

# Happy Hollow Farm CSA

Week of September 6<sup>th</sup>, 2010  
Week 15 CSA Distribution

## Veggie of the Week

### **Sweet Potato Greens**

I learned something new last week from my farming friends in Kearney, MO. You can eat the greens from sweet potato plants and their surprisingly mild flavor and super nutritious value make them a great addition to this week's share! After planting the sweet potato slips back in mid May, the plants have been growing all summer and now it's time to cut back the vines so the roots can start absorbing most of the plants energy.

There will be sweet potatoes in another few weeks! But for this week along with the other super yummy veggies in your share I thought everyone should have their first taste of the many fall greens yet to come.

Check out the recipe below for my friend Tom's suggestion on how to best cook the greens. You can pretty much think of them like spinach so any of the ways you cook spinach you can cook sweet potato greens. The one very important thing to note that makes them different from most greens is that they DO NOT tolerate cold well. Do not store them in the fridge. The best way to store them is with their stems in a glass of water until you decide to eat them.

## Farm Happenings

Thanks to Labor Day for a long weekend! Katie & I were able to enjoy some much needed rest and down time. A friend's birthday and the local Jamestown Labor Day picnic were great excuses to leave the farm.

This past week has been a busy one with lots of things being seeded in the greenhouse in preparation for the soon to be constructed high tunnel (about 3 weeks away now). 4 different varieties of lettuce, tat soi, swiss chard, fennel, mustard greens, dill, chinese cabbage, and hakurei turnips will soon be popping up their little green heads from the soil blocks.

With the help of 4 members this past Saturday not only were we able to harvest vegetables for the share and pack the Saturday boxes but we also got some much needed weeding done in the fall beds. After last week's rain the weed seeds were germinating like crazy. But the beds look beautiful now and everything is growing really well. If you can believe it after all the rain earlier this season, I've actually been irrigating a couple times a week in order to keep all the leafy vegetables growing happily. I'm super grateful for the big pond up hill from the growing areas!

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

If anyone has something they would like to add to the newsletter please let me know and I'm happy to add it!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Basil	Yes	Yes	1 wk	Green leafy herb (Still a few weeks left of this lovely herb... Enjoy it while it lasts!)
Eggplant	Yes	Crisper	1-2 wks	Partial shares it's your turn this week.
Scallions	Yes	Yes or crisper	1 wk	
Sun Gold Cherry Tomatoes	Yes/No	No	1 wk	The cool weather has really slowed these guys down. This may be the last week for them.
Sweet Potato greens	NO	Store stems in water in a container on the counter	1 wk	Check out this week's recipe for a suggestion on how to prepare.
Tomatoes	No	Counter	1 wk	Fried green tomato time!
Summer Squash	Yes	Yes or crisper	1 wk	Yellow Crookneck or Success Straightneck
Okra	Yes	Yes	1 wk	
Peppers	Yes	Yes or crisper	1 wk	A mix of sweet and hot varieties
Zucchini	Yes	Yes or crisper	1 wk	Dark Green

## 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!

Check out the website for a great **Fried Green Tomato** recipe!

### Sweet Potato Vines

My friend Tom recommends sautéing them up with a little oil, garlic, onion, salt, and vinegar. This will give you the opportunity to acquaint yourselves with their mild flavor. The amount in your share will make a great small side-dish. It's nice to work it into a main dish too. Add it to your favorite tomato sauce and cook until tender. Or add some fresh to a salad.

Treat them like you would spinach or any other green. We love greens in our omelets and that's the way we used them this past weekend. Delicious! The stems are also edible, so chop them up and add them to the dish, just not the compost. ☺