

OCT

HAPPY HOLLOW FARM



Week 3 of 6 *WINTER SEASON* Nov. 5th, Nov. 6th, Nov. 8th



LEEKS SWISS CHARD

CELERIAC

HIGHLIGHTED
VEGETABLE
OF THE WEEK



Share Pick-up Details

Full, Partial & Single Shares



Beets (the greens are very similar to swiss chard)

Butternut Winter Squash

Celeriac

Kale

Peppers (sweet & Jalapeno)

Scallions

Full & Partial Shares

Hakurei turnips (delicious eaten raw and the greens are super tasty too!)

Full Shares



Cauliflower

Each week you will pick up a CSA box. The following week please return your box when you pick up your next week's share.



V EGGIE of the week

Celeriac (or celery root) is a delicious fall/winter vegetable that can be enjoyed many different ways! As you can tell by the stalk and scent of this vegetable it is closely related to celery. You can eat the stalks just like celery and when you peel the root you can eat it as well. Both parts of this vegetable have a stronger more pungent flavor than the celery you are used to finding in the grocery store.

If you don't plan on using all of the vegetable right away make sure you remove the green tops from the roots and store them separately each in their own plastic bags.

They will keep quite a while this way and you can use them at your leisure.

The root part of Celeriac is delicious roasted! It would be fabulous chopped up into chunks with your beets & winter squash, tossed with some garlic, onion & olive oil and roasted in the oven.

I have also enjoyed the root mashed up and mixed with potatoes for a delicious mashed potato/celeriac dish.

This is a vegetable that takes nearly 5 months from the time I seed it in the greenhouse to the time it matures in the field. So, I hope you enjoy this wonderful and one of a kind fall treat!

Cheers, Farmer LIZ

Farm Happenings

We had our first hard freeze on the farm on Friday evening. I woke up to leave for market on Saturday morning and the thermometer read 22 degrees. That means bye bye to these summer plants: peppers, tomato, squash, zucchini, green beans. It also means that the fall *brassicas* (broccoli, cauliflower, brussel sprouts, cabbage) that are still in the field will be even sweeter! The cold weather helps condense the sugars in the cells of these cold tolerant plants and brings out their wonderful sweet flavor.

The broccoli plants are just beginning to head up so there should be broccoli in the shares next week. The brussel sprouts are also getting close to ready so they will be coming soon as well.

The garlic & fall leek planting has been delayed. The high tunnel was our first hurdle and now the rain last week and projected rain this week will push back our planting as well. When it rains in the fall it takes twice as long for the soil to dry out so that I can work it for planting. The shorter day length cool days don't allow for soil drying and make it much more challenging to get things in the ground. I'm hoping we don't get much rain and we'll be able to plant later this week.

Keep your fingers crossed for us!

Have a great week. Farmer LIZ :-)

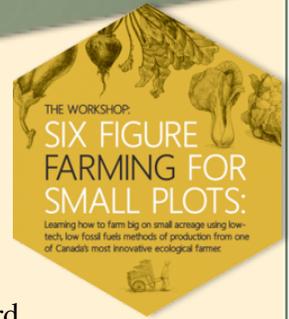
Did You Know?

Small Scale Farming Workshop

Monday Dec. 15th

9:00-4:30pm @ Bradford

Research Farm, 4968 S. Rangeline Rd.
Columbia, MO



Topics will include:

- Farm set-up and design for biologically intensive cropping systems
- Alternative machinery, minimum tillage techniques, and best hand tools
- Best practices for weed & pest management
- Developing a systematic approach to crop planning and season extension

To Register:

www.missouriyoungfarmers.squarespace.com

Celery Root au Gratin

Ingredients

- 1 large celery root, about 2 pounds
- 2 potatoes, about 1 pound
- Salt to taste, if desired
- Freshly ground pepper to taste
- ¼ teaspoon freshly grated nutmeg
- 2 tablespoons butter
- ⅓ cup heavy cream
- ¼ cup freshly grated Parmesan cheese

Preparation

1. Peel celery root and cut into 1-inch cubes. There should be 6 to 7 cups.
2. Peel potatoes and cut into 1-inch cubes. Combine potatoes and celery-root pieces in a saucepan. Add water to cover and salt to taste. Bring to a boil and cook about 15

VEGGIE RECIPE OF THE WEEK

- minutes or until vegetable pieces are tender.
3. Meanwhile, preheat broiler to high.
4. Drain vegetables and pour them into the bowl of a food processor. Blend thoroughly and add salt, pepper, nutmeg, butter and cream. Blend well.
5. Spoon and scrape mixture into a small baking dish and smooth over the top. Sprinkle evenly with Parmesan cheese.
6. Place dish under broiler about 6 inches from heat. Broil about 5 minutes or until cheese is nicely browned and glazed.

