

HappyDay CSA Newsletter

This week's share includes: Cucumbers, Squash, Beet Greens, Basil, Lettuce, Pepper, Tomato, Garlic, Carrots

Boy, we're sure starting to see the influence of fall around here! The days are shorter, the nights are cooler, the season is shifting distinctly. I used to think that fall was coming early when it started to make the shift in the middle of August, but now I realize that fall always comes early up here on the hill.

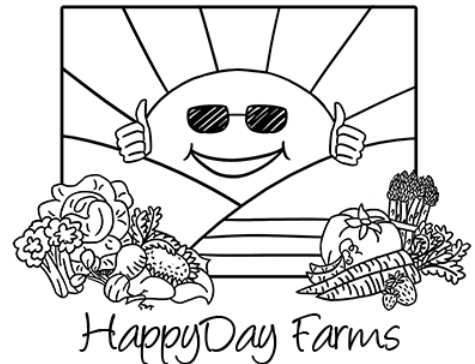
It seems like the start calendar start of fall is long after a seasonal shift has begun, although it is also true that we are just now beginning to harvest some of the summer crops. Tomatoes are coming in proper now and peppers are starting to knock on the door.

Okra is tracking for one of our best harvests ever, growing more bountiful by the day. It's quite a surprise because the okra took a tremendously long time to get going this year. I had almost written it off, but now the plants look outstanding and are fully justifying the use of space (we planted 5 rows of 40 foot, which is as much okra as we've ever done before. Last year we did it in a hoop house but this year we went outside; the lesser heat accounted for some of the slower start.

The beans have seen serious trouble from migrating birds that come through every year; they eat the tender shoots and the bite the growing beans in half, often damaging the crop. This year is the worst it's ever been, with a total crop loss after the first few weeks. The beans are flowering again though, and it is our hope that the birds will head on down the flyway to their next stop. Though it is frustrating to lose one of our favorite crops, that emotion is tempered by our delight at being able to provide habitat for creatures making their way through the cycle of their lives.

It is also a joy to behold the various flowering plants that provide habitat for beneficial organisms. The humming and song of bees, wasps, other flying insects, and birds is a tumultuous glory that is beautiful to behold. The constant sound of effort and work gets into the ears and through to the heart of the farmer; efforts increase as the hum sets the tone and cadence of the work.

In a time of great upheaval and change, I hark to the soil, and the things that grow there. It is important that we step back and look at what we hold dear, and that we be prepared to stand for those things. Being part of a local food system is an act of defiance towards the industrial paradigm. It is a way of taking back and maintaining something for ourselves that is (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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in danger of slipping away.

Enjoy garlic, cukes, squash, basil, peppers and tomatoes from us this week, along with carrots and beet greens from Irene's Garden Produce. Lots of stellar action from us, to you. As always, it is a joy and an honor to share the journey! - 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

"Tomato Delight"

From Lu :)

- On a thick slice of sourdough bread (or your preferred type)
- Spread olive oil generously
- Dice and add chopped garlic
- Thick slices of feta cheese
- Thick slices of heirloom tomato
- Fresh, whole basil leaves
- Drizzle more olive oil, add more chopped garlic if you really like garlic.
- Enjoy. Mmmm :)

Fresh Summer Salsa

- 6 medium tomatoes
 - 1 medium onion
 - 1 large green peppers
 - 2-3 hot chili peppers
- Dice all these.
- ¼ bunch fresh cilantro (chopped)
 - 4 cloves garlic (minced)
 - 3 tablespoons fresh basil (chopped)
 - 2 tablespoons vinegar
 - 1 tablespoon lemon juice
 - ½ teaspoon salt or to taste
 - Combine in bowl. Let stand 30 minutes then serve.

For additional action, you can puree ingredients and then chop more ingredients to add. Kinda doubles it up. Great success.

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