

# HappyDay CSA Newsletter

In Your CSA Box: Greens - HappyDay. Onions, Shallot - Paul's Produce. Winter Squash - Seely Farms. Cabbage - Irene's Garden Produce. Walnuts - Round River Farm

We are barreling through winter, the inexorable journey towards the light of spring. The days are lengthening, daffodils are up and in some places are already blooming. It is amazing to observe the climatic differences between Northern and Southern Mendocino County. Everything happens earlier the further South one travels, and the same occurs from high to low elevation. Our farm, at 3000 feet up on Bell Springs is the far end of the gradient from the mild climate of Ukiah.

It has been interesting to reflect on the complexity that any microclimate presents the farmer. At our elevation, the landscape has been under snow for the majority of the month of February, and this recent warm spell has not afforded us the ability to get to work prepping beds because though the air is mild the ground is still under snow. It felt like spring in South County at the end of this last week, while on the hill all is winter.

As I write, a cold rain falls, melting but slowly the tenacious snow. I have high hopes for picking greens in the morning, but they will be dashed if the falling water has failed to return the landscape to green from its mantle of white. On the bright side, the slow melt has meant more recharge to groundwater and slower runoff, although this will change in the days to come if the predictions of heavy rain do indeed come to pass.

I had a most fruitful weekend of strategic planning; I am striving to craft a plan for my work, to define the various pieces and quantify the time and resources needed. Looking forward to the season to come, there are many moving parts. I am very focused on farm and CSA planning, and on furthering my work in support of our local food system.

It has been a powerful experience to dive deeper into food systems work; it is my passion and meets a confluence between my two core values of community and contribution. I am enjoying the opportunity for learning and gathering knowledge, and for the many amazing teachers who take the time to offer lessons. I am learning to keep my heart and ears open, and striving to avoid dogmatic or stubborn approaches. Flexibility is a quality and skill that I am working to adapt to my life process.

This weekend I also had the chance to attend the Regenerative Cannabis Farming Conference up in Piercy. It is always a joy to gather with farmers; to do so two weekends (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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in a row is a special opportunity. From the North Coast Farmers Convergence last weekend to the Regenerative Cannabis Conference this weekend, I am glad for the chance to gather as community and to share information and knowledge. Coming together creates a sense of ceremony that guides the footsteps forward in reverence. Both weekends were held in houses of worship, one at Ridgewood Ranch and one in Piercy. The confluence of conference and the reverence inspired by churches engenders a feeling of gravity that I appreciate very much.

There is an interesting confluence and parallel occurring between cannabis and food producers. We share many of the same issues, and also a common "farmerness". Reflecting on the two gatherings, I find the similarities offer a consonance that bears delving into. I see the bridge between these arenas being fostered by groups like the Mendocino Herb Guild, and it excites me. We are learning to fashion the community we wish to see for the future. Though times are difficult and there are many challenges, we are learning to stride forward together.

Seeds are being sown and plants are sprouting from the darkness of the soil, pushing into the light. We are gearing up for the season to come, adding new skills and practices and forging the journey before us. The cycle of renewal inches towards the spring equinox, and the blood beats faster in our veins. Hope springs eternal in the heart of the farmer, and gathering together to share that hope lifts us and holds us up. We stride forward, together.

Sharing and exchanging seeds is the quintessential metaphor for building a shared future. The same metaphor applies to knowledge, planting new varieties in the mind, heart and soul. We learn from others and offer forth the lessons we have learned. The seeds we sow will germinate, and we will cultivate love and truth in a shared journey of resilience and renewal. We will produce more food, and more medicine. We will tend the land to become more bountiful and to sequester the carbon out of the atmosphere. We stride forward as stewards, into the future of agriculture. It is a joy to share the journey.

## 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

### **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

### **Greens & Burger**

- Saute diced onions and garlic in the biggest skillet you have with just enough grease to keep them from burning.
- Add Burger and saute until you get some browning (this is how you go to flavor country) .
- Chop up huge pile of greens, pile them into the skillet, mound them up, they'll cook down. Stir regularly, serve with eggs on top or plain :).