



Naturally growing food for a better tomorrow

The Farmer's Market season has certainly arrived in full force! Saturday "house days" have become a thing of the past, and we're now making a showing at the Old Town



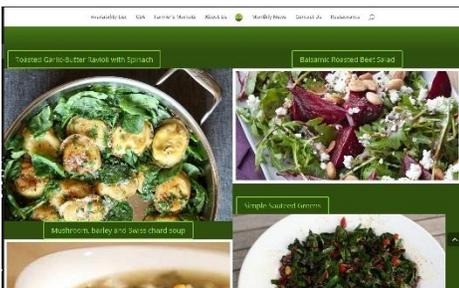
Farmer's Market (835 E First St, N Wichita KS 67202) on Saturdays from 7am – 12pm. Though we really like the

look and feel of the Old Town Market, I won't lie and say we've had any record sales. We've been struggling with the slower traffic flow and the heat. Keeping our leafy greens from wilting in the sun has been quite the challenge for us...even with a mobile cooler.

That being said, the CSA's are off to a wonderful start, and I cannot thank our loyal customers enough for their support. The first week of our CSA landed on Mother's Day, so I hope all you boys/men out there made something special for your mothers. I'm attempting to add recipes to the new website, but the construction of that site is moving rather slowly. Did I say slow? I meant...slooooooowly.



I'd like to extend a big thank you to my sister-in-law for helping Josh and I set-up our new site (www.strongrootshealthyfarming.com); she's been amazing!



But I asked her to teach me to fish, so now I have to feed myself for a lifetime. And frankly, it's taking me some time to learn the ropes of website building. But

I will get there. I promise. Slowly but surely, you'll start to see new recipes appear for your favorite veggies.

But I could always use a few recommendations as well. We have some incredibly creative customers out there who send us pictures of the wonderful dishes they make for their



families and I love that! The dish found to the left here is a pork sausage linguini that includes red pepper, carrots, shallots, and our Strong Roots spinach topped with parmesan cheese and a crispy olive oil grilled baguette. Beautiful!

Then another customer sautéed a cubed sweet potato with edges of peeled kohlrabi root in sunflower oil with shitake mushrooms, minced garlic and minced ginger. She finished it by adding torn up kohlrabi leaves (so not to wilt them) with a few splashes of tamari. And then she served it on a bed of quinoa. Mmmm...My mouth waters just thinking about these homemade, balanced meals. You ladies are amazing!!



Speaking of amazing...I cannot end this newsletter without first giving my own hubby some props. He made a wonderful [chicken marsala](#) with [arugula beet salad](#) and a blackberry pie for Mother's Day. I wish I had been cool enough to take a picture of it, but my stomach obviously has a mind of its own. I ate it before I could think about it. I do love beets and blackberries! (A second shout out to Urban Prairie for the pie filling made with blackberries from Elderslie Farm last year. So good!)



And the biggest accomplishment of the month? The shade cloth is on the greenhouse!! (Big sig of relief!) Can you believe Josh moved it

over the greenhouse by attaching a tennis ball to one side and throwing it over the top? But I digress. This is great news for you since it will be protecting the tomatoes, cucumbers, and peppers this year. The tomatoes are flowering, folks!