

HappyDay CSA Newsletter

This week's share includes: Beets, Garlic, Kale, Lettuce, Herbs, Summer Squash, Cabbage

This evening I split and hauled firewood to the woodshed; July having arrived has made me think of the winter to come. There is an irony in the fact that the hottest part of the year makes me think of winter, but such is the life of the farmer and homesteader. One must always be in preparation for the season to come, while striving to stay centered in the present. That juxtaposition is not without difficulty, and it is with practice over the years that the farmer hones the craft.

Part of honing the craft is being willing and able to take in new information and apply it to the practice of farming. Reading is my form of relaxation and entertainment; I love learning new things from books. I love the feel of the pages and the ideas that I gain from them. I just finished The Good Life and Continuing the Good Life by Helen and Scott Nearing, along with This Life is in Your Hands by Melissa Coleman (daughter of famed organic farmer Eliot Coleman).

There is much to be said for carrying on the tradition of the small, ecologically minded farm. The burden of work can be heavy, but the thrill of the process brings a lightness to the steps. In what has come to be known as the "flow state", the farmer moves from task to task, carrying forth the mission of production and the massage of the landscape. It is a joy to see bountiful crops rise from the earth, and to see the soil become more rich and fertile over time.

We share a journey, engaged in the tradition of agriculture and an exchange of nourishment from our farm to you. This journey is fraught with potential difficulty, but blessed with deep meaning and spirit. Being a farmer means getting back up when nature knocks you down; it means getting knocked down again, and still getting back up. Being a farmer also means that you engage in commerce; the saying goes "you're a gardener until you sell something." As such, we appreciate you for giving us the opportunity to be farmers!

With cabbages and beets in the share this week, you have an amazing opportunity to try out the simple kraut recipe on the back of this newsletter. We have been enjoying both sauerkraut and kimchi made by friends and are looking forward to getting back into the rhythm of making our own. We've been enjoying summer squash and greens in our many stir-frys, starting (over)

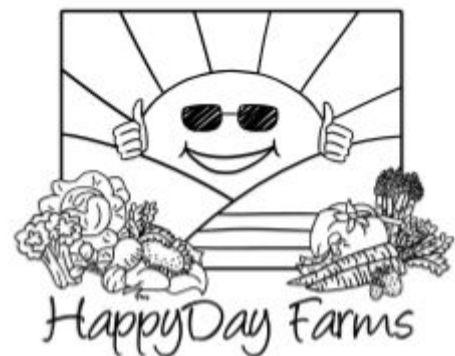
Eat Your Veggies!

Interested in other local action like meat and eggs? Email 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

Remember, holes in leaves have no flavor so don't worry if you find a few holes. Great success and much love!



HappyDay CSA Newsletter

This week's share includes: Beets, Garlic, Kale, Lettuce, Herbs, Summer Squash

with browned onion, garlic and meat, gathering in the flavor of caramelization to liven up the fresh but simple ingredients. Try also the zucchini fries recipe if you are looking for a delicious and different way of preparing summer's bounty.

As always, it is a pleasure to share this journey with you, much love and appreciation from Team HappyDay!

Casey's Easy Recipe Action

Gluten Free Zucchini Fries

- 2 medium zucchini
- 2 eggs
- ¼ cup sweet rice flour
- ¾ cup gluten free panko
- 1/3 cup grated parmesan cheese
- 1/8 teaspoon pepper
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ teaspoon Italian seasoning
- ¼- ½ teaspoon garlic powder depended on preference.
- Heat oven to 425 degrees. Line baking sheet with parchment.
- In shallow pie pan, combine panko, parmesan, salt, pepper, paprika, garlic powder and Italian seasoning. Set aside.
- In another shallow container, beat eggs.
- Place flour in small bag.
- Cut zucchini in half, trimming off ends. Cut into ½ inch wide strips or wedges.
- Coat zucchini strips first in flour, then beaten eggs.
- Place strips in pan with bread crumbs, pressing to adhere coating to squash.
- Place squash on baking sheet.
- Drizzle or spray lightly with oil.
- Bake 25 min, turning once, until golden brown.
- * For not gluten-free, substitute wheat flour and regular breadcrumbs.

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 tbps 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.

