

HappyDay CSA Newsletter

This week's share includes: Cucumbers, Squash, Beet Greens, Basil, Lettuce, Pepper, Tomato, Garlic, Carrots

Well, Mama and I have had a brief sojourn to meet up with Amber in Ohio to see her family and to be there for her Grandma's funeral. I had never experienced a funeral with a casket before, only wakes (parties) with urns of ashes. We are sorry to lose Grandma Geneva, but it was her time to go.

It was an important trip for us, and one that we will all remember. It was very nice to experience some of the lush, green Ohio summer; we managed to make a journey down to the Hocking Hills in South-East Ohio to do a little sight seeing. We saw an old train tunnel in the woods, a beautiful lake, lush green woods and a huge sandstone cave.

Upon returning home, I am reminded of how much I love the dry heat. The humidity in Ohio made me feel slow and stupid, sleepy and lethargic. I couldn't imagine trying to farm in that type of a climate, although I will admit that the lack of need for irrigation and lack of smoke is somewhat enticing.

Returning home was like getting right back into the fire (literally), as the smoke fills the air, darkening the days and making the light somewhat surreal. The smoke seems to make fall progress rapidly as plants mature and fruits swell on the stalk and vine. I am of the impression that the dimmer light of the smoky days encourages earlier flowering and fruiting, which is a fine thing so long as the crops are large enough to be developed.

We have struggled with deer in the garden of late. This time of year is the hardest for them because the acorns have not yet begun to drop and most of the greenery has faded to a dry and dusty brown. Compound this with the fact that humans have fenced off areas for farming, inside of which are succulent crops watered by irrigation and tended to produce soft, tender leaves and there is an irresistible draw for the deer.

This time of year, the mama deer are especially aggressive because they are trying to maintain milk quantity/quality for the spotties (fawns have spots, hence the name). The old Mama-deer has been around our place for a long time, and we think of her fondly despite the fact that she has gotten into the garden a number of times over the years.

This year she has gained entrance three times in the last ten days, managing to help herself to rows of collards, salad mix, beets and strawberries. She got the tender leafy greens we were hoping to have for you this week, along with a number of leaves from our young cherry trees. We have fixed the place (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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she was getting in, and have purchased a bale of alfalfa for her and the Spotty to eat, which we put out in the brown, upper pasture. We have made a deal with her that we will bring her alfalfa if she will agree to stay out of the garden. We shall see.

Enjoy garlic, cukes, squash, basil, peppers and tomatoes from us this week, along with carrots and lettuce from Irene's Garden Produce. Lots of stellar action from us, to you. As always, it is a joy and an honor to share the journey! - Team HappyDay ☺

Casey's Easy Recipe Action

- **Cucumber Salad**
- 4 cucumbers, sliced thin
- 1 cup whole milk plain yogurt
- 1 tbsp sour cream
- 1 small bunch dill
- 1 garlic clove, crushed or minced
- Tbsp. sea salt.
- Slice cucumbers thin. Chop dill finely. Mix all ingredients together and chill until time to serve. Very nice on hot days.

Cucumber Salad Version 2

- 4 cucumbers, peeled and sliced thin
- ½ medium red or yellow onion thinly sliced
- 1 tsp sugar
- ¼ cup rice vinegar
- Sea salt and ground pepper to taste
- Combine in large bowl. Chill.

Summer Squash Salad

- 3 medium summer squash chopped small
- 2-3 tablespoons chopped basil
- 3-4 tablespoons parmesan
- 1-2 tablespoons minced garlic
- Toss together
- ¼ cup red wine or rice vinegar
- ¼ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon sugar

Combine and pour over salad. Mix, chill 1 hour and serve. Best eaten the same day. May be served with lettuce and chopped green onions

Casey's Easy Recipe Action

"Tomato Delight"

From Lu :)

- On a thick slice of sourdough bread (or your preferred type)
- Spread olive oil generously
- Dice and add chopped garlic
- Thick slices of feta cheese
- Thick slices of heirloom tomato
- Fresh, whole basil leaves
- Drizzle more olive oil, add more chopped garlic if you really like garlic.
- Enjoy. Mmmm :)

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.

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