

HappyDay CSA Newsletter

In the Share This Week: Garlic, Sage and Rosemary from HappyDay, Carrot, Beet, Broccoli from Irene's Garden Produce, Onions from Goosefoot Farm, Potatoes from Covelo Organics.

Yesterday we drove to San Rafael for a panel on diversified, regenerative farming practices at the Bioneers Conference; there was a direct focus on cannabis as part of the conversation. It was a powerful experience to see the shifting landscape of policy and food-systems work beginning to include the potential for cannabis to provide a support tool for small farms. The flip side is that the policy development has moved in directions that are antithetical to the participation of most small operators.

There remains a tremendous journey ahead, but I am heartened every day by the conversations that are happening around restoration economies, diversified farmscapes and regenerative land-use practices. Despite massive regulatory hurdles, I am filled with hope for a future of land-use practices that help to heal and support damaged ecosystems while providing economic benefits to thriving rural communities.

Fall moves along as the oak leaves begin to drift to earth. The pasture glows a vibrant green because of the irrigation water we've been able to allocate to it. Cover crops that we've undersown throughout the garden are taking off, climbing up through the remains of summer growth. As squash, cucumber and eggplant begin to languish, the rich green of new cover crop rising from beneath creates a panoply of color that gladdens the soul.

We are marching into the shorter days as winter approaches; though there have already been hard frosts in the valley, we are without a freeze as yet. This means that we're still bringing in limited amounts of the summer crops; not enough to equate to a viable productivity of bed-space, but because we are able to undersow cover crop to build soil this winter, the limited productivity is an addition to the farm. These types of calculations are common; if we had more space to cultivate, we wouldn't have to engage in such a delicate balancing act. The reality of being a very small, diversified farm is that we are always seeking maximum productivity for foot of bed-space.

Rotations of crops must be choreographed, as must the need to sop up any leftover nutrients and create ground cover prior to the rains and freezes of winter. Cover crops provide shelter for the soil while offering carbohydrates through root exudates that feed micro-organic soil biota. Keeping a living mulch (Over)

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**Always wash your veggies
before eating them! :)**

**Have any recipes you like
making with CSA produce?**

Email them to us

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**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 :)**

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covering the soil helps to build organic matter and tilth, creating better water-holding capacity and drainage over time. Living soil grows healthy plants, helping to minimize pest pressure and damage. Raising cover crops lowers nutrient needs and closes a loop of farm production.

Stacking functions is the principle of achieving multiple uses or processes out of the same space or activity. Multi-use infrastructure coupled with diversified crop and animal rotations creates opportunity for more economic benefit to the farm while offering a varied and meaningful work-plan and building beneficial environmental practices into the operations manual. Articulating these processes creates opportunity for revision and learning over time, which holds space for betterment of practice and access to place-based knowledge. Each trip around the sun we become better farmers and stewards.

The share this week is indicative of the fall; we are back to the time when it is possible to use the oven for roasting without roasting ourselves out of the house. We've been eating lots of roasted root vegetables, often with slow-cook braises with chicken, pork, beef or lamb. It is a joy to be able to access quality meats from local sources; it is important to us to support other producers in our community as we are, in turn, supported. As always, it is a joy to share the journey! Much love and appreciation from Team HappyDay! :)

Casey's Easy Recipe Action Tasty Breakfast Eggs

- This is great success for a quality, healthy breakfast that will keep you going through the morning.
- Chop garlic and lots of onions. Saute in lard or bacon grease, stirring regularly until they start to brown slightly.
- Chop a pile of broccoli and/or cooking greens
- Add in heartier veggies and stems first and saute until they start to get tender.
- Add chopped greens continuing to stir.
- Saute for three minutes
- Add scrambled eggs and stir until cooked. The greens will keep the eggs from getting totally hard, so if you prefer well-cooked eggs, scramble them separately and then add them at the end.
- Season to taste with salt and pepper, serve and enjoy!

Casey's Easy Recipe Action

Slow Cookin Like What

- Start with large frypan, put in enough lard to coat bottom of pan.
- Sear chunk of meat while sauteeing onions and garlic until they start to carmelize.
- Throw nicely browned chunk of meat into large pot with onions and garlic.
- Throw in chopped vegetables. All of them, any kind of them. I cook up the biggest cabbages and squashes like this, it's stellar.
- Chop herbs and sprinkle over top.
- Add enough water to keep from drying out. Slow cook in solar oven, crockpot or regula oven for as many hours as you can without heating up the house too much. I'll fire off three meals in the morning and ride the strength of the slow cook all day. It's ridiculous how good it comes out, and it's actually easier to digest. Great success :)

Roasted Winter Vegetables

- 6-8 cups winter veggies: potatoes, garlic, onions, beets,, carrots, etc.
- 2 tablespoons oil
- Toss ingredients together, keeping onions separate cuz they cook faster; add them 10 minutes in.
- Roast in preheated oven at 425 til tender, 30-45 min
- You can nestle a meat chunk in with the veggies, then the meat will dictate cooking time.