

HappyDay CSA Newsletter

In Your CSA Box: Seasoning Salt - HappyDay Farms. Beets, Carrots, Cabbage - Irene's Garden Produce. Potatoes - Covelo Organics. Winter Squash - Strong Roots. Shallots - Pauls Produce. Dried Apples - Green Uprising Farm

Ah, the last newsletter of the year. It has been a wild ride, both joyous and difficult. I am looking forward to some crucial downtime over the next ten days, to rest and reflect before beginning the journey anew. I will sit down with my personal values and goals worksheet, and I will consider the path forward and what I would like to accomplish.

Strategic planning is essential, as the old saying goes "a failure to plan is a plan to fail". The process of expanding the CSA has been a deep joy, very much a dream come true. It is also a monumental effort that requires careful planning and consideration. As I look to the year ahead, there are many factors to consider. It has been a joy to form stronger working relationships with local farmers, and to help get farm produce to people who will enjoy eating it.

The mission of local food security and thriving local farm networks will continue in the year to come, as will our efforts as farmers and stewards of the land. Policy work will still require a large chunk of time, and balancing these aspects will remain difficult. I am glad for the strength and support that comes from family and friends, and that the journey we have embarked upon will continue.

We have put the farm to bed for the winter, soil resting gently under cover crops and straw. The rains have come, and the landscape rejoices. The ponds are almost full, holding the lifeblood for the year to come. Lush cover crop shines in the rows, while the tattered stalks of sunflowers remind us of the summer gone by, leaning in haphazard confusion while the birds glean the last of their seeds.

Sunflowers are a joy each year, popping up all over the garden from the seeds deposited by wind, birds and other creatures who make use of them for food. It is always a joy to see them go from sprout to massive in the course of a few short months. Cannabis does the same, and we appreciate her gifts as we look to planning our strains for the season to come.

As we reach the end of this season of CSA together, I would like to thank you for taking the time to read this newsletter, and for preparing this food for yourself and your loved ones. It is a joy to share the journey with you, as we imagine a 21st century food system that is built around decentralized food production systems.

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 Holidays!!! :)

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Casey's Easy Recipe Action

Bacon n Eggs Over-Easy Greens

- We eat this one as often for dinner as we do breakfast. 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.
- 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.
- You can do the eggs however you like. Overeasy is our favorite, but sometimes we scramble them in, sometimes we scramble them separately, depends how you like them.

Winter Squash Pancakes

- Roast winter squash in the oven till soft. Scrape out seeds, scoop flesh into mixing bowl. Add a hefty scoop almond or peanut butter.
- Add in eggs and stir until a pancake batter consistency is achieved, usually 2-3 eggs.
- Heat hot skillet with coconut oil
- Fry just like regula pancakes, make sure they get brown

Roasted Meat Soup

- Get a piece or pieces of meat that you would like to roast.
- Chop carrots, onions, tatoes, squash, any other hearty vegetable.
- Put all ingredients in pot and fill to covering with either water or preferably stock for a heartier soup.
- Add in salt and pepper to taste, also herbs like rosemary/thyme.
- You can add a thickener or not, we usually don't but if you want a thicker more stew-like soup you can add flour of your choice.
- Cook on stovetop or roast in oven (if you have an oven safe pot) for several hours on low medium heat. The longer it cooks, the better. We'll put in a tough hunk of meat in the morning and let it stew all day in the wood cookstove and it comes out tender and tasty. A great way to utilize cheaper hunks of meat and get good enjoyment for your money. -Crockpot is the same idea for sure.
- Reheat the leftovers in the morning, and when it starts to simmer crack however many eggs you'd like (I usually do 8 or 10 so that we have extra food left for lunch) and crack them into the soup. They'll cook in ten or fifteen minutes on low heat, depended on how hard you like to cook em. I don't like them runny so I let it simmer away while I do my morning chores and then come in and eat.:

Casey's Easy Recipe Action

Cabbage & Beet Salad/Simple Kraut

- Shred cabbage and beets
 - Green Garlic optional
 - Combine shredded cabbage, beets
 - Put in big jar make sure food is covered with salt brine.
- Let ferment to desired fermentedness. Serve raw prior to fermentation or post, with dressing or sprinkled on top of a green salad with salt or lemon juice to taste. Simple, easy, really really good for you.

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.

Au Gratin Cabbage

From Simply In Season by Mary-Beth Lind and Kathleen Hockman-Wert

- 2 cups cabbage shredded
 - 1/2 cup carrots shredded
 - 1/3 cup green onions (or green garlic or both) chopped
 - Saute until crisp-tender in frypan with oil of choice. Transfer to greased 1-quart baking dish.
 - 1/2 cup milk
 - 1 egg
 - 3 tbps shredded cheese
- Combine in a small bowl. Pour over vegetables. Garnish with 1 tablespoon chopped fresh parsley and 1 tablespoon grated Parmesan cheese (or choice of alternative). Bake at 350 for 30-35 minutes.