

# HappyDay CSA Newsletter

In the Share This Week: Tomatoes, Cukes, Apples, Kale and Pepper from HappyDay. Potatoes from Nurturing Seed Farm. Onions from Covelo Organics. Carrots or Lettuce from Irene's Garden Produce.

Harvest is a factor of drying space, plant health, timing, weather and labor. It's a bit like gambling, in that you have to decide the point at which it becomes time to bring it in. If you wait too long, the quality begins to decline; if you go too early, the volume isn't there. One of the dangers is in holding out too long, and then having too much ripen at once and overwhelming either space or labor. If you had infinite space and labor, you could leave the plants out to the maximum potential of the quantity/quality overlap. Given that both labor and drying space are finite, it becomes a guessing game as to the best time to harvest. Over the years, the farmer learns to evaluate the variables to make the best possible educated guess. Sometimes there are unexpected surprises, and changes in production patterns offer new, uncharted variables.

Plant health is a major factor; disease or pest pressure can create a need for accelerated timeline, as does the potential for these problems to appear. It is often necessary to take a first cutting on bigger plants to give the lower layers time to finish out and to create more light and air movement to the understory to avoid disease. Starting before the plants have finished growing gives opportunity for more growth after the first cut and avoids problems with botrytis because the densest flowers are harvested before the rain.

We tend to let rain be the guiding factor in our cannabis harvest; when the weather calls for rain we bring in those flowers that might have potential for mold. We would harvest a higher quantity if we left them out longer, but we would also have more likelihood of botrytis. We always say that a bud in the bag is worth two on the bush. It's all about the 3D's; is it Dense, is it Dank, is it Done? If we have two out of the three and rain is coming, we to commence to harvesting.

Fall has arrived, and the garden transition is underway. We are sowing a winter cover crop mix of oats, vetch, field peas and fava beans, inoculated with nitrogen-fixing bacteria that will help to enrich the soil while preventing erosion and nutrient leaching. We are also sowing, up-planting and planting out brassica; the first sets of cabbage, cauliflower, romanesco and broccoli went out a few weeks ago, the next set will go out in a week.

The garden is a mix of green, yellow and brown (over)

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

**Have any recipes you like making with CSA produce?**

**Email them to us**

**[happydayfarms42@gmail.com](mailto: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](http://happydayfarmscsa.com) :)**

**You'll notice that there is an abundance of produce in your CSA Box. That's because this once/month delivery is designed to last you awhile.**

**Eat the fruit and greens quickly, but the potatoes and onions will keep well. Much love! :)**

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as the many species of plants go through their life cycle transitions. Flocks of redwing blackbirds offer a moving panoply among the tall sunflowers that have gone to seed. The sunflowers are all volunteers, claiming the vertical axis in large sections of the garden. They are beautiful during the summer and provide a stellar food source for birds that is up off the ground and away from prowling felines. Cats are dangerous to bird populations, but can also be important for a farm that needs to control rodents. Offering habitat to birds that is out of reach of the cats is one of many balancing acts that we use to try to mitigate our presence in the environment.

To farm a piece of land is to change it, for better or for worse. We seek to know our impacts, and to strive to mitigate the negative ones in favor of beneficial or regenerative processes. It is a learning curve, and each trip around the sun we gain knowledge of place and practice that enables us to be better farmers. It is a joyous journey; the work is hard but fulfilling, and we are grateful.

## Casey's Easy Recipe Action Apple Oatmeal

- 2 (or more) pears and/or apples, diced
- Quick oats or rolled oatmeal
- Either maple syrup, honey or brown sugar.
- Walnuts and/or almonds, diced
- Soaking the oats and nuts overnight helps make them more digestible. I start the pot heating when I get up in the morning. Then I dice the pears/apples and nuts and stir them into the oatmeal. I let it simmer gently on the stove until the oats get soft.
- Serve with sweetener (if desired) and choice of milk or non-dairy beverage.

## Casey's Easy Recipe Action

### Kale Potato Soup

- 1 Large bunch kale, chopped
- Steam and set aside. (don't try to cook it with the potatoes; the flavor will be too strong)
- 1 tbsp butter
- 1 large onion, chopped
- 1 clove garlic, minced
- Melt butter in soup pot. Add onion and saute until golden. Add garlic and saute another minute.
- 2 large potatoes, diced
- 2 cups hot water or broth
- Add, bring to a boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if a smooth texture is desired)
- 3 cups water or broth
- ½ tsp salt or to taste
- pepper to taste
- Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve. (Recipe adapted from Simply In Season by Lind and Hockman-Wert)

