

JUNE

HAPPY HOLLOW FARM

Week 8 of 24 Wed. 6/23, Thurs. 6/24 & Sat. 6/28

SWISS CHARD

L E T T U C E F E N N E L

HIGHLIGHTED
VEGETABLE
OF THE WEEK**S**wiss Chard

There are many uses for this fabulous spring and early summer green! I often tell people to think of it like a large leafed spinach. You can eat the leaves and stems. You can saute it, add it to many different dishes that call for a green of any kind, or you can chop it up and put it in a salad. Swiss chard is in the family [Chenopodiaceae](#), the same family as beets. For all you beet lovers out there, don't forget that you can eat the greens, just like you can Swiss Chard. It has been bred to

have highly nutritious leaves and is considered to be one of the most healthful vegetables available, making it a popular addition to healthful diets, just as kale is very nutritious.

The shares continue to be bountiful which is usually a challenge this time of year. The period between spring & summer has often times been a lean couple of weeks as the spring veggies come to a grinding halt but many of the summer veggies haven't hit their full stride yet. I'm super happy with the way this season has been progressing so far!

What's in your share?

Full, Partial & Single Shares

Beets

Swiss Chard

Scallions

Tat Soi

Summer Squash

Zucchini



Full & Partial Shares

Hakurei turnips



Full Shares

Broccoli florets

Escarole

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



What's Happening On The Farm?



Well... I finally finished and sent off this morning, the 45 page document that

makes up my organic certification paperwork. I've been compiling notes & filling out paperwork for over 2 weeks. Thus the late newsletter for this week. Record keeping is a huge part of my job! How much compost I apply to what fields, what cover crops are being seeded, when cover crops are being tilled back into the soil, what crops are being planted in which fields, when and how much straw or hay mulch I apply & where, when I am monitoring for pests and what the pest populations are like. All of these tasks are part of the organic certification process and require an enormous amount of work on top of the daily tasks of growing food. Being certified is important to me for **MANY**

reasons. The first and most important is the fact that no synthetic chemicals (herbicides, pesticides or fertilizers) are used on this farm and chemical use is a common occurrence in conventional vegetable production. Also...

- I wouldn't feel comfortable living on this farm if I used chemicals.
- I wouldn't let Sylvia run around naked all over the farm if I used chemicals.
- I wouldn't be ok with feeding you fabulous folks if I used chemicals.
- I wouldn't be able to have bees if I used chemicals.
- I wouldn't be able to keep the beneficial insect populations alive & healthy if I used chemicals.
- I wouldn't be at the top of the funding list when I apply for NRCS cost-share monies (which are available to all farmers) if I used chemicals. (*hint... hint... I just received a HUGE cost-share grant!*)

Did You Know?

Beets in Orange Sauce

- 3-5 fresh beets
- 1-2 Tbls. sugar
- 1 tsp. cornstarch
- 1/2 cup fresh orange juice
- 1 tsp. grated orange peel

In a saucepan combine the sugar & cornstarch. Stir in the orange juice until smooth. Bring to a boil and cook until thickened, stirring constantly. Remove from heat, add orange peel and sliced beets. Gently stir to coat beets and spoon into serving dish.

*** *this recipe is fabulous!!!!*

Swiss Chard & Rosemary Pesto Pasta

** *this comes highly recommended by a number of our CSA members*

Ingredients

- Kosher salt
- 10 ounces dried, shaped whole-wheat pasta, such as fusilli
- 1 bunch of swiss Swiss chard
- Several stems flat-leaf parsley
- 2 tablespoons packed rosemary leaves
- 4 cloves garlic
- 2 tablespoons freshly grated Parmigiano-Reggiano cheese, or more as needed
- 1/2 cup pine nuts (2.4 ounces)
- 1/3 cup extra-virgin olive oil, or as needed
- Freshly ground black pepper

Directions

Bring a pot of water to a boil over high heat. Add a generous pinch of salt, then the pasta. Cook for 5 minutes less than the package directs (to keep the pasta from getting mushy). Meanwhile, separate the chard leaves from their ribs and stems, reserving the stems for another

use, if desired, and stuffing the leaves into a food processor as you work. Pluck enough parsley leaves to yield 1/4 cup packed and enough rosemary leaves to yield 2 packed tablespoons, and place them both in the food processor. Smash and peel the garlic cloves, then place them in the food processor, along with the Parmigiano-Reggiano cheese and pine nuts. Pulse until finely chopped.

With the motor running, gradually add the oil to form a well-incorporated pesto. Taste, and add cheese if needed. Season with salt and/or pepper to taste.

Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot (off the heat). Add all of the pesto and 1/4 cup of the cooking water, tossing to coat evenly. If the pesto seems too thick, stir in some or all of the remaining cooking water.

Divide among wide, shallow bowls. Serve right away, with more cheese at the table.

VEGGIE RECIPE OF THE WEEK