

HappyDay CSA Newsletter

This week's share includes: Carrots, Beets, Head Lettuce, Kale, Squash, Cucumber, Garlic

Producing food from the land is a labor of love, a celebration of the conversion of sun into nourishment. Working with soil and plants brings an infinite journey into learning and sharing, experiencing the soul of natural cycle.

We continue to edge through the heat of summer; enjoying the blessings while working to stay hydrated and avoid sunstroke. These long days hold much opportunity for accomplishing our work, but also require a level of stamina that can be difficult to maintain.

It is important to take the time necessary for self-care. Personal health suffers when there isn't space for relaxing and rejuvenating. For me, it can be as simple as a quick dip in the pond during the heat of the day, or carving out time to read. I'm finding that unplugging from all devices an hour before bed and engaging with a book helps me to unwind during this hectic season.

We are full steam ahead with markets, harvest, upkeep and sowing for fall crops. Adding the many meetings and off-farm duties creates a real necessity for good time management and accurate scheduling.

Learning to be an effective farmer has to do with equal parts knowing what to do, and when to do it. As the seasons progress, we have more records and more of an understanding of the ideal rhythm on which the farm operates. Like playing music, distractions or unforeseen events can knock us offbeat, making life seem disjointed. That said, when you hit the groove it's like nothing else in the world.

Being part of a farm operation can be compared to being a member of a jam band. You know how to play your instrument, you have general knowledge of music, but you don't know exactly what you're going to play until you really get into it. You might have riffs, chords or beats that are well-agreed upon by the group, but these guidelines can be altered to fit the circumstances of a given session.

Farming is about knowing the rules for engagement with a given place and the available materials; understanding the cycles gives a sense of potential for the music to be played on a given day. It can be discordant ruckus, elegant harmony, or some combination of the two, often both at the same time. (Over)

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 CS produce?

Email them to us
happydayfarms42@gmail.com



Are you interested in local goat dairy?

Dairyshare at Green Uprising Farm

Support your local farmers and enjoy fresh, healthy and delicious dairy products. You can purchase a share in our goat herd and get to know the animals that feed you. Herdshare prices are on a sliding scale from \$40 to \$50 monthly for a single share. Our goats browse in our fields, hillsides, and orchards, eat organic or unsprayed hay, and seconds from our vegetable and herb gardens. We handmilk, use no chemical cleansers or dewormers, and deliver in glass jars. The milk is fresh and unpasteurized, direct from the teat to you table. For more information call (707) 216-5549 or email: homesteadingsara@gmail.com

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Some things go well while others need improvement; keeping track of the happenings provides reference points for winter planning and evaluation. The process continues as we move through the seasons.

The share this week is an excellent collaboration between different farms. Briceland Forest Farm brings us lettuce, carrots and beets, while here at HappyDay we have squash and cukes. Kale comes from Nurturing Seed farm and garlic from Irene's Garden Produce. We are delighted to partner with local farms to bring produce to you and we appreciate your willingness to participate in local food systems! Much love from Team HappyDay! :)

Casey's Easy Recipe Action

Baked Zucchini Halves

- 1 large zucchini, halved lengthwise
- 1 ½ cups cooked quinoa, ½ cup rice
- ¼ cup Parmesan
- 1 ½ tsp olive oil
- ½ cup chopped onion
- 1 rib celery, chopped
- ¾ cup browned meat with onions
- 1 tsp salt, butter optional
- Heat oven to 350. Cut center out of zukes, don't puncture skin. Put hollow halves in baking dish
- Coarsely chop zucchini centers and put them in a large bowl. Add quinoa, wild rice and parmesan. Stir
- Heat oil in medium skillet, add onion and celery cook for three minutes stirring occasionally. Add in meat, cook until browned.
- Add meat to quinoa/rice, combine well.
- Stuff hollow zukes with mix, cover and bake for 40 minutes.
- Uncover, put in a pat of butter to each half if desired. Continue to cook uncovered until zucchini is very tender and the filling is golden brown, 10-20 min, serve warm.
- * The original recipe called for breadcrumbs instead of meat, so to make a vegetarian version sub bread crumbs and mix together, then bake as before. Farmer John's Cookbook

Casey's Easy Recipe Action

Grated Beet Salad

- Coarsely grate 3-4 cups beets
- Pour Vinaigrette over beets in bowl
- Toss with salt and pepper to taste, put in fridge to marinate for at least 1 hour.
- Add fresh chopped dill 1-2 tbsp toss again, served chilled.
- *Beets and Carrots can also be grated as a lovely addition to normal salads.

Roasted Beets with Mustard Sauce

- Slice large beets into thin slices, between less than ¼ inch thick.
- Roast in oven laid out flat until they start to get soft.
- Drizzle with mustard vinaigrette sauce. Great success.

Green Salad

- 8 cups various chopped mix. Combine with selected toppings
- from the list below. Pour half of the dressing over salad just before serving, then more as needed.
- Topping Options:
 - Green garlic, red onions, chopped, diced radishes, grated carrots or beets, chopped spicy mustard, bacon pieces, hard boiled egg slices, diced walnuts.
 - Basic vinaigrette dressing:
 - 2 tbsp Dijon mustard, 2 tbsp red wine vinegar, 3 tbsp olive or nut oil, 1 stbsp fresh lemon juice, salt and pepper to taste

