

HappyDay CSA Newsletter

In the Share This Week: Tomatoes, Kale, Squash, Cucumber, Sweet Pepper, Hot Pepper, Eggplant, Lettuce, Herbs

As I sit down to write, I can hear Mr. Skunk rustling around on the porch. I crept outside earlier to check on the noise with a sneaking suspicion that it might be him. Upon spying his distinctive markings, I fled back in the house and shut the door quicklike. He is interested in the dog food, and I am not dedicated enough to attempt to deprive him of his meal.

We try as best we can to co-exist with the native wildlife; there is a gentle balance that must be achieved between taking away from their habitat and providing them too much food in nontraditional places. It is neither good to fence out deer or feed the skunks, but the reality is that it happens, both intentionally and unintentionally. The compromise we strive for is to try to keep the impacts to a minimum.

Perhaps in paradox, we tend to put out some alfalfa during late August and early September because we deprive the deer of habitat that includes heavy acorn-bearing oaks (some oaks bear heavier than others). Some of this is for selfish reasons, for the deer are hungry and will test fences and gates seeking to gain access to our gardens. There have been many instances in which we have to spend time chasing them out when we would rather be working. The lactating mamas need nutrition for their babies, and the brittle landscape provides few options during the hottest, driest part of the year. Acorns are one of these options, serving as a basic and necessary staple for the deer population. In recognition of our depriving them of this staple from parts of their traditional range, we offer alfalfa during that one period of the year.

Also in paradox, we love animals and raise them for meat. We slaughter on farm and have learned a great deal from the process; from the mechanics of bodies and their internal parts to the spiritual and social reflexiveness that is engendered a depth of feeling and connection is the result. The responsibility of taking life is one that we carry with gravity and conscious choice.

There is much that can be debated in this line of discourse; it is an area that is ripe for healthy dialogue but can often become charged and confrontational. A sense of righteousness tends to pervade the different positions, and there is often diametric opposition. This is fertile ground for learning and teaching, but also an opportunity for accepting different viewpoints (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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Without having to agree with them.

On the farm, we have continued to have minor struggles with the water system; there is more algae this time of year to clog filters, and this is the highest water demand part of the year. Broken lines also seem to happen in August more than other months, but things don't break when you aren't using them.

We are seeing the first heavy flushes of tomatoes, peppers and eggplants. There is a certain irony to the fact that we are also feeling the first faint vestiges of fall, creeping around the edges of midsummer. Due to the heavy snows this spring, we are late this year on production harvests of hot crops; such is life.

Crisp lettuce from Woody Ryno Farm offers the last salad greens we'll see until the end of September, along with kale from Emerald Spirit. From HappyDay, cool, refreshing cucumbers dice well over salad, while ratatouille and other summer delights beckon from the cookpot and the recipe column. As always, much love and appreciation from Team HappyDay!

Casey's Easy Recipe Action

-Summer Garden Ratatouille

- 2 onions (chopped)
 - 4 cloves garlic (minced)
 - 1 bay leaf
 - Saute in 3 tablespoons olive oil for about 5 minutes.
 - 1 medium eggplant (chopped)
 - 1 ½ tbs fresh basil (chopped)
 - 1 tablespoon fresh rosemary (chopped or 1 tsp dried)
 - 1 ½ tsp salt
 - 1 tsp fresh marjoram (chopped or ½ tsp dried)
 - Add, cover and cook over medium heat, stirring occasionally, until eggplant is soft, about 15-20 minutes.
 - 2 summer squash (chopped)
 - 2 green, orange, or red sweet peppers (cut in strips)
 - 2 cups (500ml) tomatoes
 - Add and simmer until peppers and squash are tender, about 10 minutes. Serve over pasta or polenta sprinkled with chopped fresh parsley, black olives, or freshly grated Parmesan cheese.
- From Simply in Season by Mary Beth Lind & Cathleen Hockman-Wert

Casey's Easy Recipe Action

Eggplant Cheese Pie

- 4 ½ cups eggplant cut into ½in cubes
- 1 medium onion minced, 2 cloves garlic minced.
- In large frypan saute in 1 ½ tbs oil, 2 minutes. Cover and cook until eggplant is soft, about 5 min, stirring as needed.
- 1 tbs fresh oregano chopped or 1 tsp dried.
- 1 tbs fresh basil, chopped
- 1 small zucchini
- Line bottom and sides of greased 10 inch pie pan with zucchini slices. Spoon eggplant mixture on top.
- 2 cups mozzarella cheese shredded.
- 2/3 cup evaporated milk and 1 egg
- Combine in a bowl then pour over vegetables. Bake in preheated oven at 375 for 30 minutes.

Fresh Summer Salsa

- 6 medium tomatoes
- 1 medium onion
- 1 large green peppers
- 2-3 hot chili peppers
- Dice all these.
- ¼ bunch fresh cilantro (chopped)
- 4 cloves garlic (minced)
- 3 tablespoons fresh basil (chopped)
- 2 tablespoons vinegar
- 1 tablespoon lemon juice
- ½ teaspoon salt or to taste
- Combine in bowl. Let stand 30 minutes then serve.

For additional action, you can puree ingredients and then chop more ingredients to add. Kinda doubles it up. Great success.

