

HappyDay CSA Newsletter

In the Share This Week: Herbs, Squash, Cucumber, Tomato, Kale, Carrots, Onion, Garlic

We awoke to smoke this morning; it has become the norm for August, but it was especially noticeable this morning. We are thankful for the efforts of those battling the blazes; our hearts go out to those who have lost from the fires. We will be contributing that which we are able to try to be of assistance, and we will continue to learn to be prepared to fight fire in our volunteer fire department.

The fires are part of the changing, warming climate. Northern California is hotter and drier than it was in the past. The ripple effects are felt in health impacts and lower productivity. Working outside becomes more difficult and we feel fatigued. We are deeply conscious of the reality that for all of us there is now a feeling of "there but for the grace of God go I," as fire is now a question of "when?", not "if?".

The transition towards fall is obvious now; fruiting, flowering, swelling into luscious representations of fertility. Winter squash, pumpkins, abundance of tomatoes, cannabis in her various genetic manifestations. The journey continues, a cycle around the sun now leaning back towards the darker months. The days are shorter, darkness earlier and dawn later.

We've planted out the first transplants of fall kale into their beds, and are preparing to plant out other brassica, also to start trays of salad mix and other fall and winter crops. We will begin to undersow cover crop (an Organic Soil Builder mix we get at Weathertop), and are considering where to plant garlic in a few weeks.

As we edge towards the end of August, I take time to read and reflect, gathering thoughts and information into my cycle and process. My father always says "when I stop learning, put me in a box". One branch of knowledge and understanding that I am pursuing is through reading of historical nonfiction, learning and absorbing the past and gathering a deeper knowledge of history.

My brain travels down pathways of comparison between historical happenings and current events. I reflect on my limited understanding of patterns and archetypal events; I'm fascinated by the concept of 'history repeats itself'. How do humans, through interaction, shape the world in which they find themselves? (over)

Interested in other local action like meat and eggs? Email happydayfarms42@gmail.com

Have any recipes you like making with CSA produce?

Email them to us
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 :)

Always wash your veggies before eating them! :)

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In the Share This Week: Herbs and Squash from Emerald Spirit, HappyDay, Nurturing Seed Farms. Potatoes and Carrots from Irene's Garden Produce. Peppers from Parducci Farm. Melon from Seely Farm. Potatoes from Inland Ranch

What characteristics and components become central to the construction of human systems of governance and process? There has been much sociological thought dedicated to these types of topics; it is a life course of study to consider them.

Vegetables this week are refreshing and flavorful; continued abundance of tomatoes is coupled with sprigs of basil and sage. Cool cucumbers and crunchy carrots make amazing snacks that are delightful for the throat on hot, smoky afternoons. Squash and cucumbers can be diced into chilled salads that are of equal quality in this weather. Crisp kale is a refreshing cool green that makes a nice appearance.

Casey's Easy Recipe

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, 1 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

Two-Pan Stirfry

- Potatoes, Carrots, Squash, Onions, Garlic, Greens, Cabbage, any other vegetable, Hamburger or other ground meat (or not if veggie style)
- Heat lard or oil in large fry-pan until hot, then throw in diced potatoes. Dice carrots and throw in on top with lid on. Cook on high heat for about 8 minutes (until potatoes start to brown on bottom)
- Heat second pan with oil or lard until hot and throw in chopped onions and garlic. Run on high heat, and after 2 minutes, sprinkle ground meat over the top. Wait until browning begins on the bottom before stirring.
- Dice other veggies while the two pans are working towards browning (caramelization, which adds mad flavor). Begin to add veggies in (squash or cabbage or greens or green beans etc), stirring occasionally. Getting the brown on the bottom first is very important for achieving maximum flavor.
- Add salt to taste sprinkling in after a stirring or adding new vegetables.
- After the diced potatoes and carrots have browned once, stir them and put the lid back on for another four minutes or so (until they start to brown again). Then take the lid off, turn the heat down most of the way and continue to cook until all potatoes are soft.
- Once the last veggies that went in are fully cooked, turn off both pans.
- Serve with potatoes/carrots underneath and meat/veggies over the top. Salt and pepper to taste. Goes great with sauerkraut.

