

HappyDay CSA Newsletter

In Your CSA Box: Beets, Carrots, Winter Squash - Irene's Garden Produce. Potatoes - Covelo Organics. Apples - Redtail Ranch. Sweet Potatoes - Free Spirit Farm. Shallots - Paul's Produce. Rutabaga - Strong Roots

The rain is expected to arrive this week; we are thankful. As the holiday approaches, we take time to gather our thoughts and to wind down the 2018 season. The farm is mostly finished for the season; most of the cover crop is sown and there are few remaining crops other than the brassica that will overwinter for a spring harvest. Our winter squash, garlic, beans and dried peppers are stored away. The last apples are being gathered; the tomato bushes and peppers will be stripped before the rain. We are enjoying the cool weather foods; soups and stews, roasting and braising.

The greens and brassica will be back in the spring but for now much of what is available is the stout, warming variety. We are delighted to partner with other local farmers to access hearty winter vegetables. Local food systems are as much about partnership as they are about cultivation, and we are glad for the strength that exists in our communities.

Though food is the most important, integral part of our lives, we often tend not to focus on it. It is as though we take this most basic ingredient of life for granted. Industrial society removes the sacred nature of food, teaching us that "an egg is an egg is an egg". The ritual of food preparation is derided as more and more "time saving methods" come into our kitchens.

For many of us, food is no longer something that grows in the dirt, that walks on the grass. It is a package that comes from the supermarket. We do well to remember the sacred nature of food; to hold value in the quality of what we eat. Seeking out quality, local produce and participating in the ritual of food preparation is a way of grounding ourselves and enshrining the fundamental connection of place that was once universal to the human experience.

There are often times for all of us in which we are too busy to prepare meals at home, or to seek out fresh ingredients. Thanksgiving is a time that is ripe for partaking of these foods, and for considering ways to continue to do so. In a time of active re-imagining around the food systems in our country, we each have an opportunity to make steps in the direction of a healthy food system that helps to create happy communities.

There is great, compounding joy in taking small steps towards a better future. Like many things in life, the (over)

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

**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 :)**

**The newsletter gets printed the
night before CSA and there are
sometimes changes that happen on
packaging day. If you ever find that
what is in your share differs from
what is listed on the newsletter,
this is the reason :)**

**Happy Thanksgiving,
Much Love from Us
to You! :)**

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task can be daunting if we look too much ahead; it is best to focus on the things that are doable today. We can purchase food from local sources; we can prepare meals with our loved ones. Taking the time to learn a new recipe or to enjoy home cooking creates deep bonds with life. Light shines through the experience, infusing us with a comfortable energy that is the basis for great strength.

In a time of great change in the world, it is important to hold gratitude in our hearts. Being grateful creates a hopeful lens through which to view the world. We humans have an opportunity to stride into the future by learning from our past mistakes. Though climate change is upon us, all is not lost.

As the rain arrives at last, we look to a future of greater drought preparedness. Irrigation and tree planting bring back the deep-rooted perennial grasses and steward the forests, tending the oaks with love. We see volunteer fire department trainings and community gatherings. Food systems work creates more opportunity for local production and local consumption. We see strong farmers and land managers tending vibrant landscapes. We see public-private partnerships that provide resources for regenerative land-use practices. Decentralized production systems partner with centralized systems for aggregation, logistics and distribution. New technologies aid in these movements, providing opportunity for greater equity in human life. We will have the future that we strive to build; I look forward to the journey. Happy Thanksgiving, much love and appreciation!

Casey's Easy Recipe Action

Apple Oatmeal

- 2 (or more) apples, diced
- Quick oats or rolled oatmeal
- Either maple syrup, honey or brown sugar.
- Walnuts and/or almonds, diced
- Soaking the oats and nuts overnight helps make them more digestible. I start the pot heating when I get up in the morning. Then I dice the apples and nuts and stir them into the oatmeal. I let it simmer gently on the stove until the apples get soft (about 15 minutes) Serve with sweetener and choice of milk or non-dairy beverage.

Casey's Easy Recipe Action

Roasted Winter Vegetables

- 6-8 cups winter veggies: potatoes, garlic, onions, turnips, carrots, etc
- 2 tablespoons oil
- 1 tablespoon dried or 3 tablespoons fresh herbs such as rosemary, thyme, parsley, oregano
- 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. Nestle in a chunk of meat or other protein source and cook for longer (until meat is fully cooked) for a full family meal.

Wintersquash Harvest Stew

- 2 tbs butter
- 1 1/2 lbs boneless pork cut into bitesized cubes
- 1 medium onion chopped
- 2 cloves garlic minced
- Melt butter in large saucepan. Add pork, onion and garlic and saute until meat is no longer pink; drain off fat.
- Next Add 3 cups chicken broth
- 3/4 tsp salt
- 1/4 tsp dried rosemary
- 1 bay leaf
- Add, cover and simmer 20 min
- 1 medium winter squash chopped
- 2 apples chopped
- Add and simmer uncovered until squash and apples are tender, about 20 min. Discard bay leaf.
- Great with biscuits n honey
- *From Simply in Season
by Lind&Hockman-Wert

Roasted Winter Squash

You can roast winter squash whole or cut in half. If you roast them whole, put some water in the baking dish to keep them moist. Once they are soft (about 45-60min) you can cut them open and scrape out the seeds. If you cut them open first, scrape the seeds and then coat with butter or coconut oil.