

# HappyDay CSA Newsletter

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

I awoke this morning to patchy frost, which is pretty unusual for June 10th. We usually figure that after the last day of May, we're home free for cold. I don't think that it was cold enough to damage any of the crops, but there were a few things looking a little sad this morning.

We're marching forward towards hot crop season, with just a few odds and ends still in the hoophouse; the last succession of tomatoes goes out this week, as do the last of the melons and one lingering tray each of peppers and tomatillos.

We've been undersowing buckwheat as summer crops get bigger; there is a lush carpet around many of the cannabis plants, and buckwheat is beginning to sprout among the squash, eggplants and tomatoes. Bees love buckwheat flowers, and as a cover crop it provides excellent groundcover and as it decomposes will provide a readily available source of phosphorus. It will reseed itself easily and makes for an excellent addition to the overall farmscape.

We've been working a great deal on our irrigation systems, upgrading timers and trenching in new PVC lines to make our water distribution more efficient and less prone to failure. We've been working on shifting our beds to longer rows which we can plant more of one crop in each block of space. Organizing our process around how the harvest will occur helps to provide a cogency to our process.

Farming is defined by the rhythm of the seasons, further broken down by the repetition of routine. The work is hard but there is a deep joy and satisfaction to it. Watching the sun rise over the ridgeline while harvesting produce or taking care of animals engenders a whole host of thoughts about our place in the world and the efforts in which we engage.

The cliché "hope springs eternal" rings true for a reason; there is a cyclical upliftment of learning and praxis that comes with each trip around the sun. Our methods become more refined as we learn more about the land we farm, the tools we use, and ourselves. Knowledge of self enables us to focus on the jobs that we each do best, and to fit these efforts into the larger paradigm that defines our process.

We strive towards regenerative practices, knowing that there will be imperfections along the way and that we have a long way to go. It is a deep joy to share the journey with folks who care

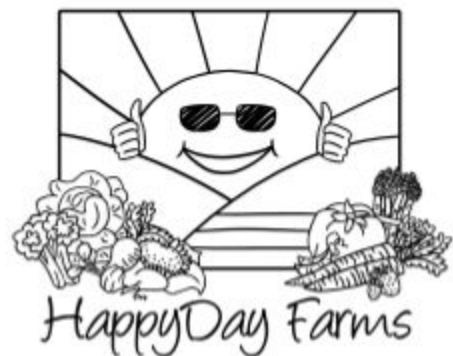
## Eat Your Veggies!

Interested in other local action like meat and eggs? Email [happydayfarms42@gmail.com](mailto:happydayfarms42@gmail.com)

**Always wash your veggies before eating them! :)**

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

**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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where their food comes from and want to support small farms.

The share this week is spring at its finest, with the first beets of the season special for CSA members (there aren't enough yet for the market table). The last of the kohlrabi is also a treat, as are the cooking greens and delicious salad mix. Herbs add a flavorful punch for now or can be dried for later.

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.

### **Kohlrabi and Beet Salad/Simple Kraut**

- Shred kohlrabi 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.

## 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.

### **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

