

HappyDay CSA Newsletter

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

Well, it's the end of June, which means that things are hectic. We're glad to have the hot weather back off a little bit as we've been desperately juggling water supplies and trying to keep everything cool and growing. We spent the weekend running a booth at the Kate Wolf Music Festival which was delightful but also made for double-time in the work department.

We're in the process of doing a batch of meat chickens, and between them, the egg layers and the meat rabbits there is a fair amount of daily animal work to be done. There has also been lots of harvesting, watering and general maintenance work as well. We're gearing into a big second round of weeding; the little buggers are trying to take over and many are on the verge of going to seed so we're jamming to get them yanked before that can happen.

Pest pressure has been a bit frustrating this spring; we've lost a number of our okra starts to spittle bugs (they're an epidemic this year), but many things are also growing very well. We're a few weeks out from basil still, and beans are really just now getting going and dealing with some of the aforementioned pest troubles. We're also starting to struggle a bit with aphids on the spring brassica; this last real hot spell didn't do us any favors in that department.

Tomatoes, cukes, eggplants and melons are all growing well, starting to fill in the spaces, though they remain a long ways out from being able to harvest from them. We do expect to see something of a lull between the end of spring crops and the full influx of summer bounty. It happens every year, and we generally source good things from other local farmers to get us over the hump and back into full harvest again.

We're working on getting the last of the summer crops in the ground. There is still one tray of onions, a few straggling okra (which will replace some of the ones chewed down to nothing), a few eggplants and a few random others. The hoophouse is nearly empty, which means it must be right around the solstice. Within the next week or so we'll get going again with starts, headed into plantings of brassica and salad mix for fall crops.

The shares this week reflect that wonderful confluence of spring and summer; squash are coming in strong, as is salad mix and cabbage. We're very excited about cabbages; they're a staple food for us on the farm, and we've been without them for many months as we were unable to manage getting (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! ☺

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them in during the early season.

The herb bundle adds flavor to many dishes, and can also be dried for later use if you don't get to it this week. The first garlic is fresh and super tasty, and the kale/collards add a hearty green blast to the combination. Cool salads are great during the warm weather, and even though it's cooled off a bit this week, they're still very enjoyable with a wide range of possible toppings.

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

Casey's Easy Recipe Action

- Spring Greens Salad

- 8 cups various chopped mix. Combine with selected toppings from the list below. Pour half of the dressing over salad just before serving, then more as needed.
- Topping Options:
- Green garlic, red onions, chopped, diced radishes, grated carrots or beets, chopped pea shoots, spicy mustard, bacon pieces, hard boiled egg slices, diced walnuts.
- Basic vinaigrette dressing:
- 2 tbsp Dijon mustard, 2 tbsp red wine vinegar, 3 tbsp olive or nut oil, 1 stbsp fresh lemon juice, salt and pepper to taste

Tuna Salad Wraps

- 2 minced cloves garlic, 1 small onion minced small
 - Salt, Pepper, Crushed red pepper to taste.
 - Tuna
 - Portuguese Kale Leaves
- Mix Tuna with the condiments you like and the garlic, onion and spices you feel like using. Use big flat kale leaves to roll up wraps with the tuna. You can cut out the center of the stem if needed to make them roll up better (I usually don't).

Casey's Easy Recipe Action

Tasty Stir-Fry

- ¾ cup broth
- 3 tablespoons tamari
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 tsp corn starch
- 2 teaspoons minced ginger
- Minced green garlic to taste
- Whisk in small bowl, set aside.
- 1 lb boneless chicken or 1 lb firm tofu cubed.
- 1 bag chopped greens
- 2 chopped carrots
- 1 bag chopped kale
- Boc Choi or other veggies
- Saute meat or tofu in frying pan with one tablespoon olive oil until lightly browned. Remove from heat and set aside.
- Add another tablespoon of oil to the pan and saute any thicker, heartier vegetables til they start to get tender.
- Add greens to sauce. Bring to a boil, stirring until sauce thickens (about 3 minutes).
- Mix in tofu or chicken, heat through and serve over rice or noodles.

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