

# HappyDay CSA Newsletter

In Your CSA Box: Greens, Leeks - HappyDay. Winter Squash - Seely Farms. Cabbage - Irene's Garden Produce. Rutabaga - Strong Roots. Citrus - Small Kin Big Time Ranch.

Well folks, spring is on the horizon and we are hoping for some sunny days in March! We didn't manage to get much outdoor farm work done in February what with the land being under snow for almost three weeks and then receiving a deluge of rain after that. The water is much needed and appreciated, for we are glad to have the pond full and the creeks running briskly. We are also itching to get to going on the season.

In the new caterpillar tunnels we built before the snow came, life is springing up from beds and trays. Salad mixes, cooking greens, beets, onions, radishes and heading brassica like broccoli, cauliflower and cabbage are all peeking forth from the soil to see what the new day may bring. There is abundant joy in the sprouting of seeds, and the excitement of the spring to come fills the heart of the farmer.

Daffodils are on the verge of blooming, and the crocuses have already begun here on the mountain. It is interesting to see the difference in climate here in Mendocino county; our daffodils are some of the latest to bloom, often by as much as two to three weeks later than those in South county. The snow has certainly had an impact, slowing many things down. The garlic and cover crops were all flattened and are just now beginning to recover their vertical tendencies.

The pasture is lush and green, beginning to grow anew now that the snow has melted and the sun is creeping higher in the sky. We have emerged from the depths of winter and verdant growth is in our near future. We are skinning hoopouses and making plans for bed prep and crop rotations. Seeds wait patiently in their paper packets, awaiting the magic combination of sun, soil and water. Hope springs eternal, and we are feeling the oncoming as a rush in the blood.

Sunday was Amber and my anniversary, and it was the first time in weeks that we were able to spend a full day working together on the farm. Between the intense weather and my hectic schedule, there has been little time for outdoor work of late (although more time than I might like has been spent in paperwork and regulatory efforts). We cleaned out the chicken coop to make a new compost pile, and began the work of turning the last one to move it towards finish and dispersal. The red worms are present in great numbers, which is a joyous sight to see. (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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We skinned one hoophouse and built another small one to use as dry storage for equipment and amendments.

What limited crops we have available at this time of year have been impacted by the snow that lingered on top of them for most of February. Some have been damaged by the cycles of freezing and thawing, and some have been damaged by the weight of the snow, flattening them against the ground. We are salvaging and scavenging what we can find, but we are also reflecting that there is a reason humans have suffered famine in March. We are grateful for the abundance that is accessible from other local farms and via the MendoLake FoodHub. Working in partnership, we are able to provide access to quality food and help to construct linkages within the local food system. It is a joy to be part of the journey, and we are grateful to share it with you!

## Casey's Easy Recipe Action Spring Frittata

- Saute garlic n onions 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 cabbage, carrots and any other hearty spring vegetables, keep sauteing.
- - When cabbage/carrots 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

### Potato Leek Soup

- \* 8 cups chicken stock
- \* 6 potatoes, peeled and cut into large pieces
- \* 4 leeks (whites only), thoroughly washed and sliced
- \* 3 stalks celery, roughly chopped
- \* 1 bay leaf
- \* 1 1/2 tsp finely chopped fresh thyme
- \* Salt and freshly ground pepper
- \* 1 cup heavy cream

### Directions

-Put the chicken stock, potatoes, leeks, celery, bay leaf and thyme in a large pot and sprinkle with salt and pepper. Boil until the potatoes are soft, 15 to 20 minutes.

-Remove the bay leaf. Using an immersion blender (or in batches in a blender

or food processor), blend the soup until smooth. Pour the soup into a medium pot; add the cream and simmer until the soup has thickened, about 20 minutes.

### 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, 30-45 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 :).