



# Happy Hollow Farm News

Week 11 of 25 - July 25, 2011



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## Spotlight on Lincoln Leeks



This delectable *Allium* (similar to onions & garlic), is also a member of the lily family. Leeks were well known to both the Greeks and Romans. During biblical times, leeks were widely consumed in Egypt as well as in other lands bordering the Mediterranean. There are many superstitions centered on leeks, most notably as a guard against fires, lightening and sorcery, which is why Charlemagne ordered them planted on housetops.

Leeks are milder and have a more refined flavor than onions and tend to sweeten as they are cooked. To clean: remove the green tops within two inches of the white section. peel off the outside layer. Wash to thoroughly remove soil between the layers.

Leeks may be eaten raw, cooked whole (braised or baked and added to any number of meat or vegetable dishes), chopped and sauted with other vegetables, and make a delicious addition to egg dishes.

Leeks can be substituted for onions in most recipes.

Refrigerate leeks unwashed and dry with some of the roots attached for up to 2 weeks. Wrap lightly in plastic to avoid aromas spreading to other foods.

### What's in your share this week

*For full, partial & single shares*

- \* Leeks (Lincoln)
- \* Cucumbers
- \* Cherry tomatoes
- \* Tomatoes (the first of many!)

- \* Sweet peppers (Bianca - sweet white, green bell, Banana, Paprika and/or Apple)

- \* Summer Squash
- \* Zucchini
- \* Shallots
- \* Basil

*For Wed. full shares*

- \* Eggplant (Fairy tale - small striped)

*For partial shares*

- \* Green beans

Remember to return one box when you pick up your box each week



### Variations on a vegetable & leek quiche

1. Use ceramic or glass pie dish & roll out a thin crust.
2. In a mixing bowl beat 6 eggs, salt, pepper, & other herbs to taste. Crumble most any cheese into egg mixture.
3. Thinly chop 3-5 leeks, 1 small summer squash, 1 small zucchini, 1 sweet pepper, 2-3 shallots & halve 1/2 a pint of cherry tomatoes.
4. Layer vegetables on bottom of pie dish, pour egg mixture over the top.
5. Bake 45 mins. -1 hour at 350 degrees until golden brown on top.



## *SAVE THE DATE*

**August 14th, 2011**

**HHF CSA Potluck**

**Details on the [Happy Hollow Farm website](#)**

## **Farmer Liz Update**

Monday August 8th Happy Hollow Farm will undergo it's organic certification inspection for the 2011 season. I use a not for profit certifying agency called [Quality Certification Services \(QCS\)](#) located in Florida. Thankfully, one of their inspectors lives in Columbia, MO so the amount I have to pay in travel expenses for her to get to the farm are pretty low. Annually the cost for certifying is nearly \$800. The record keeping (receipts of all purchases made) and paperwork (details outlining where every crop is planted & rotated over the course of the season, where the new chickens are located and soon to be moved every week, sales records, etc., etc.) that I have to keep over the course of the year and from year to year are quite extensive! All of these documents have to be made available to the inspector when she comes for the annual inspection. I have set aside most of the afternoon on Monday for her to go over all these documents and for touring the farm. Luckily, this scheduled process happens just once a year but as a certified organic farm I could receive an unannounced inspection at any time.

You may ask... why does Liz & Happy Hollow Farm go thru all of this? Is it really worth it? For me personally and for the growth, sustainability and increasingly important credibility of organic farming, being a certified organic farm is imperative! The process is rigorous but also very important. Many farmers are not willing to follow the [National Organic Program](#) & U.S. Department of Agriculture rules and standards. They may farm using "mostly" organic practices but fudge here and there. I am not willing to compromise on any of the very high standards I have set for myself and the way that I farm. These standards and principles are based selfishly on the fact that I don't want to consume anything where synthetic herbicides, pesticides, or fertilizers have been applied nor do I want that for my CSA members.

The overall health of the soil, microorganisms in the soil and hundreds of different plants and animals on the farm all play a crucial role in the viability of the farm and the quality of produce that I raise. Although the process is involved, being a certified organic farm is important to me and I appreciate YOUR support of Happy Hollow Farm CSA!!!