

Happy Hollow Farm CSA

Week of November 1st, 2010
Week 23 CSA Distribution

Veggie of the Week

Chinese Cabbage

You've had this versatile vegetable a couple times this year already so I thought it was time for me to highlight it in this week's newsletter. The recipe this week is a very simple and quick way to prepare this delicious fall/winter vegetable.

Chinese or Napa cabbage is a part of the Brassica family related to many veggies we've been enjoying lately, such as kale, broccoli, common cabbage and many others. We really enjoy the mild flavor of this cabbage as it can be eaten in so many different ways. If any of you have a favorite recipe send it to me and I'd be happy to post it on the website.

The cool weather has intensified the sweet flavors in the leaves of the cabbage plants. If you remember I grew this in the spring this year but I think I've decided that this crop is best suited to the weather in the fall. Still learning and experimenting.... There are lots of very interesting and delicious Asian vegetables and I'm looking forward to trying more in the 2011 CSA season.

Farm Happenings

Our first hard freeze of the year happened last week on Thursday evening/Friday morning. Thus bringing to an end the delicious warm weather loving vegetables such as peppers and eggplant and officially welcoming the fall and winter weather. It's been an extra long fall this year. I can't remember the last time I was eating cherry tomatoes in October!

I've been looking forward to the change of the seasons. It means it is time to start rolling up the miles of drip tape in the fields and emptying out the irrigation lines to store them for winter. Time to take down all the tomato trellising, spread compost over the fields and roll out another layer of mulch over the permanent mulched beds. It's like I'm tucking everything in to bed for the winter months. Letting the growing areas take a rest and rejuvenate for the next growing season.

The sunny weather has been very helpful for encouraging nice growth on the new transplants in the high tunnel. And the cool nights have been increasing the sweetness of the kale, Chinese cabbage, leeks and lettuces that are still to come in the last couple of weeks of the season. Enjoy your veggies this week!

Happy Hollow Farm's Weekly Newsletter...

Still time to join HHF's 4 week Winter CSA. Enjoy the best cool weather loving veggies this side of the Missouri and help support your local red-headed farmer. ☺
Visit our website for information or to sign up. <http://www.happyhollowfarm-mo.com/join-us/>

| Vegetable | Refrige rate? | Store in Plastic Bag To Retain Moisture? | Approx. Storage Life | Comments |
|-------------------------------|---------------|--|----------------------|-------------------------------|
| Broccoli | Yes | Plastic bag | 1 wk | |
| Chinese Cabbage | Yes | Plastic bag | 1 wk | Check out this week's recipe! |
| Head Lettuce | Yes | Plastic bag | 1 wk | |
| Baby lettuce & baby chard Mix | Yes | Plastic bag | 1 wk | |
| Fennel | Yes | Plastic bag or crisper | 1-2 wks | Full Shares |
| Parsley | Yes | Plastic bag or crisper | 1 wk | |
| Scallions | Yes | Crisper | 1 wk | |
| Winter Squash, Butternut | No | Counter | 2-3 wks | |

Recipe Corner

This is the time of year for both Chinese Cabbage & Chestnuts! Let me know what you think of this recipe.

Chinese Cabbage & Roasted Chestnuts (Nov. 2003 Gourmet Magazine)

Ingredients

- 3 tablespoons peanut oil
- 2 teaspoons minced garlic
- 2 teaspoons minced peeled fresh ginger
- 1/4 teaspoon salt
- 1 pound (approx. one head) Chinese cabbage, quartered lengthwise, cored, and sliced diagonally into 1/4-inch-wide strips
- 2 cups bottled peeled cooked whole chestnuts (10 ounces) halved
- 1/2 teaspoon sugar
- 1 tablespoon soy sauce
- 1 teaspoon Asian sesame oil

Preparation

Heat peanut oil in a wok or 12-inch heavy skillet over high heat until just beginning to smoke then stir-fry garlic and ginger with salt until fragrant, about 30 seconds. Add cabbage and cook, tossing, until just beginning to wilt, about 2 minutes, then stir in chestnuts and sugar. Reduce heat to moderate and cook covered, 3 minutes, then stir in soy sauce and sesame oil. Serve immediately. (Nov. 2003 Gourmet Magazine)