

HappyDay CSA Newsletter

This week's share includes: Cucumbers, Squash, Cabbage, Basil, Lettuce, Pepper, Cherry Tomato

Wowee zowee, boomboomjamjamgotime! It's been busier than ever here as we juggle farming with myriad other projects and events. Certainly lots of fun things to do in the summer; sometimes it becomes a bit overwhelming trying to keep up with it all.

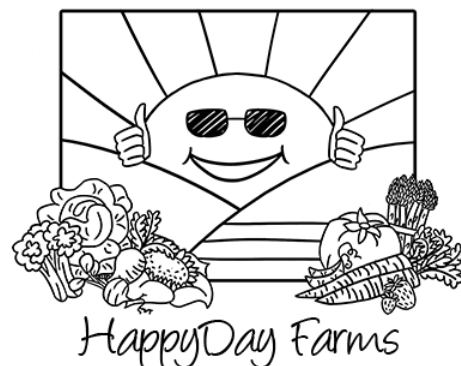
We've been blasting through water as we work to keep seedbeds and tender seedlings cool and moist through the heat spells. It was nice to have it cool off a bit over the weekend, we managed to get a late planting of basil and cilantro into the ground, along with fall crops of collards, broccoli and cabbage.

The farm is moving full speed towards fall, even as the summer bounty begins to roll in. The first tomatoes and peppers have arrived, and we're happy to send the first of them for shares this week! Okra has continued to grow after a very slow start; beans have been damaged badly by migratory birds which have been eating them as fast as they grow. Cucumbers continue to provide a bumper crop, far and away our best ever.

We managed to squeeze in some good times over this last weekend. I made it up to Reggae on the River for some afternoon/early evening music on Friday and Saturday, and we went to an excellent party Sunday night with dear friends in Laytonville. All in all, it was nice to get to see folks and spend some time hanging out, though it is always hard to balance with all the balls in the air. We are grateful to our farm team for giving us the opportunity to seek respite from the grind.

August is the time of year when we start dreaming of rain and thinking about water. Everything is so dry and parched that thoughts of moisture provide welcome contrast to the dry, dusty landscape. August is the month that water system issues are the worst, because we are trying to maintain summer crops while using extra juice to start crops for the fall season. This overlap puts us just beyond carrying capacity for our solar pumps, meaning that we have to juggle and adjust at all times. When it is the hottest we need more water and so have to turn timers up and hand water, while when it cools off a bit we are able to dial things back down some. It sure keeps life interesting!

The share this week has tastes of summers' finest. The first tomato and pepper provides a glimpse of what's to come as we edge further into late summer goodness. Head lettuce and basil from Irene provide a cool, crisp crunch on these hot days, while cabbage provides a hearty wallop of goodness. Cucumbers (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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are stellar for snacks, sliced with hummus, or 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, see the recipe below. There are two different cucumber recipe permutations for your enjoyment ☺

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

Casey's Easy Recipe Action

- **Cucumber Salad**
- 4 cucumbers, sliced thin
- 1 cup whole milk plain yogurt
- 1 tbsp sour cream
- 1 small bunch dill
- 1 garlic clove, crushed or minced
- Tbsp. sea salt.
- Slice cucumbers thin. Chop dill finely. Mix all ingredients together and chill until time to serve. Very nice on hot days.

Cucumber Salad Version 2

- 4 cucumbers, peeled and sliced thin
- ½ medium red or yellow onion thinly sliced
- 1 tsp sugar
- ¼ cup rice vinegar
- Sea salt and ground pepper to taste
- Combine in large bowl. Chill.

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

Casey's Easy Recipe Action

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

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 ☺