

HappyDay CSA Newsletter

In Your CSA Box: Cabbage, Carrots - Irene's Garden Produce. Winter Squash - Seely Farm. Lemon - DMS Ranch. Kale - County Line Harvest and HappyDay. Onions, Parsnip - Paul's Produce

Imbolc or Imbolg (/ɪˈmɒlɡ/ i-MOLG), also called (Saint) Brigid's Day (Irish: Lá Fhéile Bríde, Scottish Gaelic: Là Fhèil Brìghde, Manx: Laa'l Breeshey), is a Gaelic traditional festival marking the beginning of spring. It is held on 1 February, or about halfway between the winter solstice and the spring equinox.

I have come to desire more ceremony and ritual, and to practice reverence. Community is one of my core values, and it is important to me to gather with people I love to celebrate life in ceremony. I value the opportunity to focus intention and engage in spiritual practice. I am learning.

Yesterday we held an Imbolc ceremony, setting intention for the year and calling in a blessing for the water, the seeds, and the people. I am coming to a deep love of gathering in prayer and song; years of negative reaction to organized religion have given way to a love for the many ways in which humans express faith.

There are strong pagan themes in our local community, and I am appreciating the connection that is offered between humans as we experience our place in nature. Biodynamics lecturer Dennis Klocek speaks of guidance by the Elementals and the Spirits of Time Rotation. Farming is at the whims of these larger forces, governed by the earth, air, fire and water. Movement through time and space under the pressure of gravity is the canvas and frame upon which the universe is painted.

As we return to celebration and ceremony, the equinoxes, solstices and cross-quarters offer a backbone around which to build the flesh of ritual. I am delighted to encounter so many teachers and knowers of ceremony, and to learn a practice from their gentle offerings. As we share this journey through life, there is great strength in ceremony and the sharing of community. It is essential.

As a human, and as a grower of food and medicine, it is important for me to be aware of my intentions. When I work with love and care, I create order and beauty. When I operate in haste and stress, my work is sloppy. This is one of the hardest lessons for me because I tend to want to rush through tasks so I can check them off the list and get on to the next. I am learning to be deliberative in my process, but it is my most difficult lesson. (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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If I am able to be aware of my intentions, then I can hold them up against my core values. The opportunity for using my values as a mirror to reflect and analyze a given action provides a backstop of core being. Life is a journey of duality, existing in the shades of grey. To hold opposing concepts in tandem is to recognize the truth of the world, though it is uncomfortable in uncertainty. We crave binary "us and them" truths, but life is not often so simple.

Balance is the key for understanding; it is when I am off-balance that I react with judgement and emotion. I am learning to evaluate my reactions by keying into the emotions that have been evoked. It is a slow, excruciating process that provides insights into the areas in which I need work. My strongest reactions come in areas where I feel shame or inadequacy. As I learn to recognize these emotions, it gives me the ability to step into them and say "I don't have the answer to this", or "I'm sorry, I did not make a good choice in that action", rather than responding with emotion and blame.

As a student of human interaction, I am always seeking to evolve the ways in which I relate with others. I have been drawing a great deal of insight from the work of Brene' Brown around self-definition, core values and engaging with uncertainty. Woven with this reading is the work of James Redfield including the Celestine Prophecy and his later books. I am also picking up the work of Steven Pressfield including Do the Work, and Turning Pro. I am grateful for the many people who have shared lessons and opportunities for learning. As human evolution continues, we learn to deepen a process that holds space for gathering response, honing the instinct of reaction into the tool of clear purpose. With love, we lift each other up so that each may serve a higher potential. Forward goes the journey, and may the rest of winter be kind to you!



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 ¼ inch thick.
- Roast in oven laid out flat until they start to get soft.
- Drizzle with mustard vinaigrette sauce. Great success.

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.