

HappyDay CSA Newsletter

In Your CSA Box: Greens - Woody Rhino Farms. Winter Squash - Seely Farms. Shallots - Paul's Produce. Garlic - Ron and Bibiana Love Farm. Walnuts from Round River Farm

I always know spring has arrived because I feel it deep in the muscles of my body. That first week of good weather always bring a mad rush of work, creating an ache that encompasses everything from the toes up through the shoulders and out to the fingers. Spring makes the body hurt like no other time of year, a reminder that the good things in life must often be paid for in sweat equity.

There is a simple joy that comes from a day's hard work. Farming is one long series of these joyful interludes, but it is important not to spend too much time looking at the longer picture, for it is easy to be overwhelmed. This morning is the first day that the spring soreness is beginning to wear off, as my body accepts the physical effort of the work and rises to the challenge. Just like the days after the first sports practice in high school, the stiffness and soreness fade into a limber capacity for heavy, physical labor.

We are prepping beds, sowing seeds and transplanting out the first crops of the year, even as the last harvests of winter crops carry us forward into spring. We are glad for the coming of the Equinox this week, and the lengthening days provide opportunity to accomplish much. There is so much time to get work done that a person has to be careful not to overdo it; though it is not yet hot, the sun has enough warmth to it to give a light heat stroke to those who are not careful at this time of year (I know because I did it a couple days ago).

Our bed prep methodology has a series of steps to it that, when followed, yields a stellar planting space and sets up the best likelihood of bringing in a good crop. We have two attachments for the BCS walk-behind tractor, first we use the flail mower and then a power harrow. The first step in the process is to make sure that there are no rocks, sticks, wire, fence posts or other obstacles on the beds. Then we run the flail mower over the bed to chop up the cover crop and drop it flat on the surface, where it will be incorporated later. Next we add amendments and compost, and then we run the power harrow to stir the top inch of soil. This achieves good contact for the chopped cover crop, accelerating decomposition. At this point, we cover the beds for three weeks with silage tarp or light dep plastic to allow time for the cover crop to decompose and the weed seeds in the beds to germinate and die. (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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After enough time has passed, we uncover the beds and broadfork them to loosen the deep soil profile. We don't flip the soil, just loosen it enough to provide some aeration and help create pathways for plant roots to reach deep into the earth in search of nutrients and water. Then we rake the beds, lay out the drip irrigation and put up the low tunnels which are made of hoops bent from lengths of ½" metal conduit and a baling wire purlin that wraps each hoop and runs the length of the row, staked at each end with a piece of rebar.

Yesterday we planted the first two terraces with trays of bok choy, tatsoi and head lettuces. Some of our beds are narrow 24" tops, while many are 42". Everything that will hold cannabis at some point during the season is the wider format, which is effective for large spring plantings of greens and is the best size for us to cover with the quick hoop rows. For the earliest plantings of greens we don't worry about leaving space for cannabis because the greens will be harvested before cannabis goes in. For later plantings, we leave a space where each cannabis plant will be placed as soon as we have the sex test results.

Spring is a time of excitement, a quickening of the blood that I imagine is similar to the feeling the trees get when the sap starts to rise. Buds are beginning to swell on the oaks and the fruit trees, and the first daffodils are breaking forth into brilliant displays. We planted dozens of new bulbs this winter that have been delayed by the heavy snows of February, so we wait with patient excitement for their coming in the next couple of weeks. The manzanita are in full bloom, and on these warm days the bees are out gathering nectar with their buzzing tunes of vibrant life. We exist in the joy of land husbandry, excited for the season to come. Much love and great success to you!



Casey's Easy Recipe Action

Ground Pork n Spicy Mustard Greens Soup from Mama

- ½ lb ground pork
- 2 minced cloves garlic
- 1 small onion minced small
- ½ tsp cumin seed
- 2 tsp grated fresh ginger
- 1 tsp crushed red pepper
- 4 cups chicken stock
- 4 cups chopped spicy mustard greens
- 2 tbsp 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.

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.