

HappyDay CSA Newsletter

In Your CSA Box: Cabbage, Beets, Carrots - Irene's Garden Produce. Winter Squash - Strong Roots. Greens - Nurturing Seed Farm. Garlic - Ron and Bibiana Love Farms. Meyer Lemon - DMS Ranch Navel Orange - Blue Heron Farm

We've been getting some amazing weather patterns that bring a few days of plentiful precipitation and then some days of warm and glorious sunshine. The pond is full, the landscape is beginning to return to green as the strength of the sun starts to shine anew. During the darkest days of the year, very little growth happens as the low angle of the sun does not provide enough solar energy to coax plants upwards against the forces of gravity.

It is amazing how noticeable the shift is; we are just arriving at the point where things begin growing again, and the speed will increase over the weeks to come in rapid format like a time lapse video. The speed of the farmers will increase as well, moving from a slow and methodical winter pace to a hectic and often harried spring stomp. The rhythms of life are varied and each season has different needs, which makes healthy practice for the human participants.

Being able to alter the patterns and habits of our lives maintains a flexibility and willingness to change that is important for both professional and private lives. Avoiding dogmatic practices enables us to be pliant enough to roll with the punches, as difficult as they may be at times. We have seen many changes these last few years, requiring an adaptability that is difficult to achieve. Sometimes it feels like becoming a new creature, growing and changing as more knowledge and experience arrive with the changing of the seasons.

We are learning new patterns of work and methods for human connectivity, gathering unto ourselves the life experiences that are offered and making the best of them as we can. My father always says "when I stop learning, put me in a box" and this sentiment rings true for me. I am excited by the opportunities that life presents for connection and interaction, and I am grateful for the shared journey that involves so many amazing people!

I've been thinking a great deal about the concept of methodical work; I tend to be a flash-in-the-pan, move-it-along-fast, burn-like-newspaper kind of person. As I age along this journey of life, I am striving to learn to be more careful, and to take the time to do a job right instead of just trying to get it done as fast as possible to move on to the next project. (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 :)

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There is a kernel of truth that lives in the acceptance of work done right, a representation of Presence in action. Striving and seeking the next job or accomplishment without doing proper justice to the one at hand seems to me an expression of ego, thirsting for the next thing to cross off the list.

It has been a good winter thus far for taking this lesson to heart, and the farm is beginning to show it in better organization that will prepare us for the season to come. My tool shed is clean with a place for everything and everything in its place. I am delighted by the sense of order that is derived in my mental space by having clean physical space. It has been a slow process, but the building of our small barn has given us the storage capacity to make things neat and clear, instead of jumbled on top of each other.

As always, we are glad to share the journey, forward we go into the lessons of life with joy and an open heart!

Casey's Easy Recipe Action 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



Casey's Easy Recipe Action

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

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.

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.