

HappyDay CSA Newsletter

In Your CSA Box: Tatsoi, Boc Choi, Salad Mix, Kale, Radishes - HappyDay Farms. Beets- County Line Harvest.

We are rapid juggling the process of spring. There are always so many things to do this time of year that it becomes difficult to prioritize and good time management becomes essential. We are struggling with getting the full water system up and running, hustling to install a new pump and solar panels so that we have ag water from the pond available for irrigation.

Hand-watering is often necessary for getting seeds to sprout and cooling spring crops on warm spring days, and there is more upkeep of livestock required because we are in the process of raising a batch of meat birds. Seed planting, transplanting and bed prep all must fit into the choreography, so too harvest and marketing.

Today is a big day for us because we'll be settling a hive of bees into their new home on farm. We've tried bees without success in the past, but hope to have identified the errors in our ways. When I first built our hive platform (raised about 10' off the ground to protect the bees from bears), it was in an area of the garden that receives no sun until around 11 in the morning. It turns out that bees need sun on the hive first thing in the morning to get them off and running, gathering as much nectar as possible.

Last week I took down the hive stand and moved it to the bottom of the garden, where it gets full sun first thing in the morning. Over the weekend, Amber went to Santa Rosa with Marbry and picked up the new bees. This afternoon, they will be installed gently into their new hive, hopefully without stings for the beekeepers. We are excited to venture into the bee arena again. We have a deep love of pollinators, and were shattered to lose hives in the past.

Farming is an intertwined story of heartbreak and triumph, love and sadness. Life and death are inherent to the process, creating a rollercoaster of emotions that defines the life of the farmer. The aching intensity of the loss of a hive (seeing the thousands of dead bees and beginning to cry) balanced by the depth of joy that comes from baby rabbits and peeping chicks. The difficulty of cutting firewood and the harsh reality of slaughter balanced by the comfort of winter meals from the wood cookstove.

To farm is to feel all the feels as the year moves through successive cycles of order and entropy. The chaos of growth that occurs in the overgrown spring beds gives way to the order (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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of neat rows of crops, which again explodes into fecundity with the riot of summer growth. Successive waves of green cover the brown soil, which becomes richer over time as we settle into our place.

The development of the farm matches the development of the farmer, a deepening of process and knowledge that conveys stability and understanding. Weathering the inevitable difficulties becomes easier as the years go by, each step a summation of the previous journey plus one. Life unfolds before us as the path wends away behind, and we sally forth to the best of our abilities.

Like any part of life, sometimes you feel like you're on top of the world and sometimes you feel so deep underwater that your soul feels crushed. Sometimes it happens at the same time, and this aching, magical, difficult, incredible wave carries you along on the torrent; all you can do is hope that there are no jagged rocks ahead.

Much love and appreciation from Team HappyDay! :)

Casey's Easy Recipe Action Asian Greens Salad

- Chop greens into large bite sized pieces
- Dice garlic scapes and/or green onions and 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
 - 1/4 cup 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
- Sautéed chicken cut up is great to add as well to increase the heartiness.



Casey's Easy Recipe Action

Spring Greens Salad

- 8 cups various chopped mix.
Combine with selected toppings from the list below. Pour half of the dressing over salad just before serving, then more as needed.

- Topping Options:

- Green garlic, red onions, chopped, diced radishes, grated carrots or beets, chopped pea shoots, spicy mustard, bacon pieces, hard boiled egg slices, diced walnuts.

- Basic vinaigrette dressing:

2 tbsp Dijon mustard, 2 tbsp red wine vinegar, 3 tbsp olive or nut oil, 1 stbsp fresh lemon juice, salt and pepper to taste

- Kale Potato Soup

- 1 Large bunch kale, chopped

- Steam and set aside (very important)

- 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 a smooth texture is desired)

- 3 cups water or broth w/ 1/2 tsp salt or to taste, pepper to taste. Add along with additional hot water/milk to