

# HappyDay CSA Newsletter

In Your CSA Box: Cabbage, Beets, Carrots - Irene's Garden Produce. Winter Squash - Strong Roots. Greens - HappyDay. Dried Apples - Green Uprising

As I harvested and washed salad mix in the sleet today, I thought about what it means to farm in the winter. Some things are much easier (no irrigation, less pest pressure, less heat) but some are hard, like the cold, the wet, and the damaging storms that can batter winter crops to pieces. Having good rain gear makes a world of difference, but working outside during the winter takes a different kind of fortitude than does summer farm work. I'm like a hot pepper; I thrive in the heat, not as much in the cold.

I've been working on my mental attitude around rainy days. Sunny days make me feel bright and alive, rainy days make me feel a bit more dim. In observing these traits, I am attempting to bring a reflexivity to my process. By considering and reflecting on these mindstates, I seek to learn to accept each, and to be comfortable and at peace in either. Awareness of my feelings is a practice that I am learning to engage.

It's so easy to be stuck in a mental loop without even being aware of it. I'm working to notice my thoughts, which begins a process of self-observation and reflection. Being aware of what I'm thinking also gives me the opportunity to be aware of the input from my senses. I can choose where to put my attention, focusing on the tree across the valley, or the faint note of woodsmoke and chicken soup. Choosing where to put my attention replaces the thought loop with focus. Practice makes a mindful human, and though I have a long way to go I am enjoying the process.

There is an interesting disconnect that I find in bringing calm awareness to my being, which brings new thoughts or ideas to the surface. The more I can center myself in the effort at hand (whatever that may be), the more I create opportunity to channel a higher purpose into my actions. Inspiration arrives when space is created for it, not when it is called.

Speaking of being inspired, we are making some major infrastructure upgrades on the farm! After many years of fabricating cheap pvc hoop houses, we are making the step up to the metal framed caterpillar tunnel. After the hours spent knocking snow off the pvc structures last spring, we are glad for the opportunity to move in the direction of more capable infrastructure.

Successful winter production on a small scale hinges a great deal on the quality of the season extension methodologies. (over)

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

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

**Email them to us**

**[happydayfarms42@gmail.com](mailto: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](http://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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It's difficult to space the harvests out so that we have something each week for market, and the vagaries of weather often confound crops grown outside. We are excited to expand our potential for winter harvests, and are glad this week to offer the last of our winter salad mix from the old hoop house bed.

A social media memory today reminded us that four years ago, we built the hoop house that we tore down today. That consonance provided a signal from the universe that the time for renewal and levelling up in our farm process had arrived. We each have a path to walk, and the universe likes to provide signs along the way; if we are observant, we notice them.

As always, it is a joy to have the opportunity to share these thoughts with you. Much love and great success!

## Casey's Easy Recipe Action Wintersquash Harvest Stew

- 2 tbs butter
- 1 1/2 lbs boneless pork cut into bite sized 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 Roasted Beets with Mustard Sauce
- Slice large beets into thin slices, between less than 1/4 inch thick.
- Roast in oven laid out flat until they start to get soft.
- Drizzle with mustard vinaigrette sauce. Great success.

### Grated Beet Salad

- Coarsely grate 3-4 cups beets
- Pour Vinaigrette over beets in bowl
- Toss with salt and pepper to taste, put in fridge to marinate for at least 1 hour.
- Add fresh chopped dill 1-2 tbs toss again, served chilled.

## Ground Pork n Spicy Mustard Greens Soup from Mama

- 1/2 lb ground pork
  - 2 minced cloves garlic
  - 1 small onion minced small
  - 1/2 tsp cumin seed
  - 2 tsp grated fresh ginger
  - 1 tsp crushed red pepper
  - 4 cups chicken stock
  - 4 cups chopped spicy mustard greens
  - 2 tbs tamari (or soy sauce)
  - rice noodles for serving
- Mix ground pork with spices (ginger, garlic, cumin, red pepper) and a tsp salt Put into 3 quart stock pan with minced onion and cook until brown. Add chicken stock, tamari and mustard greens, simmer for 30 min. Serve over cooked rice noodles, top shape indeed.