

OCT.

HAPPY HOLLOW FARM

Week 21 of 25, October 9th & 12th distributions

ARUGULA

LEEKS SWISS CHARD

HIGHLIGHTED
VEGETABLE
OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Arugula

Cauliflower

Endive

Peppers (sweet)

Radishes

Scallions

Swiss chard

Tomatoes (The cool weather means these heat lovers are really slowing down. Plan for only another week or maybe two for these in your shares)

Full & Partial Shares

Bok Choy

Eggplant

Full Shares

Cantaloupe

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

**REMINDER**

Winter CSA Season Memberships are still available...

Deadline to join is October 15, 2013

Enjoy 8 weeks of deliciously sweet winter veggies including winter squash, sweet potatoes, a variety of different luscious greens, carrots, beets, lettuce, spinach & onions

Sign up on the [Join Us](#) page of the HHF website



As you can probably tell by the bountiful shares the past many weeks, we are having a **fantastic** growing season! The upcoming weeks are also looking to be just as full of fabulous veggies. This is one of the perks of being a CSA member. You, our members, are able to share in the bounty when the crops are plentiful!

If some of you are feeling overwhelmed by the amount of produce, don't worry, you aren't alone! Remember that the veggies you receive each week are only a day or two old when they come to you so, if properly stored in your fridge, they will last well over a week.

This is also a good time to plan on freezing or putting some things up for the winter months. Think about making a big batch of soup and freezing it for pulling out on an evening when you don't have time to prepare a meal. Peppers of all kinds freeze incredibly well. Just put them in a zip lock bag whole, or diced if you prefer, and put them in the freezer to pull out for use in January.

It is falls like this that make me so gloriously happy and grateful that I am farming! I love the weather and as the pest pressure fades away we are graced with fabulous produce!

Cheers, Farmer Liz

Did You Know?

Keep Farmland for Farmers



By LINDSEY LUSHER SHUTE and BENJAMIN SHUTE

Published in the NY Times: September 30, 2013

CLERMONT, N.Y. — WHEN we went looking in upstate New York for a home for our farm, we feared competition from deep-pocketed developers, a new subdivision or a big-box store. These turned out to be the least of our problems.

Though the farms best suited for our vegetables were protected from development by conservation easements, we discovered that we couldn't compete, because conserved farmland is open to all buyers — millionaires included.

[Continue story...](#)

Arugula & Chickpea Salad w/ Heirloom Tomatoes

Ingredients

- 2 cups cooked chickpeas rinsed & drained
- 1 or 2 roasted jalapeno peppers, peeled, seeded, & julienned (*in your share*)
- 1/2 cup finely diced red Carmen pepper (*in your share*)
- 1/2 cup finely diced white Bianca pepper (*in your share*)
- 3/4 tsp. ground cumin
- 3 Tbl. fresh lemon juice
- 6 Tbl. extra-virgin olive oil
- 1/4 tsp. cayenne pepper
- 1/4 cup finely chopped parsley
- 1/4 cup finely chopped scallions (*in your share*)
- 1 bag arugula (*in your share*)
- 1 large heirloom tomato, sliced (*in your share*)

VEGGIE RECIPE OF THE WEEK

Directions

Combine all dressing ingredients, including jalapenos, in a glass jar with a lid. Give the jar a good shake to mix ingredients well. Place peppers, chickpeas & tomato in a medium bowl and season with salt & pepper to taste. Let sit at room temperature at least 30 minutes before serving. Add arugula to chickpea, tomato & pepper mixture. Pour dressing over salad & toss just before serving.

Makes 6 Servings

