

HappyDay CSA Newsletter

This week's share includes: Cucumber, Squash, Basil/Cilantro, Tomato, Carrots, Sweet Pepper, Cayenne (extra for drying)

Boy, we're sure making the transition into fall, and it feels great! The shift from hot and smoky to cooler with a little moisture has been very welcome. Seasonal changes are special, cueing us in to the natural shifts that occur around us. We've made it over the lip with the cool weather crops; they've begun to grow well and are now rooted well enough to be immune to the hot days so long as we keep them plenty moist.

We've harvested our first few beds of winter squash, with another few dozen late plants still fattening fruits on the vine. We'll be clearing the beds to plant out Brussel sprouts and garlic in the next week or so, along with beginning to undersow cover crop seed beneath the hot crops. The goal is to get the cover up and strong by the time frost kills the hot crops, so that there is never a time of bare ground. Cover crop will hold the soil in place and sop up leftover nutrients, creating a great opportunity for synthesis of natural processes to make a more sustainable/capable farm organism.

We also harvested our batch of meat birds, putting them in the freezer for winter eating; meat in the freezer is better than money in the bank! We've also been fattening two pigs (Pork and Beans) on organic pig ration and various vegetables from our garden and leftovers from Irene's (Thank you!). Small-scale animal raising for meat can be a very pleasing way to connect with food sources, and provides the opportunity for creating a higher-quality product than can often be found in the store.

Hot crops are booming in as we make the turn into the end of summer with fall on the horizon. Tomatoes are going full bore (really just hitting their stride), and peppers are pushing very hard as well. This week, enjoy the tomato recipes and the bag of sweet peppers.

You will find a handful of Joes Long Cayenne's that are great for drying for winter use; we had an abundance of them and figured they might be useful to spice things up over the winter. You can hang dry them in an airy location or dice them up and air dry until no moisture remains. When you jar or bag them up, it is a good idea to check them regularly to make sure they are fully dry before putting them away in the pantry.

It has been a lovely summer season and we have very much appreciated your support through the course of the journey! We expect to wind down the CSA program for the year at the end of this month, as we won't have enough production once we (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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make the transition into October. We aren't entirely sure yet when our last share week will be, but we'll keep you updated as we get closer. As always, it is a joy and an honor to share the journey! - Team HappyDay ☺

Casey's Easy Recipe Action

Summer Poached Halibut

- 1-2 cloves of garlic minced
- 1 onion chopped
- 3-4 tomatoes chopped in ½ in chunks
- 3-4 handfuls of fresh greens
- ½ cup fresh basil leaves coarsely chopped
- In large frypan saute garlic and onion in 1 tbsp oil until soft. Add tomatoes and heat briefly. Slowly stir in greens until wilted. Add basil and cook a few more minutes.
- 2-3 fillets fresh halibut or trout (rinsed and patted dry) Add to sauce and simmer over medium heat for a few minutes, turning fillets while still raw enough to turn without falling apart. Continue to simmer until fillets are opaque. Salt and pepper to taste. Gently slide onto a warmed platter, keeping fillets intact. Surround with sauce. Squeeze with fresh lemon and serve with rice.
- From Simply in Season by Lind and Hockman-Wert

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 tbsps 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
Late Summer Grilled Veggies

- Marinate onions, peppers, eggplant and any other veggies 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.

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.

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.

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