

HappyDay CSA Newsletter

This week's share includes: Head lettuce, Summer Squash, Cucumbers, Cabbage, Herbs

Yes indeed, lots of happenings on the farm. Amber has been sowing root crops that will come in over the fall and winter. So far we've got carrots, rutabagas, turnips and some quick turnover radishes. We'll be doing beets once we order more seed, along with a bed of parsnips at some point. Parsnips are super slow, so you've got to be able to leave them to do their thing for awhile.

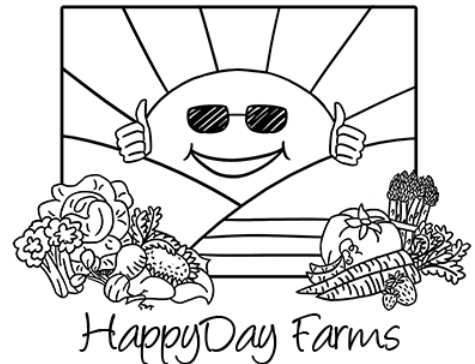
We finally got the leeks planted out, they languished in their tray for quite awhile but we're hopeful that they'll get to rockin now that they're in the bed. We're planting out the last odds and ends leftover from this spring, a few perennials and flowers that have been waiting patiently for a home. We got their bed prepped yesterday and will get them in the ground early this week.

We're definitely in the downturn between spring and summer crops. Last week we picked the last of the carrots, and the final few beets came out this week. Salad mix has gone bitter by the wayside, and cooking greens are struggling with aphids. It's always hard to maintain harvestable crops when we make a seasonal transition, mostly because we're so limited on total bed space for planting. Something has to come out before something new can go in, which means there is generally a lag time between harvests. Looking to the future, we hope to reach a point where we have enough bed space to operate seasons independently so that we can avoid the gap.

In the meantime, we are delighted to be able to partner with quality local farmers to make sure that we provide bountiful produce. This year has been a hard one for many farmers with the extreme rains and cool, wet spring. Many of us are not producing at full capacity, and have seen struggles in crops that have traditionally been staples for us.

The share this week brings to you our first cucumber harvest of 2017. We planted a hoophouse bed with Shintokowa cucumbers, which are a long, tasty Japanese cucumber. They are producing well, and we are delighted to send them your way. We like to eat them plain, but another favorite of ours is to slice them into a bowl with thin-sliced onions and rice vinegar. They make an excellent side dish or garnish.

You will also find stellar summer squash (see the new recipe for zucchini fries in the recipe column), along with most excellent head lettuce and cabbage. The lettuce and cabbage come from Irene at Irene's Garden Produce. She is old-school organic (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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and we are always stoked to partner with her. Her farm is in the valley, which means that she is able to produce summer lettuce that isn't bitter because of the cool nights. Up on the hill, we stay much warmer at night, which means that we're better able to produce hot crops like tomatoes, okra, peppers and eggplants. We're still a few weeks out from harvest of those delightful dainties, but looking forward to it!

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

Casey's Easy Recipe Action

Gluten Free Zucchini Fries

- 2 medium zucchini
- 2 eggs
- ¼ cup sweet rice flour
- ¾ cup gluten free panko
- 1/3 cup grated parmesan cheese
- 1/8 teaspoon pepper
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ teaspoon Italian seasoning
- ¼- ½ teaspoon garlic powder depended on preference.
- Heat oven to 425 degrees. Line baking sheet with parchment.
- In shallow pie pan, combine panko, parmesan, salt, pepper, paprika, garlic powder and Italian seasoning. Set aside.
- In another shallow container, beat eggs.
- Place flour in small bag.
- Cut zucchini in half, trimming off ends. Cut into ½ inch wide strips or wedges.
- Coat zucchini strips first in flour, then beaten eggs.
- Place strips in pan with bread crumbs, pressing to adhere coating to squash.
- Place squash on baking sheet.
- Drizzle or spray lightly with oil.
- Bake 25 min, turning once, until golden brown.
- * For not gluten-free, substitute wheat flour and regular breadcrumbs.

Casey's Easy Recipe Action

Cole Slaw

- Cabbage
- Carrots
- Mayonaise
- Salt/Pepper
- Dill, caraway or other spices as desired
- Green or regular onions (optional)
- Raisins (optional)
- Grate/dice everything up real well, mix it all together with condiments and flavoring to taste. mmmm :)

Au Gratin Cabbage

From Simply In Season by Mary-Beth Lind and Kathleen Hockman-Wert

- 2 cups cabbage shredded
 - ½ cup carrots shredded
 - 1/3 cup green onions (or green garlic or both) chopped
 - Saute until crisp-tender in frypan with oil of choice. Transfer to greased 1-quart baking dish.
 - ½ cup milk
 - 1 egg
 - 3 tbsps shredded cheese
- Combine in a small bowl. Pour over vegetables. Garnish with 1 tablespoon chopped fresh parsley and 1 tablespoon grated Parmesan cheese (or choice of alternative). Bake at 350 for 30-35 minutes.

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