

HappyDay CSA Newsletter

In Your CSA Box: Beets, Carrots, Cabbage - Irene's Garden Produce. Potatoes, Winter Squash - Strong Roots. Onion and Greens - Pauls Produce. Chicory - County Line Harvest

Well here we are, having arrived in 2019! We've had some glorious weather of late, allowing us to accomplish some much needed infrastructure projects. We run full tilt during the growing season, and there is not often time to do the deeper work of building out the farmscape. During the slower season, taking the time to help create efficiencies and more effective methods will allow us to be better farmers in the year to come.

We reached a significant milestone in our lives as farmers; we built our first barn. It is a small construction, ten foot by twenty foot, but it marks a point in our progression that we are very pleased to reach. Over the last few years as we have grown into being farmers, our production has expanded but our storage space had not kept up. This resulted in the various farm implements, tools and other articles being crammed into our personal space, creating frustration and difficulties.

Having the opportunity to move things into a space that is created for them has allowed us to make our operation much more capable in just a few days. In the barn we can keep our walk-behind tractor and implements, straw, animal feed, chicken processing equipment, fuel, ladders and other odds and ends. Coolers can now be stored in the woodshed, opening up space on the deck that had been crammed with farm stuff. It is a joy to begin to find order from chaos!

We are in the process of ordering metal, gable caterpillar tunnels that will allow us to have winter production in the years to come. This is part of our commitment to year-round food production, leveling us into a new arena for next season. Like the barn, these hoopouses have been years in the making, and it is a dream come true to have reached the point in our careers in which we are able to take these steps to professionalize our work.

This is the first time in several years that we have been operating the CSA at this time of year. We are grateful for the opportunity to bring these stellar veggies to you; we are thankful for the farmers who have worked so hard to grow them! Our farm is very much in between harvests, with such limited quantities of produce coming in that we are not able to reach the volume required for the CSA.

It was a joy to spend time harvesting beets and carrots and processing cabbages down at Irene's farm this week. (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 2019!!! :)

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Our partnership with Irene, and the FoodHub (through which we access produce from many different farms in Mendocino County) is an active process of imagining a wholesome and localized food system. With you, the fabulous eaters, we are all engaged in the journey out of the industrial agribusiness model and back towards a tradition of human agriculture that is defined by deep connectivity. We are glad to share the journey with you!

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



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 tbsps 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.