Winter CSA Season

BEETS (GOLDEN, CHIOGGIA, & RED ACE)



HIGHLIGHTED
VEGETABLE
OF THE WEEK

The Good News About BEETS...

Beets are packed with folate and potassium, and the red ones deliver lots of cancer-fighting antioxidants.

The beet has a long history of cultivation stretching back to the second millennium BC. The plant was probably domesticated somewhere along the Mediterranean, whence it was later spread to [Babylonia](#) by the 8th century BC and as far east as [China](#) by 850 AD. The ancient Romans considered beets an important health food and an aphrodisiac.

The beet became highly commercially important in 19th century Europe following the development of the sugar beet in Germany and the discovery that sucrose could be extracted from them, providing an alternative to tropical sugar cane. One thing to be aware of is that genetically modified sugar beets were [approved for use in 2012](#). Despite the USDA ruling beets remain a widely cultivated commercial crop for producing table sugar. To be sure you avoid GMO sugar beet sugar it is best to buy certified organic sugar. As a certified organic farm, I use only non-GMO seed & grow many heirloom varieties of beets, like Chioggia, the red & white striped variety.

CSA SHARE PICK UP

Wednesday 4:30-6:30pm
@ 2236 Country Lane

Organic veggies in this
week's share

Full, Partial & Single Shares

Beets
Garlic
Fennel
Lettuce
Onions
Watermelon Radish (not s spicy as most radishes)

Full & Partial Shares

Kale
Pac choi
Winter squash (*please use these soon; they will not last long on your counter due to the super cold weather*)

Single Shares

Tat soi (use like spinach)

Please remember to return
your box every week when
you pick up your next share.



How Much is Organic Certification Worth?

Many of you may have heard the story on NPR's **Harvest public media**, [read/listen to it here](#), last week regarding organic certification costs & the impact of the USDA's Organic Program on small farms like "ours". Although the reporter interviewed me over the phone for the story, she didn't end up using any of my quotes. She did however visit & interview another small local certified organic farm, [Chert Hollow Farm](#), run by good friends of mine.

I feel the story glossed over the significant & complex issues regarding organic certification for small farms such as ours. If you recall one of the questions asked in the Summer & Winter Surveys was "Whether or not organic certification is important to you, my CSA members?" The reason for this question goes to the heart of my struggle as to whether to continue to certify each year & what is important to you, my CSA members.

Currently, the USDA's organic program offers some cost share money's to help offset the hi costs involved with certifying. This cost share money allows for up to 70% of the actual certification costs but comes nowhere near covering the amount of time & effort spent, throughout an entire year, on the record keeping required by the USDA.

I firmly believe as a farmer & landowner in the [USDA's National Organic Program](#) and the principles, rules & regulations we as farmers are required to follow. However, if the cost share money's "disappear" as is being threatened with the passing of the new farm bill, it will require some serious considering on my part as to whether I will go thru the process of continuing to have Happy Hollow Farm be a certified organic farm.

I have spent quite a bit of time discussing this issue with my farming friends and it is a decision I don't yet know the answer to. One thing is for certain, whether the farm is "officially" certified or not, I will always follow the standards & practices set forth by the NOP as a matter of principal & because it is what is the best thing for the environment & our health.

Did You Know?



[The Missouri Organic Association \(MOA\)](#) is hosting it's annual conference in Springfield, MO February 7-9, 2013 at the University Plaza Hotel.

Learn about topics ranging from Canning & Preserving, Beekeeping, Culinary Herbs, Companion Planting & Native Landscaping & much more! Early bird registration discount ends December 31, 2012.

THIS WEEK'S CSA RECIPE

Fennel & Beet salad

Ingredients

- 4 beets, peeled and cut into 1/2-inch wedges (1 1/2 pounds)
- 2 thyme sprigs
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 1 large fennel bulb with fronds—bulb cut into 1/2-inch wedges, 1 tablespoon chopped fronds
- 1 teaspoon sherry vinegar

Directions

1. Preheat the oven to 400°. In a medium baking dish, toss the beets with the thyme, the water and 1 tablespoon of the olive oil. Season with salt and pepper. Cover with foil and

cook for about 40 minutes, or until tender. Let cool slightly.

Discard the thyme.

2. In a small baking dish, drizzle the fennel wedges with the remaining 1 tablespoon of olive oil and season with salt and pepper. Cover with foil and bake for 15 minutes. Uncover and bake for 15 minutes longer, or until tender and lightly browned.

3. Pour the beet juices into a bowl and whisk in the vinegar. Add the beets, fennel wedges and fronds and season with salt and pepper. Serve warm or at room temperature.