

HappyDay CSA Newsletter

This week's share includes: Salad Mix, Summer Squash, Herbs, Garlic, Cabbage, Beets, Carrots

Well, we've arrived in July, which means that it's hot and dry. Summer washes over us with warm nights that keep hot crops growing ferociously, along with their competitors, the weeds. We've been charging along, pulling weeds, planting out the last of the summer hot crops, and looking towards what we'll be planting soon for fall harvest.

This week we'll start ripping out kales and collards which are being hammered by aphids (the plants get stressed in the heat and the bugs go to work on them). We'll also be yanking cauliflower stumps and finishing out the kohlrabi bed, transferring into root crops. Later this week or early next week we'll be sowing carrots, beets, radishes, rutabagas, turnips and parsnips. In the hoophouse, we'll be starting flats of broccoli, cabbage and salad mix.

As July wears on, we'll fire heavily into more brassica and the many types of cooking greens, which will continue through the end of August. We'll be planting them out as they get big and hardy enough to withstand the inevitable summer bug pressure, and we'll be harvesting them throughout the fall and early winter months. Some of the latest plantings will overwinter and provide tasty produce for us during the cold and rainy/snowy days of February and March. They'll hold us through until the fresh things start to come in next spring, and the cycle will repeat itself.

Running a farm year-round is a great deal of work, but there is also tremendous satisfaction in participating in the intricate weaving of crop cycles through the seasons. It is a joy to be part of the rhythms that guide the growth of plants and the harvest of bountiful crops, and it is a joy to share them with community.

The share this week contains some gems; this is probably the only time this year that we'll be able to offer cabbage, beets, carrots and squash in the same share. We've been loving squash in a variety of different methods, from grilled to stirfried to sliced and baked with parmesan to make zucchini fries (see recipe).

Grated beets and carrots make an excellent, lightly sweet topping for the salad mix, which should be enjoyed because its run is nearly over. We've managed to keep it going well thus far through the heat, but within a week or two we'll have harvested the last of it until the fall plantings start to come in. Salad mix is a struggle up here on the hill because we don't get the cool valley nights; the heat tends to make it bitter. If you find a few bitter leaves (the reds trend more in that direction), know that (over)



Eat Your Veggies!



Interested in other local action like meat and eggs? Email

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Remember to wash your veggies before eating them! :)



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

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bitter flavor is good for you because it aids in digestion. For the most part the salad has still been on point, but there is the occasional hint lurking in there. If bitter is really not your thing, try a sweet sesame dressing to hide/counteract the flavor. Cool salads are great during the warm weather, we eat them often for lunch with diced chicken, nuts, and various veggies grated or chopped over the top.

As always, we appreciate sharing the journey with you! Much love, great success, Team HappyDay ☺

Casey's Easy Recipe Action

– Spring Greens 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 pea shoots, 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

Tuna Salad Wraps

- 2 minced cloves garlic, 1 small onion minced small
 - Salt, Pepper, Crushed red pepper to taste.
 - Tuna
 - Portuguese Kale Leaves
- Mix Tuna with the condiments you like and the garlic, onion and spices you feel like using. Use big flat kale leaves to roll up wraps with the tuna. You can cut out the center of the stem if needed to make them roll up better (I usually don't).

Casey's Easy Recipe Action

Cole Slaw

- Cabbage
- Carrots
- Mayonaise
- Salt/Pepper
- Dill, caraway or other spices as desired
- Green or regular onions (optional)
- Raisins (optional)
- Grate/dice everything up real well, mix it all together with condiments and flavoring to taste. mmmm :)

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 tbsps 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.

Have any recipes you like making with HappyDay produce? Email them to us ☺