

HappyDay CSA Newsletter

This week's share includes: Cucumbers, Red Cabbage, Basil, Squash, Green Beans ☺

This afternoon I watched a yellow Swallowtail butterfly be chased off of the flower bed by an orange butterfly that resembled a Monarch. The combination of moving colors flitting back and forth over the bright splashes made by the zinnias was a sight to behold.

Farming and tending the land is a joyful process that requires as much or more than the farmer has to give. These days our farm is hot and dry and it takes tenacity to tend the crops in the oppressive heat.

There are a number of freshly sown beds with tender germinating seeds that need to be watered often. The problem with hand watering is that it needs to be done during the heat of the day because that's when things dry out.

We've thought about purchasing some drip tape on 4" spacing that we could use for beds that we are direct seeding. This would allow us to water by timer often enough that much less (if any) hand watering would be required. Having a set of drip with this spacing would allow us to bounce it to different beds once the seeds get up and running.

Our farm generally runs drip spacings on 8-9" depending on which brand it is (inline emitters on 9", drip tape on 8"). Plants with developed roots are able to do pretty well with this spacing, although some crops still need additional water. We use battery operated timers that are gravity fed from tanks. The tanks are filled by solar-powered pumps from our rainwater catchment pond.

We struggle with algae in the irrigation system; there are disc filters at the beginning of each system, and then each timer has its own filter as well. Cleaning main filters must be done every day, and the individual timer filters once a week. We've talked about buying a bigger filter that would pull more algae out of the system but it is a fairly expensive piece of equipment that we have not yet managed to implement.

It does feel like every year we run into water system trouble, but they say that things break when they're in use, and water systems are no exception. We've had extra issues this year because of acorns that managed to get into the system through an open tank lid. They've created issues with pressure and flow all over the farm, which have been a reoccurring frustration.

One of these years we'll really get things dialed in, but until then we'll just keep working away at it. (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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The share this week is the beginning of summer bounty, with basil and beans coming in. Try grilling the green beans with tamari and red pepper. Squash and cabbage are also awesome grilled in this same manner. Basil is great for pesto, on sandwiches or used for flavor in many dishes. Cucumbers are stellar for snacks, sliced with hummus, sliced as addition to water on hot days. Cucumber salad is great, one way we do it is to slice them thin along with thin sliced onions and soak in water with rice vinegar.

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

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 :)

Cabbage and Beet Salad/Simple Kraut

- Shred cabbage and beets
- Green Garlic optional
- Combine shredded cabbage, beets
- **Put in big jar make sure food is covered with salt brine.**

Let ferment to desired fermentedness. Serve raw prior to fermentation or post, with dressing or sprinkled on top of a green salad with salt or lemon juice to taste. Simple, easy, really really good for you.

Summer Frittata

- Saute garlic n onions in cast-iron skillet or other oven-safe pan, preferably with bacon grease.
 - Add in diced, squash and cabbage, keep sauteing until they start to soften a little. Add chopped greens and cook for a few minutes til greens cook down a bit.
- Crack 12-18 eggs (depended on how many people you want to feed) in a bowl, whisk with salt/pepper, herbs and any other spices you like.
- Put cast iron in oven, cook for 40-an hour at 350, depended on how you like your eggs and how big you made it

Casey's Easy Recipe Action

Braised Cabbage and Bacon

- Dice bacon and start frying on medium high heat.
- Dice onions and add into bacon
- Dice cabbage and pile on top. Use a bowl to cover it if its too tall for a lid till it cooks down.
- Stir it after cabbage starts to cook down.

- **Beanoa (Bean n Quinoa) Salad**

- This is a great recipe that we got from Marbry. It's really nice to be able to pack it to go places. It's a great chilled meal for when it feels too hot to eat.
- - Prepare two cups quinoa and set aside to cool.
- - Chop beans into pieces and steam until tender.
- - Finely dice basil
- - Chop onion, tomato and cucumber.
- - Stir altogether with rice vinegar
- - Chill and serve :)
- Optional additions of raw garlic, diced raw summer squash, tomatoes and diced peppers.

Midsummer Grilled Veggies

- Marinate beans, squash (sliced lengthwise) onions, peppers, and eggplant in the following:
 - Tamari (soy sauce), finely diced hot pepper or red pepper flakes, crushed or finely minced garlic.
- Whisk together and pour over veggies in bowl or tupperware to marinate in fridge. Pour excess marinade over veggies after placing on grill.

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