

HappyDay CSA Newsletter

In the Share This Week: Carrots, Lettuce, Tomatoes, Kale, Squash, Cucumber, Herbs, Peppers,

Ah, August, with your fruiting and flowering plants, smoky air and threat of wildfire. The sun is already rising later and tracking lower toward the horizon. We are transitioning out the remains of earlier crops and planting out the last late summer varieties along with the early fall vegetables. Soon we will sow fall cover crops and as we begin the journey towards winter shutdown. The rhythm and cycle of the farm continues while our hearts go out to those who have lost their farms or homes because of the fires.

On the farm, we have been recognizing the importance of fire-preparedness more now than ever before. We attend fire training for our volunteer Bell Springs Fire Department and work to ready the farm for fire defense. It is clear that fire is a "when", not "if", reality. It is important that we citizens are prepared and capable when fire arrives. Making sure that we have the ability to fight fire and understand how it works is necessary, as climate change and desertification continue to exacerbate the dry, Mediterranean climate.

One benefit of our dry, warm summers is the ripening of crops that won't grow in cool, foggy weather. As a farmer, you take the wins where you can get them, and we are glad for the arrival of tomatoes, peppers and eggplants. These harbingers of summer are a bit later than normal for us this year because of a snowy spring that already seems a lifetime away. Our early seed trays of hot crops failed to germinate, leaving us trailing behind our normal harvest windows for these warm-weather delights.

Community Supported Agriculture (CSA) means many things to us. It is a sharing of human commonality exchanged through nourishment, food for families from our farm and farms like ours. This sharing of produce and the journey of seasonal harvest is foundational for us as farmers; it provides rhythm and structure to our lives.

To be able to provide quality food to people we know and love creates a feeling of sacred work that is both a joy and a responsibility to hold and to honor. To know that our work goes out into the world to be consumed by fellow humans is a positive feedback loop for the embodiment of the good energy we strive to create.

There are many difficult times along the path, and the

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 CS produce?

Email them to us

happydayfarms42@gmail.com



Are you interested in local goat dairy?

Dairyshare at Green Uprising Farm

Support your local farmers and enjoy fresh, healthy and delicious dairy products. You can purchase a share in our goat herd and get to know the animals that feed you. Herdshare prices are on a sliding scale from \$40 to \$50 monthly for a single share. Our goats browse in our fields, hillsides, and orchards, eat organic or unsprayed hay, and seconds from our vegetable and herb gardens. We handmilk, use no chemical cleansers or dewormers, and deliver in glass jars. The milk is fresh and unpasteurized, direct from the teat to you table. For more information call (707) 216-5549 or email: homesteadingsara@gmail.com

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journey is fraught with things unknown. That we share the journey is part of what makes the bad times bearable and the good times that much sweeter. As farmers, and as humans, we strive to engage in right work; to evaluate and consider our actions and thoughts. Do our beliefs match with the manner in which we conduct ourselves in the world?

Theory and action are entwined in the concept of Praxis; ye shall reap what ye sow. We strive to offer ourselves as servants of the land, that she may bring forth a bounteous harvest that we may share. We draw meaning and understanding from the cycles of sun, moon, season; planting and harvest define our calendars, guiding us through the pathway of life.

As stewards of (and servants to) the land, we undertake a vow, a sacred contract. We promise to love and to cherish, to see Presence in the first rays of sun that break over the ridgeline. To bask in the caress of the breeze, and delight in the song of the birds. The body works that the spirit may rejoice. Much love and great success from us at HappyDay :)

Casey's Easy Recipe Action

Late Summer Grilled Veggies

- Marinate onions, peppers, eggplant and any other veggies in the following:
- Tamari (soy sauce), finely diced hot pepper or red pepper flakes, crushed or finely minced garlic.
- Whisk together and pour over veggies in bowl or tupperware to marinate in fridge. Pour excess marinade over veggies after placing on grill.

Casey's Easy Recipe Action

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.

Summer Frittata

- Saute garlic n onions in cast-iron skillet or other oven-safe pan, preferably with bacon grease.
- If you like meat, get the garlic and onions going and throw in ground hamburger. Sautee on high heat until you start to see browning. This equals flavor.
- Add in diced, squash and kale, keep sauteing until they start to soften a little and absorb the carmelized flavor of the browned meat, garlic and onions.
- Crack 12-18 eggs (depended on how many people you want to feed) in a bowl, whisk with salt/pepper, herbs and any other spices you like.
- Put cast iron in oven, cook for 40 minutes to an hour at 350, depended on how you like your eggs and how big you made it.

