



# Naturally growing food for a better tomorrow



We hope all of you enjoyed a happy and restful Thanksgiving. We are especially grateful this year for our family and home. I'm not sure we would have survived this year without good conversation, a comfortable home, and the fresh air working outside on the farm allowed us. And let us not forget that our urban farm is thankful for YOU, our customers. We truly appreciate not only your business, but also your flexibility and your friendship. Josh has gotten to know so many of you that he wouldn't have otherwise crossed paths with. It's not only important for the community to know their farmer, but for the farmer to know the community.

We took some time this year to really appreciate the season, and I cannot tell you how wonderful it was. I read this really [wonderful article](#) about how to develop an "attitude of gratitude," and I found it extremely helpful because it not only tells you that you should develop an attitude of gratitude, it gives you some examples about "how" you may want to go about it.

This week we let the ladybugs do the work! We order ladybugs to help us control the aphids on our greens in the greenhouse.



**FUN FACT:** According to National Geographic, "The name 'ladybug' was coined by European farmers who prayed to the Virgin Mary when pests began eating their crops. After ladybugs came and wiped out the invading insects, the farmers named them 'beetle of Our Lady.'"

Since we typically cook A LOT and therefore clean up A LOT on Thanksgiving, I actually prefer the Friday after Thanksgiving, because there is enough leftovers for me to avoid being in the kitchen all day long. Instead, we spent the majority of the day putting up the tree, singing Christmas songs, playing card games and watching movies. I've never quite understood the whole "Black Friday" ordeal. Who coined that name anyway? It should be "Mellow Friday" or maybe even "Cookie Monster Friday." Although we believe it's important to eat fresh produce that is not contaminated with chemicals, we also believe that a few cookies now and again is pretty important for your mental health.



On Saturday, we visited the [Kansas Grown Farmer's Market](#), [Cottage Market](#), and [Anne's Attic](#) to support Small Business Saturday. If you didn't venture out, please take some time in the next couple of weeks to support the businesses in our local community. It is so important to support local small business. It promotes community, economic growth, and environmental friendliness. If you spend your money in the community, the benefits will come full circle.



We tried to keep the recipes simple this week because we knew we'd be doing some serious cooking for Thanksgiving. So...on Monday we made some [carrots with green onion ginger glaze](#). (We put some pork shoulder pieces on the side for a little protein.) On Tuesday, we paired chicken breasts with [Garlicky Swiss Chard](#). And on Friday, we used our leftover turkey to make [Turkey Club Sandwiches](#) (along with some beet microgreens).

Tomorrow (11/30), the bags will include salad mix, green onions, tatsoi, chard, and beet microgreens. Half shares will get the salad mix, green onions, and tatsoi. Next week (12/6) the bags will include salad mix, purple Bok choy, radish microgreens, arugula, and baby carrots. Half shares will get the salad mix, purple Bok choy, and radish microgreens. As always, please visit the [market place](#) if you want any additional items.