

HappyDay CSA Newsletter

In Your CSA Box: Parsley - HappyDay. Winter Squash - Seely Farms. Shallots, Onions - Paul's Produce. Kale - County Line Harvest. Garlic - Ron and Bibiana Love Farm, Walnuts - Round River Farm

I've been reflecting on the relationship between food and human. Also reflecting on the meaning of relationship in this instance, the fundamental connection of sustainer and sustained. We're taught to think in mechanical terms, that food is the "fuel for the machine" of the body. We're taught that "an egg is an egg is an egg", this messaging propagated by big money agricultural lobbies that praise commodity and conformity.

When assessing our relationship to the food we eat, we need new tools that help to define and govern this process. For all of human history, the acquisition, preparation and consumption of food have been the defining characteristics of each day. In our modern, bifurcated, prepackaged world, food has been reduced to the mechanistic sideline, stripped of meaning and processed for consumption by corporations. This most basic of building blocks has often become something of an afterthought, a means to an end instead of an end unto itself.

Food should inspire reverence, but to do so, it must be imbued with such qualities that we experience a sense of the sacred around it. This feeling must begin in the production, for reverence will not appear later in the chain just because we want it to. There is a question of honor, of spirituality, of right work that must be attended to in order to craft this reverential foundation.

Meat that comes from animals held in factory confinement does not inspire reverence. Monocrop vegetable fields devoid of other life do not inspire reverence. The industrial paradigm has stripped the reverence from food production by reducing it to the barest means of calculation on the economic scale and forgoing the qualitative scale in its entirety.

Nature is bountiful in her gifts; she inspires reverence and a sense of the sacred that has been lost between the grinding gears of industrialism. How do we hold space for reverence in the face of the sweeping anomie that grinds culture and ritual into glacial dust? It is in the small acts that we regain this consciousness. We take the time to hold food as sacred, to experience the ceremony that comes of giving thanks for nourishment.

We gather our strength against the bleakness of economic reductionism by embodying the joy and love of food. We break bread together, and share the ritual of food preparation. We seek out places to plant seeds and tend them into food that (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 :)**

HappyDay CSA Newsletter

we may share. We are conscious of ceremony around food, and we work together to create food systems that are just and responsive to the needs of participants, from the land, to the animals, to the humans encompassed therein.

Though it can feel bleak, the light of another day shines fresh upon our faces. Spring creeps into our lives with all the hope that comes with it. We rise to the challenge, learning what it means to be human through the shared journey in which we engage. We take moments to hold gratitude, and we allow this to guide us on the path. The journey is slow, but we walk together and there is great joy in the journey itself. We celebrate the steps of life in ceremony and ritual, creating meaning as it is needed. As always, we are glad for the sharing. Much love and appreciation!

Casey's Easy Recipe Action Spring Frittata

- Saute garlic n shallots in cast-iron skillet or other oven-safe pan, preferably with bacon grease.
- If you would like meat (I like ground beef or pork) add a pound of ground meat and saute until it begins to brown.
- Add in diced hearty vegetables like potatoes, cabbage or carrots, keep sauteing. (If you roast the rutabagas and winter squash in the oven beforehand until soft, they make phenomenal additions to frittata).
- - When hearty veggies start to soften a little add chopped greens and cook for a few minutes.
- - Crack 12-18 eggs (depended on how many people you want to feed) in a bowl, whisk with salt/pepper, rosemary and any other spices.
- Put cast iron in oven, cook for 45+ minutes at 350, depended on how you like your eggs and how big you made it. To make this same dish as a scramble, just keep it on the stove top and stir regularly to keep the eggs from burning.



Casey's Easy Recipe Action

Kale Potato Soup

- 1 Large bunch kale, chopped
- Steam and set aside. (don't try to cook it with the potatoes; the flavor will be too strong)
- 1 tbsp butter
- 1 large onion, chopped
- 1 clove garlic, minced
- Melt butter in soup pot. Add onion and saute until golden. Add garlic and saute another minute.
- 2 large potatoes, diced
- 2 cuts hot water or broth
- Add, bring to a boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if smooth texture is desired)
- 3 cups water or broth
- ½ tsp salt or to taste, pepper to taste
- Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve. (Simply In Season)

Roasted Winter Vegetables

- 6-8 cups winter veggies: rutabaga, 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, 30-45m

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 :).