

HappyDay CSA Newsletter

This week's share includes: Beets, Summer Squash, Garlic, Kale, Salad Mix, Herb Bundle

It was good to get away for the weekend and unplug; no phone, no email, no social media. It is important to take time to gain perspective and to evaluate the steps we take on the path. It is also amazing to come home to a riot of growth as we approach the summer solstice.

We have planted almost all of the summer crops but still have more buckwheat, basil, cilantro and flowers to plant. We are in the brief planting lull before we begin starting brassica and other crops for the fall season. Farming is a juxtaposition of presence in the current season and preparation for the season to come. The overlapping cycles create a continuum from a chaotic whirlwind to an elegant choreography. Often both are happening at the same time in different arenas within the farmscape.

Farming is an incremental process; we divide large, ongoing processes into manageable pieces to help us move in a cogent direction, one step at a time. Because there is always work that can be done, it is important to keep perspective about what is most pressing without feeling overwhelmed. Clear planning is essential so that we have expectations about what can be accomplished in a given day, week, month, etc.

Each year we become more effective in our planning and scheduling, learning to budget time for new projects, farm maintenance and daily operations. Maintenance is easy to sacrifice to other tasks that feel urgent, and we have learned some hard lessons about deferring necessary upkeep. We are always working to improve our abilities in this area.

It is exciting to edge into summer squash season; this is the marker of summer for our farm. We are in the delightful transition between spring and summer crops; the cool and tender greens remain outstanding, but the first bursts of summer flavor are beginning to arrive. The last of the kohlrabi have gone, but the beets continue along with the stellar salad mix and Portuguese kale. We are looking forward to cabbages coming soon, along with the arrival of Irene's garlic.

We are glad to collaborate with local farmers to offer a wider range of options for the shares. Participating in the local food system is a learning process for all of us, as we seek to build stronger and more resilient communities over time. Just as we are always learning and bettering our farming methodologies, so too do we seek to learn how to be better at logistics, communication and customer service. We are always open to

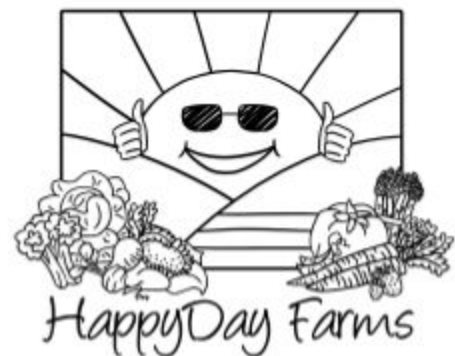
Eat Your Veggies!

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 HappyDay produce? Email them to us happydayfarms42@gmail.com

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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constructive criticism if you have suggestions.

As always, we are glad to share the journey with you and look forward to a fabulous summer, happy solstice and much love from us at HappyDay :)

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)

Kale and Walnut Pesto

- Toast ¼ cup chopped walnuts in a dry, heavy skillet over high heat, stirring constantly, until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they will burn very quickly once they are toasted.) Immediately transfer the walnuts to a dish to cool.
- Bring 2 qts water to boil, add 1 tbsp salt and add a bunch of kale (and/or collards) till tender, 10 min.
- Put 2 diced cloves of garlic, walnuts and kale in blender or food processor and pulse until well combined. With machine running, pour in ½ cup olive oil (or warmed bacon grease;) in a steady, smooth, pencil-thin stream.
- When combined, transfer to a bowl and stir in ½ cup grated Parmesan if you desire. Otherwise just add ½ tsp salt and pepper. Serve hot over potatoes or pasta.

Casey's Easy Recipe Action

Beet and Potato Hash

- Saute diced onions
- Stir in diced potatoes, beets, chopped thyme and garlic. Season with salt to taste.
- Cook, turning occasionally until potatoes and beets are tender and slightly crispy, 15-20min
- Remove skillet from heat, season generously with pepper and more salt if desired.

Bacon Eggs N Greens

- Start by cooking bacon in large pan. When it gets greasy, pour off some of the grease into a smaller skillet.
- Saute diced onions and garlic in the smaller skillet while bacon continues to cook.
- When bacon is cooked, remove from large skillet. Save some grease for eggs, and transfer onions from small skillet into big one.
- Add in chopped greens to big skillet, cook down with lid on stirring regularly. We'll literally use all the greens in a share for one meal (and if we're lucky have some left for brekky) they cook down that much.
- Add last of grease to small skillet for frying over-easy eggs.
- Serve with greens as a bed, eggs on top with bacon on the side to dip in the yolk as it saturates the greens.

