

HappyDay CSA Newsletter

This week's share includes: Cucumbers, Squash, Chard, Basil, Lettuce or Collards, Pepper, Tomato

Rarely in my life has it been a combination as hot and smoky as what we've experienced the last few days. It's too hot to sleep with the windows closed, but that means you wake up wheezing with the taste of wood smoke in your mouth.

The smoke adds a layer of difficulty to farming, combining with the heat to create fatigue and irritability, making the work much harder. I strive to remember my positive affirmations, repeating to myself "we can do this" throughout the course of the day.

Crops are going like gangbusters; we harvest squash, cucumbers, beans and okra every day, and on market days we pick tomatoes, basil, lettuce, collards, peppers, eggplant and the odd assorted other things that are rolling in.

Winter squash are finishing out and we are about to start bringing them in to cure for the next few weeks before the rains come. Fall brassica (broccoli, cauliflower, Romanesco, kale and turnips) are being planted out, as are salad mixes and head lettuces.

It's always a gamble with the early runs of fall crops, because if we hit a hot spell we'll have to spend a huge amount of time and energy hand watering to keep them cool and moist enough to avoid bolting. This is definitely one of those years, but the fall crops are growing well and we're looking forward to a good bounty through the winter.

The last two years we weren't able to maximize our capabilities during the fall and we ended up with fewer crops for winter consumption and we didn't do the winter farmers market at all. We're hoping to be able to get back in the swing of things this winter, although it remains to be seen how the fall will flow.

This year we're planning on doing much more cover cropping than we've been able to over the last couple of seasons. We use an Organic Soil Builder (OSB) seed mix from LeBallisters seed company. It contains field peas, hairy vetch, and fava beans for nitrogen fixing, and oats for building biomass, tilth and soil porosity. Cover crop will soak up leftover nutrients and will add significantly to the quality of soil. We harvest it for chicken/rabbit forage, leaving the stumps and root masses to be forked into the beds during spring prep. We use a minimal tillage process, lightly forking the beds with a digging fork to incorporate compost and amendments into the beds along with the cover crop residue. If you're going to turn the whole crop under, it's good to give (over)



Eat Your Veggies!



Interested in other local action like meat and eggs? Email

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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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four weeks to break down, and then add your compost and give it another four weeks to get fully ready. If you don't have that much time, cut and remove the residue for a compost pile, fork or till the beds and give it four weeks to be ready. Cover crop that hasn't fully decomposed can tie up nitrogen during the decomposition process, so it's always good to make sure that it is fully broken down before planting into it.

The share this week is summer's bounty at its finest, and we know that you're as stoked about it as we are. It's been a hot and smoky harvest day, but we're glad to be part of this process, and we thank you for your support! As always, it is a joy and an honor to share the journey! - Team HappyDay ☺

Casey's Easy Recipe Action

Summer Garden Ratatouille

- 2 onions (chopped)
- 4 cloves garlic (minced)
- 1 bay leaf
- Saute in 3 tablespoons olive oil for about 5 minutes.
- 1 medium eggplant (chopped)
- 1 ½ tbs fresh basil (chopped)
- 1 tablespoon fresh rosemary (chopped or 1 tsp dried)
- 1 ½ tsp salt
- 1 tsp fresh marjoram (chopped or ½ tsp dried)
- Add, cover and cook over medium heat, stirring occasionally, until eggplant is soft, about 15-20 minutes.
- 2 summer squash (chopped)
- 2 green, orange, or red sweet peppers (cut in strips)
- 2 cups (500ml) tomatoes
- Add and simmer until peppers and squash are tender, about 10 minutes. Serve over pasta or polenta sprinkled with chopped fresh parsley, black olives, or freshly grated Parmesan cheese.

From Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert

Eggplant Cheese Pie

- 4 ½ cups eggplant cut into ½in cubes
 - 1 medium onion minced, 2 cloves garlic minced.
- In large frypan saute in 1 ½ tbsp oil, 2 minutes. Cover and cook until eggplant is soft, about 5 min, stirring as needed.
- 1 tbsp fresh oregano chopped or 1 tsp dried.
 - 1 tbsp fresh basil, chopped
- 1 small zucchini
- Line bottom and sides of greased 10 inch pie pan with zucchini slices.
- Spoon eggplant mixture on top.
- 2 cups mozzarella cheese shredded.
 - 2/3 cup evaporated milk and 1 egg
 - Combine in a bowl then pour over vegetables. Bake in preheated oven at 375 for 30 minutes

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 ☺