

April 8th, 2019

HappyDay CSA Newsletter

In Your CSA Box: Arugula, Mustard, Salad Mix, Kale -
HappyDay Farms. Walnuts - Round River Farm. Shallots -
Paul's Produce

The cool, moist weather has slowed the arrival of spring flowers, but they are now in full force. Amber and I have an arrangement in which birthday and Christmas presents to each other come in the form of flower bulbs. The daffodils we planted this winter are exploding in color, bright and shining on these cloudy days and accented by the contrast of the purple hyacinths.

Crocuses came first, and after daffodils come the tulips, a march of color that offers the unbridled joy of life. There are new flowers bursting into bloom every few weeks from here until all but the calendula are rendered unto biomass by the killing frost. Cosmos, delphiniums, gladiolas, sunflowers, zinnias, marigolds and many other types that we grow for cut flowers, pollinator habitat and the simple joy of flowers. The mustard and manzanita are in full bloom now, but the bees have been little able to partake with so much moisture in the air of late.

We had a weekend of mizzle and overcast, but we also managed to snatch bits of work in the spaces between the showers. When the forecast calls for rain but it holds off enough for you to get stuff done outside, it feels like a special kind of bonus. It's like finding a magical extension of time and is good for serotonin levels on a cloudy day.

There is an element of the do-work-feel-happy-brain-chemicals principle that is essential to farming. It is part and parcel of the calling that drives the farmer, a physiological perspective on the reasons we keep coming back for more. Farming (like any life of manual labor) carries an inherent understanding that the body can't do it forever, but the siren's song draws us back each spring. The blood rises as does the color in the grass.

Leaves are beginning to bud out, the land is rich with moisture as it burgeons into the abundant growth of spring. We are planting out successions of head lettuce, beets, tatsoi, boc choi and various brassica, starting with cauliflower, broccoli and collards. Harvest in the salad-mix and mustard hoop house is in full swing, and the first rows of heartier greens are not far behind. We snatch windows between showers to prep and plant, making the most of the time between the clouds that billow through the ridgeline.

Today we've planted a dozen trees and a few bushes (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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up in the pasture. With them we sowed acorns, and set them round with wire cages to protect them from the deer. Drip irrigation will keep them moist through the summer as they begin to send roots down into the earth. The trees are fast growing, and will one day give way to the oaks, which travel in slow and stately form towards the sky. There are few young oaks on the land around us, and it feels good to sow acorns in the hopes of creating future trees to take the place of their elders as time marches on.

Planting trees and sowing acorns are small steps, two of the many we hope to take in this journey of stewardship and effort to return to the land the love it gives to us. To harvest bounty from a patch of ground is to accept an offering from the land that it feels right to strive to reciprocate. Land husbandry creates a deep and soulful relationship that is governed by love and respect.

Each year we learn new skills and methods of farming, seeking to better our practice. We make many mistakes, but we continue forward. We are spending heavy effort right now chopping thistle because we failed to stop them from going to seed two years ago. We are learning more about pasture management, species composition and time management.

There is a strength that comes from knowledge of place and capability of action. It is the energy flowing through the cycle of interaction that is farming. We are grateful for the opportunity to engage in 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

Bacon n Eggs Over-Easy Greens

- We eat this one as often for dinner as we do breakfast. Start by cooking bacon in large pan. When it gets greasy, pour off some of the grease into a smaller skillet.
- Saute diced onions and garlic in the smaller skillet while bacon continues to cook.
- When bacon is cooked, remove from large skillet. Save some grease for eggs, and transfer onions from small skillet into big one.
- Add in chopped greens to big skillet, cook down with lid on stirring regularly.
- Add last of grease to small skillet for frying over-easy eggs. Serve with greens as a bed, eggs on top with bacon on the side to dip in yolk

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.