

# Happy Hollow Farm CSA

Week of September 20<sup>th</sup>, 2010  
Week 17 CSA Distribution

## Veggie of the Week

### **Escarole**

Escarole is related to Belgian endive and is in the same botanical family as chicory and endive. The name derives from the Latin *esca*, which simply means “food”.

Enjoy this delicious green cooked in any number of different recipes or fresh in a salad. (Shelda, one of the CORE group members, sent an e-mail in one of the first few weeks of the season with a number of different recipes for escarole). Check out this week’s recipe. It’s delicious!! Dried fruit, goat’s cheese, and nuts also make a great addition to salads that have bitter greens in them.

This will probably be the last week for summer squash and zucchini. The squash bugs are really starting to take their toll on the plants. Summer is quickly coming to a close and fall is almost here. I think this is my favorite time of year. Warm days, cool nights, occasional rains, the veggies just love growing in this kind of weather! I love it too... it’s rejuvenating after a long hot summer.

## Farm Happenings

This seems to be the week for tackling projects that I’ve been putting off for most of the season. I finally buried and covered with gravel the drainage pipe that takes water away from the back wall of the greenhouse. Not only did that allow me to get rid of the pile of gravel that has been sitting in the driveway but I also got the pipe buried.

Almost two months ago my neighbor JT hauled me 8 dump truck loads of cow manure based compost. I needed to push all the little piles into one large windrow so that I could easily access it with the skid steer to turn it. In order to use the compost and comply with the NOP rules I have to turn the compost every day for 6 days and monitor the soil temperature each time it is turned. If the temperature is reaching the 180 degree range then potentially harmful bacteria are killed and the compost will be able to be used directly when I transplant things into ground.

I’ve also been busy seeding more veggies in the greenhouse for the winter CSA season (details on the website under Q&A) as well as finishing up last minute tasks to make sure I’m ready for the high tunnel workshop next week. According to the woman handling registration there are 30 participants registered for the workshop!

## **Happy Hollow Farm’s Weekly Newsletter...**

If anyone has recipes that you’d like to share with the rest of the members please send them my way. Especially for the fabulous greens that we will be enjoying over the next many weeks.

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	Yes	Yes	1 wk	Green leafy herb
Eggplant	Yes	Crisper	1-2 wks	
Escarole	Yes	Yes	1 wk	This lovely slightly bitter green is delicious cooked or in salads
Head Lettuce	Yes	Yes	1 wk	Summer Crisp
Kale	Yes	Yes	1 wk	Dinosaur (green lizard skin appearance) or Red Russian (frilly red/purple leaves)
Radish	Yes	Plastic bag or crisper	1-2 wks	Remove tops for longer storage and crispier radishes
Scallions	Yes	Yes or crisper	1 wk	Scallions
Summer Squash	Yes	Yes or crisper	1 wk	Yellow Crookneck or Success Straightneck (probably the last week)
Okra	Yes	Yes	1 wk	Swap box this week
Peppers	Yes	Yes or crisper	1 wk	A mix of sweet and hot varieties
Zucchini	Yes	Yes or crisper	1 wk	Dark Green or Romanesco (probably the last week)

## Recipe Corner

Just the beginning of some of our favorite recipes are available on the Recipes Page of the [www.happyhollowfarm-mo.com](http://www.happyhollowfarm-mo.com) website. More recipes will be added each week!

### **Warm Escarole Salad with Goat Cheese, Hard-Boiled Eggs, & Bacon**

- 1 head of escarole, torn into large bite-size pieces (about 8 cups)
- 2 bacon slices
- 1/4 cup extra-virgin olive oil
- 3 tablespoons white balsamic vinegar
- 1/2 cup finely chopped shallots (or green onions)
- 2 hard-boiled eggs, chopped
- 1 5.5-ounce log soft fresh goat cheese, coarsely crumbled

#### Preparation

Divide escarole among 6 plates. Cook bacon in medium nonstick skillet over medium heat until crisp. Transfer to paper towels to drain; reserve skillet with bacon drippings. Finely chop bacon; set aside. Whisk olive oil and vinegar in small bowl to blend. Heat bacon drippings in skillet over medium heat. Add shallots; sauté until slightly softened, about 3 minutes. Add olive oil mixture and whisk just until heated through, about 1 minute. Season to taste with salt and pepper. Drizzle vinaigrette over escarole. Sprinkle with eggs, goat cheese, and bacon.