

HappyDay CSA Newsletter

In Your CSA Box: Kale - HappyDay. Beets, Carrots - Irene's Garden Produce. Onion, Parsnip - Pauls Produce. Winter Squash - Seely Farm

One of the things I love about living in Mendocino county is that January often brings a period of mild, sunny weather. This time arrives after we've had significant rainfall, so the landscape is beginning to green up and the creeks are flowing with abandon. It is a joy to work outside during these sunny days, and we are gearing up for the season to come.

We've installed new caterpillar tunnels; 14'x50' gabled metal frames are a huge step towards professionalizing our operation, and we are excited for their snow-load capability. In the past, our simple pvc constructions have not been strong enough to hold the snow and we've had to spent tremendous time and energy knocking it off to keep them from collapsing. In addition, most of our previous hoopouses were no more than ten feet in width, so the additional square footage gives us opportunity for more seed starting and more direct cultivation.

One of the tunnels has four beds that run the length of the structure, giving us opportunity to direct-seed salad mix, radishes, boc choi and arugula. We were able to adapt some of the infrastructure from the previous hoopouse and refine it into a series of tables that will hold trays of starts in the second caterpillar tunnel. Having this ability means that we'll be able to start more seeds, while also producing more food, earlier in the year. As we look to the future, we expect to have more winter production than we have been able to accomplish these past few years.

These periods of false-spring always get us excited, as though spring has arrived. In reality, we know that we'll be headed back into many weeks of cold rain and snow, but the sunny weather gets the sap moving in us just like it does the trees. We're making plans for the season, drawing up job lists and expectations and refining our binders and processes.

The difference between farming and gardening is the business aspect; the old saying goes "you're a gardener until you sell something". These days, I spend more time on the business aspect of things than I might like, but such is the reality in which we find ourselves. Each trip around the sun, I become more accustomed to dealing with the paperwork, and it becomes a bit less overwhelming. I've learned that one of the most valuable things I can do is to schedule regular time for administrative (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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tasks, and that so long as I do this, I can stay on top of what needs to be done without feeling stressed about it.

Farming is all about balance; settling into the rhythm of the seasons and finding acceptance around the reality that there will always be more work to be done. The steadiness that is required is reminiscent of the tortoise, not the hare. It has been a difficult lesson for me that in order to survive in the physical realm of farming, I have to slow down and not push my body too hard. As I age, I find that injuries are slower to heal and I come up against the inevitable mortality of my physical form.

I'm striving to learn to follow the old adage of "work smarter, not harder". As I experience the transition from the boundless strength of the young man to the realization of my body as a finite entity, I pause to reflect on the journey. Reaching a point in life in which I can't just throw more muscle at the work makes me consider the future and my place in the world. I am striving to do so now, while it is a choice, before it becomes a necessity. I love my work, and I am learning to love my body enough to treat it well so that I can continue for many years to come. As always, much love and great success!

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

Roasted Winter Vegetables

- 6-8 cups winter veggies: parsnips, onions, winter squash, carrots
- 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

Winter Squash Pancakes

- RoasRoasted 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 vinegarett sauce. Great success.

Beets N Apples N Onions

- Saute diced onions for two min
- Add thinly diced beets cook for 10 min
- Add diced apples cook 5 more min
- Add diced or powdered ginger, salt, to taste

Whole Beet Skillet

- 4-6 medium beets
- Beet greens.
- Place beets in large saucepan, cover with water, bring to a boil. Reduce heat and simmer until beets are tender when pricked with fork, 15-20 min. Drain cooked beets, rinse with cold water. When cool enough to handle, slip peels off with fingers (or eat if you no care). Cut beets in slices. Saute greens in bacon grease or choice of frying oil for 7-10 min and add in beets, heat through. Cook less time for greens more crunchy, more time for more cooked.
- 1-2 tbsp lemon juice, 1-2 tbsp minced ginger, 1-2 tsp honey (optional)- Stir in and serve immediately :)