

HappyDay CSA Newsletter

This week's share includes: Pepper, Cabbage, Beet, Carrot, Tomato

Last Week of CSA for 2017

Well folks, we've arrived at the end of our journey for this year. We look forward to resuming this lovely process with you come spring, but we have reached a point where farm production has dropped off dramatically and we no longer have the incoming bounty to fill the shares.

Fall has come early this year, and we're hitting the gap in between seasons. This is a commonality that happens with every seasonal transition; the crops from the season before start to wind down before the new crops really pick up steam. In this case though, we have extenuating circumstances that are suggesting to us that we shut things down for the season and pick them back up in the spring.

Tomatoes are starting to wind down, as are eggplants, basil, peppers, cukes and squash. Collards are coming along well, as is some salad mix, but we did not ramp up production enough to continue running through the fall. Later fall and winter crops are still small, with several weeks remaining before they are of harvestable size.

Irene's Garden Produce is a huge help and stellar partner to us during the course of the season, and we're glad to be able to offer beets, carrots and cabbage from her farm this week. Without local partnerships between farmers and eaters, CSA is not able to thrive, so we wanted to give a big shout out to Irene and her team. Also to John and Marbry at Redtail Ranch for their support!

They say that you're a gardener until you sell something; this means that it is folks like you who make us into farmers. We love what we do, and we appreciate the opportunity to provide nourishment for you and your family. Life is a journey that we share through the bonds of community, and it is a joy to share them with you!

Much Love from Team HappyDay; we look forward to working with you again in the spring! 😊



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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Casey's Easy Recipe Action

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.

Au Gratin Cabbage

From Simply In Season by Mary-Beth Lind and Kathleen Hockman-Wert

- 2 cups cabbage shredded
- ½ cup carrots shredded
- 1/3 cup green onions (or green garlic or both) chopped
- Saute until crisp-tender in frypan with oil of choice. Transfer to greased 1-quart baking dish.
- ½ cup milk
- 1 egg
- 3 tbsps shredded cheese

Combine in a small bowl. Pour over vegetables. Garnish with 1 tablespoon chopped fresh parsley and 1 tablespoon grated Parmesan cheese (or choice of alternative). Bake at 350 for 30-35 minutes.

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

Beet and Potato Hash

- Saute diced onions
- Stir in diced potatoes, beets, chopped thyme and garlic. Season with salt to taste.
- Cook, turning occasionally until potatoes and beets are tender and slightly crispy, 15-20min
- Remove skillet from heat, season generously with pepper and more salt if desired.

Whole Beet Skillet

- 4-6 medium beets
- Sack of stirfry mix
- Place beets in large saucepan, cover with water, bring to a boil. Reduce heat and simmer until beets are tender when pricked with fork, 15-20 min. Drain cooked beets, rinse with cold water. When cool enough to handle, slip peels off with fingers (or eat if you no care). Cut beets in slices. Saute greens in bacon grease or choice of frying oil for two min and add in beets, heat through. Cook less time for greens more crunchy, more time for more cooked.
- 1-2 tbsps lemon juice, 1-2 tbsps minced ginger, 1-2 tsp honey (optional)- Stir in and serve immediately :)

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