

HappyDay CSA Newsletter

This week's share includes: Kale/Collard, Beets, Carrots, Salad Mix, Summer Squash, Herbs, Garlic Scapes

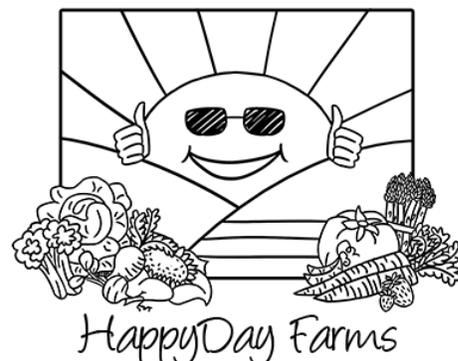
Well folks, we're back in action! It took a lot longer than usual to get the CSA up and running this year what with the rugged winter and all. We're in full swing now though, and are excited to share with you as always!

As small-scale farmers, we appreciate your support in our endeavor. We will always strive to provide you with the freshest, tastiest veggies coming off the farm every week. It's a journey in seasonality that we are excited to share because it's the way we structure our eating habits. Each week the newsletter will contain recipes that we are eating so that you have some extra ideas for how you might use the bounty you find in your share. Also, if you have recipes you'd like to share with us, we're always looking for fun new ways to eat the produce we produce.

Farming is often two-steps-forward-one-step-back, and we're battling with water issues. It never fails that on the hottest day we've had so far, a line blew and we lost most of a tank of water. Our pumps run off of direct-drive solar power, meaning that if there's no sun, there's no pumping. It also means that when we lose a tank of water, we sorta have to mark time until the sun comes out and pumps the water.

With the heat comes extra need for irrigation, and for keeping eyes on the crops so that we catch problems as they arise. Sometimes it's a clogged filter not putting out enough water through the timers, sometimes it's a dead timer battery, and sometimes it's a timer that needs to be set to run a longer (or shorter) period. It's important to check on things every day to make sure that everything is happy and has had enough water.

The spring greens have been phenomenal this year, and we're hoping that they hold through this heat spell for just a bit longer. We've been enjoying many a salad and stirfry with all the different flavors of spring. The share this week has a kale/collard mix that will cook up beautifully in a stirfry (see bacon n greens recipe), or can be cooked with apple cider vinegar for a super flavorful dinner side dish. The salad mix is crisp and wonderful, lovely for a cool lunch during this hot weather. Beets and carrots can be grated over the salad to stretch them out and provide a sweet, tasty addition. Garlic scapes are excellent for adding flavor (dice the tender parts like scallions) to salads or any other dish in which you would use garlic. We're delighted to bring you the first summer squash of the year, great for slicing thin, coating with olive oil and salt and grilling, or for myriad other (over)



Eat Your Veggies!



Interested in other local action like meat and eggs? Email happydayfarms42@gmail.com



Remember to wash your veggies before eating them! :)



Remember, holes in leaves have no flavor so don't worry if you find a few holes. Great success and much love! ☺

HappyDay CSA Newsletter

This week's share includes: Kale/Collard, Beets, Carrots, Salad Mix, Summer Squash, Herbs, Garlic Scapes

options. As summer progresses we'll share our favorite squash recipes with you; it's one of our favorite vegetables and serves as an absolute staple in our summer cooking. Enjoy the fresh herbs diced up, or put them on a windowsill to dry for later use.

As always, we appreciate sharing the journey with you! Much love, great success, Team HappyDay ☺

Casey's Easy Recipe Action

Casey's Easy Recipe Action

- Kale Potato Soup

- 1 Large bunch kale, chopped
- Steam and set aside. (don't try to cook it with the potatoes; the flavor will be too strong)
- 1 tbsp butter
- 1 large onion, chopped
- 1 clove garlic, minced
- Melt butter in soup pot. Add onion and saute until golden. Add garlic and saute another minute.
- 2 large potatoes, diced
- 2 cups hot water or broth
- Add, bring to a boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if a smooth texture is desired)
- 3 cups water or broth
- ½ tsp salt or to taste
- pepper to taste
- Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve. (Recipe adapted from Simply In Season by Lind and Hockman-Wert)

Kale and Walnut Pesto

- Toast ¼ cup chopped walnuts in a dry, heavy skillet over high heat, stirring constantly, until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they will burn very quickly once they are toasted.) Immediately transfer the walnuts to a dish to cool.
- Bring 2 qts water to boil, add 1 tbsp salt and add a bunch of kale (and/or collards) till tender, 10 min.
- Put 2 diced cloves of garlic, walnuts and kale in blender or food processor and pulse until well combined. With machine running, pour in ½ cup olive oil (or warmed bacon grease;) in a steady, smooth, pencil-thin stream.
- When combined, transfer to a bowl and stir in ½ cup grated Parmesan if you desire. Otherwise just add ½ tsp salt and pepper. Serve hot over potatoes or pasta

Casey's Easy Recipe Action

Bacon Eggs N Greens

- Start by cooking bacon in large pan. When it gets greasy, pour off some of the grease into a smaller skillet.
- Saute diced onions and garlic in the smaller skillet while bacon continues to cook.
- When bacon is cooked, remove from large skillet. Save some grease for eggs, and transfer onions from small skillet into big one.
- Add in chopped greens to big skillet, cook down with lid on stirring regularly. We'll literally use all the greens in a share for one meal (and if we're lucky have some left for brekky) they cook down that much.
- Add last of grease to small skillet for frying over-easy eggs.
- Serve with greens as a bed, eggs on top with bacon on the side to dip in the yolk as it saturates the greens.

Have any recipes you like making with HappyDay produce? Email them to us ☺