

HappyDay CSA Newsletter

In the Shares This Week: Hot Peppers and Tomatoes from HappyDay. Kale and Mustard Greens from Nurturing Seed Farm. Onions and Potatoes from Covelo Organics.

The changing of the season is palpable; cool nights and warm days bring on the ripening abundance. Verdant growth gives way to the fruits of harvest as different plants cycle through the season. Vibrant transplants of fall crops take the place of worn out summer crops in a rapid choreography that changes the face of the farmscape with a rhythmic consistency.

We cycle through the annual row crops, while the many polyculture species interspersed throughout the garden riot in carefree abundance. For it is a dance; interdependent steps in an intricate composition; the opus of life.

Each trip around the sun we gain knowledge of self and purpose, becoming wiser with age. I think about the joy of shared journey and effort. Building community is the essence of human commonality, a deep need within us all. The industrialized world has changed the meaning and structure of human togetherness; old ways fade into the past; new possibilities arrive.

I enjoy the opportunity to gather and converse; there is so much to learn and so many avenues to study! I relish discussion and a chance to gain knowledge and perspective; every encounter carries a lesson. Humans come with such variation of worldview that there is endless potential for deeper insight.

Like fractals, any avenue of study carries an infinity of increasing granularity; there is always more to be learned. Weaving together different areas of study creates a strong rope that tethers perspective to reality. The more open and inquisitive we can be, the more broad become the strands of the rope.

Perspective and reality exist in mutual tension; the self resolves that tension through a variety of lenses. We each see meaning and truth through different eyes, though there are basic commonalities of justice that serve as foundational tenets. Presence is the art of aligning perspective and reality, creating a platform for right action.

We humans are learning and becoming at an exponential rate; with this kind of rapid pace both order and entropy expand faster than in the past. Will our Promethean instincts lead us to a hell of repetition or will we escape the wrath of Zeus? Even as chaos threatens world systems of government, a reimagining of food systems and regenerative land-use practices holds a flame to the darkness. (over)

Interested in other local action like meat and eggs? Email happydayfarms42@gmail.com

Have any recipes you like making with CSA produce?

Email them to us

happydayfarms42@gmail.com



On the back of this newsletter you'll find a recipe. To see other recipes you can go to the blog page at happydayfarmscsa.com :)

Always wash your veggies before eating them! :)

HappyDay CSA Newsletter

Are we smart enough to save ourselves or will the sun scorch us off this mortal coil? The answer lies many years before us; I will not live to see the end result. We are three generations into the travesty of the industrial paradigm, and we will be three generations traveling out of the darkness.

The light of day is but faint, yet it is there in the distance. I am glad for the opportunity to strive towards it, like a moth towards the flame. We take small, measured steps; we seek wisdom of place through the food we eat and the people with whom we interact. We take pleasure in the beauty of the moment as we find it, and we revel in the bounty that grows stronger season by season.

Tender fall greens are beginning to come in, while summer still provides tomatoes and beans, peppers and eggplant. Basil and cilantro cross paths for the only time in the year, as the mildness of temperature in each direction works in their respective favors. Squash and cucumbers are winding down and winter squash are finishing up. We'll be undersowing cover crop and planting out head lettuce and brassica starts this week as we approach the equinox.

Much love and appreciation to you as we share this journey!

Recipe Action

Ground Pork n Spicy Mustard Greens Soup from Mama

- ½ lb ground pork
- 2 minced cloves garlic, 1 small onion minced small
- ½ tsp cumin seed
- 2 tsp grated fresh ginger
- 1 tsp crushed red pepper
- 4 cups chicken stock
- 4 cups chopped spicy mustard greens
- 2 tbsp tamari (or soy sauce)
- rice noodles for serving

Mix ground pork with spices (ginger, garlic, cumin, red pepper) and a tsp salt Put nto 3 quart stock pan with minced onion and cook until brown. Add chicken stock, tamari and mustard greens, simmer for 30 min. Serve over cooked rice noodles, top shape indeed.

Casey's Easy Recipe Action

Hash Browns

It's probably not a surprise that potatoes have always been a staple in the O'Neill household. We love em. Here is our favorite morning potato recipe:

- Grate potatoes with grater.
- WASH STARCH. Very important. If you don't rinse out the starch, the tates won't get all crispy, mushynobueno.
- Rinse hashed tates in colander til the water runs out clear. Squeeze water out.
- Heat oil HOT- also very important. High heat required. Don't put tates 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 tates 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. Smell is a good indicator, you don't want them to smell burned.
- When crispy on bottom, slice into pieshape and flip over. Turn heat down, cook 4-5 min, serve with breakfast eggs or veggie/egg scramble.