

April 1st, 2019

# HappyDay CSA Newsletter

In Your CSA Box: Salad Mix, Kale, Asian Greens - HappyDay Farms. Walnuts - Round River Farm. Winter Squash - Seely Farms.

It has been a weekend of glorious weather and celebration here on the farm. First birthday parties for both Frankie and Ollie meant a great time was had by all. There is a sizeable cohort of little ones all about the same age, and it was a joy to spend time with little people and the big people who care for them. The next generation is marching (or learning to walk) into the future, as our generation has now become the parents, aunts and uncles.

There is much food for thought in the passage of the mantle from one generation to the next. As we arrive in the time of our power, our parents sit back and enjoy the experience of the transition. I reflect on the continuum of life, the inevitable passage of time, and I am grateful for friends and family. To celebrate young life in community is to experience the deep connection that comes from having passed from childhood into adulthood together.

As we grow and learn, we have opportunity to pass these lessons on to the younger generation; I am glad for the opportunities to come. I look forward to helping teach my nephew about farming, and I enjoy the chance to spend time with him. He sees the world through new eyes, which provides example and lesson for my own journey.

I had to quiet the monkey mind from chattering about the work that could be done during such beautiful weather. It felt good to make a conscious choice to engage in full acceptance of celebration and to set aside work for another day. There have been too few days off thus far this year, this weekend was a necessary respite.

I am reminded that work will always be there, but some milestones come once in a lifetime. Ollie will never turn one again, and I am reflecting on the importance to hold space and time for celebration and family. It is a lesson that I am gathering into my psyche and seeking to translate into my planning and time management processes. It feels weird to have to schedule downtime and celebration; life has become much more regimented and busy than I ever expected. I find that if I don't make a conscious effort to schedule downtime, then all the slots get filled with work and I struggle with burnout and frustration.

We have an old dialogue in our family about "martyr mode", grinding on the work without enough care and thought for (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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the other needs of life. It is important to step back from the grindstone and breathe in the scent of spring and appreciate the warmth of the sun. Balance is needed in work and play, but it can be difficult to achieve.

Baby chicks are growing fast, as is the lush green of the pasture. In a couple of weeks we'll be moving both the laying hens and the chicks onto pasture, rotating the chicken tractors to make best use of the forage and minimize potential for erosion. Providing birds with fresh forage keeps them healthy and makes them happy.

The seed start hoophouse bulges with trays and pots, and the first round of broccoli, cauliflower and collards will go out this week. We'll also transplant the second round of bok choy and head lettuce, along with the remaining beets that have not yet found a home. We also hope to plant out thirty trees of varying species while the soil remains soft and moist.

As we cross into April, the riot of spring abundance begins to run with full force. Growth explodes as the sun rises higher in the sky each day, and the sap is running in the trees. Flowers bloom in fragrant celebration and flashing color that lights up the landscape. The ample rains have provided well for spring growth, and the land is a saturated sponge. It is a joy to venture forth into spring, and we are glad for the journey!

## Casey's Easy Recipe Action Ground Pork n Greens Soup

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



## 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 cups 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 a smooth texture is desired)
- 3 cups water or broth
- 1/2 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)

### Asian Greens Salad

- - Chop greens into large bite sized pieces. Dice onion, sprinkle on top.
- - Toast 1/4 cup sesame seeds and 1 handful of chopped onions in skillet in 2 tbsp of sesame oil.
- - Dressing
- 1/2 cup olive oil, splash of maple syrup, 1/4 cup rice and/or apple cider vinegar, 2 tbsp tamari
- 1 tbsp toasted sesame oil
- - Dress salad then add toasted seeds and nuts. Sauteed chicken cut up is great to add as well to increase the heartiness.