

JUNE

HAPPY HOLLOW FARM



Week 5 of 24 Wed. 6/4, Thurs. 6/5 & Sat. 6/7



ESCAROLE

 LETTUCE

 FENNEL

 HIGHLIGHTED
 VEGETABLE
 OF THE WEEK

What's in your share?

Full, Partial & Single Shares

Beets

Escarole

Head Lettuce (Buttercrunch, red & green)

Herbs (1 bunch, you choose)

Kale (Red Russian)

Pac choy

Snow peas


 Full & Partial
 Shares

Spicy Greens Mix

Full Shares

Radishes

Please remember to return
 your box every week when
 you pick up your next share



Escarole is part of the chicory family and is grown for its bittersweet flavor, their succulent crisp textures and sturdy leaves.

Don't be fooled!!!!

This is NOT like lettuce

Escarole, *Cichorium escarol*, is a leaf vegetable belonging to the daisy family. These slightly bitter veggies grow best in cool weather and so appear in your shares in the spring and late fall. They can be cooked or used raw in salads. Most popular in France and Italy where they are eaten raw in salads, sautéed, braised with onions, wine, and broths, grilled, or added to soups. They make wonderful

spring & winter salads dressed with a strong mustard dressing or a walnut oil & balsamic vinegar dressing or a fruity olive oil, garlic lemon & salt dressing. They go particularly well with beets, chicken, blue cheese, goats cheese, walnuts, cooked or cured pork, chicken livers, grated carrots and raw onions.

All members of this genus are high in vitamin A, vitamin C, vitamin K, and iron.

Check out this week's recipe (below) for a fabulous and easy salad. More Endive Frisee & Escarole will follow this fall as the chicories are a cool weather loving plant.

What's happening on the farm?!?



Well, May is behind us and June is bringing on the heat! Actually the last week of May was pretty hot &

muggy as well but all in all it's been a fabulous spring on the farm! After this week we will have all of the summer crops in the ground (summer squashes, zucchini, eggplant, okra, tomatoes, peppers, basil, melons, & winter squash). At the same time the first week of June is also when we sow the first of the fall *Brassicas*. Brussel Sprouts, which haven't done that well for us the last couple years, are being seeded in the greenhouse

on Monday and we'll keep our fingers crossed for a good fall growing season! We're also seeding the second batch of summer lettuces and the fall leeks this week.



We've also completed digging a small pond between the two main

growing fields. Mostly this involved a track hoe building a dam and carving out a small area where the spring runs. We now have a nice small pond with fresh cool spring water for our ducks and a good clearing between the two fields. You'll have to check it out the next time you're on the farm!

Did You Know?

2012 Agricultural Census Facts

- Nearly 100,000 farms were lost and over 7.5 million acres of land were taken out of farming since the last agricultural census was taken in 2007.
- One-third of American farmers are age 65 or over, and another 29% are between age 55-64.
- Nearly 70% of the farms that went out of business between 2007 & 2012, were under 180 acres.
- Our aging farm population puts more of our nation's farmland at risk. Oftentimes, farmers who want to retire must sell their land to developers because their retirement "savings" is in their farms and the highest bidder wants to plant houses or a strip mall.

Wilted Escarole Salad

Ingredients

- 1/2 loaf country-style bread (about 8 ounces), crust removed, torn into 1" pieces (about 5 cups)
- 7 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 garlic cloves, coarsely chopped
- 1-2 anchovy fillets packed in oil
- 1/4 teaspoons crushed red pepper flakes
- 2 tablespoons (or more) white wine vinegar
- 1 large head escarole, outer leaves removed, inner leaves torn into large pieces

Preparation

Preheat oven to 350°F. Toss bread and 3 tablespoons oil on a large rimmed baking sheet, squeezing bread so it absorbs oil

evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10-15 minutes. Let croutons cool.

Meanwhile, heat remaining 4 tablespoons oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

VEGGIE RECIPE OF THE WEEK

