



Naturally growing food for a better tomorrow

The members of Strong Roots Healthy Farming have been doing the rain dance. And we would like to think our dancing just might bring us some rain this week. Fingers crossed. Even Mother Nature would have a hard time resisting these three crazy dudes! But March Madness has really erupted in all sorts of ways this Spring. We are preparing rows, planting, and harvesting all at once. Bedtime has changed from 10 pm to 8 pm. We are all most definitely feeling Spring approaching.



This month, we celebrated Tristan's 15th birthday by taking him to one of the restaurants that buy from us – [Sienna Tuscan Steakhouse](#). It was delicious! Granted I am not a steak connoisseur, but I have never had steak that melted in my mouth. Amazing...and the Strong Roots mizuna on top of the steak certainly didn't hurt. I

highly recommend it for special occasions. The chefs at Sienna really know how to please the pallet.

We also decided to join the [Health & Wellness Coalition of Wichita's](#) cause this month by attending an event called We All Eat on Thursday, March 29th from 3-7 pm at the



Sedgewick County Extension Office. We are going to have some fun trivia games, and if you participate, you can enter a raffle to win a 1/2 share CSA! The event focuses on the importance of healthy food choices and how those choices

impact all the other areas of your life. I'm very excited about the event, and I can't wait to see what else the coalition does. Josh attended their monthly meeting on March 15th and was impressed with some of the initiatives they are focusing on, one of them being the Cottage Foods Act. This act allows a limited amount of food products (baked, canned, pickled, dried, or candied foods) to be sold to consumers without licensing or inspection. Great news for small producers like us!

We also made a purchase outside of our budget this month, but when opportunities present themselves, every business has to be flexible, right? The truth is that our new tool has been worth every penny so far. The Quick-cut Greens Harvester has been a miracle for Josh in time saving techniques. He swears that what used to take him all morning, now only takes him 15 minutes. A big thank you to John Albin with [Cinagro Farms](#) for selling it to us! John is actually laying down his commercial dreams to pursue teaching people how to grow their own food, and I would highly suggest giving him a ring if you ever want to learn more about creating your own garden. He is such an inspiration to talk to!



And last but not least...Josh and I have some important business decisions to make. We have been asked to participate in an all-natural "pop-up" grocery store this summer. The "pop up" portion of this meaning we would run a business with several other farmers out of a "container." Don't get me wrong – this opportunity is certainly a good thing, but we are struggling with questions like, "Do we have enough product to make it worth our while?" Though we would love to participate in all things "community," we also need to make sure that we can make a profit. No profit, no business. Where is the balance?

