

Happy Hollow Farm CSA

Week of October 11th, 2010
Week 20 CSA Distribution

Veggie of the Week

This will be your last week for one of my favorite families of vegetables.... The Chicories. These somewhat bitter-tasting greens can be wonderfully refreshing, adding a snap to your salad or when cooked, revealing a softer side, becoming tender and surprisingly sweet.

Steamed Chicory with Pine Nuts & Raisins

3 Tbl raisins

1 head of Escarole or other chicory

¼ cup extra virgin olive oil

2 cloves garlic, peeled, thinly sliced

3 Tbl. Pine nuts

Salt & freshly ground pepper to taste

1. Put the raisins in a bowl and cover with boiling water. Set aside to plump, then drain.
2. Put the escarole in a steamer basket, set over 1 ½ inches boiling water, and cover. Steam just until wilted, 2-4 mins. Transfer the greens to a colander to drain
3. Heat the oil in a large skillet. Add the garlic and pine nuts and cook, stirring constantly, until the pine nuts begin to brown in spots, about 3 mins.
4. Give the greens a few chops on a cutting board, then add them to the skillet and stir until the greens are well coated with the oil. Remove from heat and stir in the raisins. Season with salt & pepper.

Farm Happenings

THANK YOU... THANK YOU!!! To Marc, Jeanne, Bryon, Katherine, Corey & Alison for all your help during the past week with the high tunnel project. Many thanks also go out to my wonderful neighbors and friends that have helped with the project the last two weeks. Without their enthusiasm and encouragement this project would have been unmanageable by myself!

I had hoped we would get the poly on this past Sunday but Corey reminded me that I always seem to set my expectations a bit on the high side. The last stage (pulling the poly over the top of the tunnel) is planned for this upcoming Friday. This part will take multiple people because a 40'x100' piece of plastic is one **big sail** if even the slightest breeze comes up. I will be ready to put out the first transplants this Thursday and lucky for us there is no rain in the immediate forecast.

This week in addition to the high tunnel project all of the garlic for next season has been planted, two of the main growing fields have been seeded with Winter Rye & Hairy Vetch (winter cover crops) and numerous loads of gravel have been spread around the outside of the barn. I've also been feeding the bees a sugar water mixture for the past couple of weeks (they eat nearly a gallon of the mixture every day) to make sure they have enough honey stored to get them thru the winter. All in all the past few weeks have been incredibly busy and rewarding around the farm!

Vegetable	Refrige rate?	Store in Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Acorn Squash	No	Counter	1-2 wks	Check out this week's recipe
Eggplant	Yes	Crisper	1 wk	
Escarole	Yes	Plastic Bag	1 wk	Check out this week's recipe
Kale or Swiss Chard	Yes	Plastic Bag	1 wk	Check out this week's recipe
Garlic	No	Counter	1-2 wks	
Head Lettuce	Yes	Yes	1 wk	
Okra	Yes	Yes	1 wk	Optional in the swap box this week
Peppers	Yes	Crisper	1 wk	A mix of sweet & hot varieties
Scallions	Yes	Plastic Bag	1-2 wks	Scallions

Recipe Corner

Baked Squash with Kale and Pear

2 Acorn squash

½ cu grated Parmesan cheese, divided

½ teaspoon salt, divided

½ teaspoon pepper, divided

1 ½ tablespoons olive oil

1 large leek, chopped (about 2 cups) or scallions or onion would work as well

4 cups coarsely chopped kale

1 cup vegetable or chicken stock

½ bell pepper, cored, seeded, diced

1 teaspoon minced garlic (about 2 cloves)

1 tablespoon butter

1 pear, firm-ripe, peeled, halved, cored, cut in ½ inch pieces (about 1 cup)

1. Preheat the oven to 375 degrees. Lightly grease a 13 x 9 inch pan with butter or oil.
2. Cut the squash in half and scoop out the seeds. Place the squash halves cut-side down on a baking sheet; bake until tender, 30-45 minutes. Turn the squash halves over and sprinkle with ¼ cup Parmesan, ¼ teaspoon salt, and ¼ teaspoon pepper. Banke for an additional 5 minutes.
3. Head the oil in a large skillet over med.-high heat. Add the leeks; sauté until soft, about 5 minutes. Add the kale, stock, bell pepper, garlic and remaining ¼ teaspoon salt and ¼ teaspoon pepper. Bring to a boil, cover, and cook for 5 minutes. Remove the cover and increase the heat to med.-high; cook, stirring frequentl, until kale is tender and the liquid evaporates, 8-10 minutes. Transfer the mixture to a bowl and set aside.
4. Melt the butter in a large skillet over the med.-high heat. Add the pear; sauté until lightly browned and tender but not mushy, 2-3 mins. Add the pear to the kale mixture and stir well. Spoon the kale and pear filling into the squash halves. Top with the remaining ¼ cup Parmesan cheese. Bake for 10 minutes.