

# HappyDay CSA Newsletter

This week's share includes: Kohlrabi, Kale/Collards, Mustards, Salad Mix, Herb Bundle

## Happy to be Back! CSA 2018 :)

Well, here we are; CSA 2018! It's been a magical ride, and we are excited to begin another year of sharing our produce with you. We had a slower start than usual, and coupled with the cool spring and the unusual amounts of snow we had this winter, we're a bit later getting going with CSA shares than usual.

This is the time of year when there just isn't quite enough bed space. This evening I harvested kohlrabis, washed them and put them in the solar fridge to cool overnight so that they stay crisp until you eat them. It was good to get that part of the harvest done tonight, but it was also good because it freed up enough bed space to put the last fifty eggplant starts in the ground.

Any time that you approach a seasonal transition, there is a likelihood that there will be limited bed space on our farm. The crops from the previous season haven't yet finished out, but in order to keep with the rhythm of the seasons, the farm has to be a step ahead. This is one of the reasons that we transplant most of our crops from trays of starts. We do very little direct seeding because bed space is at such a premium that it is more effective to plant out healthy, uniform starts that have spent 4-6 weeks getting going while the bed they come to occupy was used for something else.

Our choreography is often more of an active puzzle-piecing than a well-planned process. We are always refining how we do things based on the cumulative experience of our years on this site. We are learning to gather data to help us evaluate our processes so that we can be more capable and efficient with our time and energy. As I assessed the farm today, I was searching for a place to put the eggplants; they were vying for limited space with okra, melons and later successions of tomatoes. It wasn't until late in the day that I realized the place for them; if I harvested the kohlrabis in the evening cool, I could prep and plant right away. With market day tomorrow, it made sense to get them in the ground tonight because it won't happen otherwise until the same time tomorrow night. The feeling of finishing that project as dusk faded down to night was one of gratitude and peace.

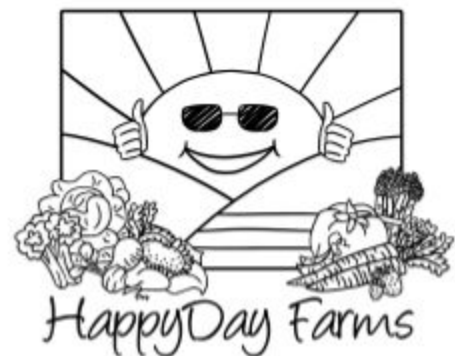
The share this week includes the aforementioned kohlrabi (there are some recipes listed if you're in need of ideas), along with mustard greens that are excellent braised or stirfried. The

## Eat Your Veggies!

Interested in other local action like meat and eggs? Email [happydayfarms42@gmail.com](mailto: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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salad mix remains luscious, and the kale/collard mix is at its best. The herb bundle offers a flavorful opportunity for seasoning, and can also be dried for later on a plate or dish.

As always, it is a joy to share the journey with you, much love and appreciation and HappyDay! :) :)

## Casey's Easy Recipe Action

### **Kohlrabi Ham Bake**

- -4 kohlrabi, peeled and diced
- -8 ounces thick ham, diced
- -2 Tbsp fresh chopped parsley
- - 3 egg yolks, 3 tbsp butter, 1 cup heavy cream - 2 Tbsp flour or gluten free alt -Pinch of ground nutmeg
- -Salt and freshly ground black pepper
- - Preheat oven to 350°F. In a large skillet, melt the butter on medium heat. Add the diced kohlrabi and gently cook for 8 to 10 minutes.
- - Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined. - Place half of the cooked kohlrabi on the bottom of an oven-proof casserole dish. Layer on the diced ham and parsley. Top with the remaining kohlrabi. Pour the sauce ingredients over the kohlrabi and ham.
- - Bake for 30-35 minutes or until lightly browned on top. Serve immediately.

### **Roasted Kohlrabi**

- 1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced. -1 tablespoon olive oil
  - 1 tablespoon garlic -Salt -Vinegar
- Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

## Casey's Easy Recipe Action

### **Kohlrabi Hashed Browns**

- Grate kohlrabi and potatoes with grater mix in them as you go.
- WASH STARCH. Very important. If you don't rinse out the starch your action won't get all crispy, mushynobueno. Rinse hashed tates/kohlrabi in colander til the water runs out clear. Squeeze water out.
- Heat oil HOT- also very important. High heat required. Don't put action in until you can drop in a little piece and watch it start to crackle. (but don't heat oil so much that it starts to smoke)
- Put in (loud noise) then salt and pepper top layer and cover.
- Cook for 8-12 min dep on how you like em and how hot your stove is. Check em When crispy on bottom, slice into pishape and flip over. Turn heat down, cook 4-5 min longer. Serve with breakfast egg scramble made from onions n garlic n greens. Great Success

### **Raw Kohlrabi with Dipping Sauce**

- Peel and slice kohlrabi into dippers.
- Dip in favorite dipping sauce. :) :

**Have any recipes you like making with HappyDay produce? Email them to us [happydayfarms42@gmail.com](mailto:happydayfarms42@gmail.com)**

