

# HappyDay CSA Newsletter

This week's share includes: Summer Squash, Cucumbers, Garlic, Onion, Head Lettuce, Basil

I've taken the laptop outside to write the newsletter; it's too nice of a day to be cooped up inside staring at the screen. That said, it will take me longer to get it written because there are some lovely distractions to behold. Watching a Swallowtail butterfly flapping between the brightly colored zinnias brings a smile to my face. They say that beauty is in the eye of the beholder, but it seems that some things just inspire a sense of reverence. It is a simple joy to sit and watch as the breeze moves the flowers and the bees and insects make use of them for their needs.

We're big on wildscaping and maintaining cultivated habitat that benefits pollinators and other beneficials. Watching sunflowers, mallow, evening primrose, mustards and other plant species hopscotching around the garden over the seasons is a distinct delight. The many types of flowers that Amber grows for bouquets add another layer of sensuousness, creating a multifaceted tableau that is a feast for the eye and the critters. Alfalfa sprawls from the cut banks, holding forth in vibrant, purple flowers that are enjoyed by all.

Summer bounty is upon us in the irrigated landscape; not nearly so much in the dry countryside that surrounds the farm. We believe in providing as much nectar flow for bees as possible, especially during times of the year when the native landscape doesn't have much to offer. It is pure magic to see them buzzing amongst the many flowers, finding physical sustenance from the same places that we humans find sustenance for the soul.

Agriculture should make better the place in which it resides, creating more abundance and diversity. The monocrop, industrial system of agriculture is fatally flawed, and leads to a variety of ills including a lack of nutrient dense food, overuse of fossil fuels, pollution of waterways and scarcity of diversity in the landscape. Monocrop production creates mind-numbing working conditions with little variation, and often fosters systems that abuse workers. As humans, we must do better.

Small, diversified farms were once the backbone of this country, but they have struggled to keep up with an industrialized system capable of externalizing production costs onto the landscape, community and future generations. Your support of our small farm is a statement that carries beyond your purchase of vegetables. It is a statement about what you value for the future, and of how we can work together to create that (over)



## Eat Your Veggies!



Interested in other local action like meat and eggs? Email [happydayfarms42@gmail.com](mailto: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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future. We need sustainable models built on a regenerative agriculture. There is a long way to go in this journey, but we will get there together, or not at all.

The share this week represents partnership between farmers, working to provide quality food to the community. Basil, squash and head lettuce come from Irene, garlic and cucumbers from us, and onions from Dennis. We know you will enjoy it, just as we do. 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

### **Pesto**

- Toast ¼ cup chopped nuts 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 nuts to a dish to cool.

- Put 2 diced cloves of garlic, nuts and basil 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.

### **Summer Squash Salad**

- 3 medium summer squash chopped small
- 2-3 tablespoons chopped basil
- 3-4 tablespoons parmesan
- 1-2 tablespoons minced garlic
- Toss together
- ¼ cup red wine or rice vinegar
- ¼ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon sugar

Combine and pour over salad. Mix, chill 1 hour and serve. Best eaten the same day. May be served with lettuce and chopped green onions

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