



# Naturally growing food for a better tomorrow



Whew! Thank God butcher week is finally over. I'd be lying if I said we didn't have a long, tough week. I realize that we bought the chickens to fertilize our land and nourish our bodies, but saying goodbye to our chickens was certainly not an easy thing to do...for any of us. I certainly speak for the whole family when I say, we're going to miss them. The important thing to remember is that we gave them a good life, and now they are going to do the same for us. Joel Salatin (one of the true founders of wholistic farming) has a great way of describing how current society has become numb to the way our food is raised.

"It is a profound spiritual truth that you cannot have life without death. When you chomp down on a carrot and masticate in in your mouth, the carrot is being sacrificed in order for you to have life. Everything on the planet is eating and being eaten. If you don't believe it, just lie naked in your flower bed for three days and see what gets eaten. That sacrifice is what feeds regeneration. In our very antiseptic culture today, people don't have a visceral understanding of life and death." ~ Joel Salatin



If you have not heard of Joe Salatin, please visit his farm's website [polyfacefarms.com](http://polyfacefarms.com). He is a wonderful source of knowledge and enlightenment. His farm focuses on mimicking nature as much as possible, so that animals can live the lives they are supposed to live without cheating the system to make things faster or easier. Some things are meant to be slow and pain-staking, and if you skip the slow and pain-staking steps, you also skip the lesson that needs to be learned.

Otherwise, just like any other family during this season, we've been preparing for the holidays. It's going to look a little different this year since our Christmas funding will not be as plentiful. But if you're familiar with the Grinch story, you know that Christmas is supposed to be about something "a little bit more" than store bought gifts anyway. Instead, we have a lot of gifts that will be homemade this year. I'm knitting scarves and giving away canned goods, and Josh is playing with woodworking and making fermented hot sauce. Josh has also been taking basketball referee jobs



in the evenings to help supplement our income during the winter months, so you'll be seeing me (Cindy) a bit more on Monday pickups now. Frankly, I'm just not as good of a gabber as Josh is, but I'm a great listener if you need to let loose. The holiday season can be stressful...especially with all the restrictions we have this year!



Also, I would like to sincerely apologize to those of you who ordered something on Thanksgiving week that did not get into your weekly CSA bags. Josh and I rely on the website sending us emails, so we can organize and collect the weekly produce for the CSA bags, but for whatever reason, a few of the website emails got sent to our trash folder! I'm very sorry for this inconvenience. I'll start doing a reconciliation from the website from now on to avoid this type of catastrophe in the future. Please do not hesitate to tell us if you have any issues with the ordering system.



For dinners this week, we ate [crock pot pork shoulder with fennel](#), [kale cheddar soup](#), and [parsley garlic lemon mushrooms](#). I was not fond of the pork shoulder. It was a little too "porky" for me. The rest of the family loved it though, and we used it for leftover pork burrito's. I was also not very partial to the kale cheddar soup due to it's thick consistency. The kids had issues with it because of it's bright green scary color. Josh, however, drank it like water with no complaints. Lastly, we made some grilled lemon garlic and parsley mushrooms to go with our spinach and chicken ensemble. Since I love mushrooms, I can't complain too much about this last recipe, but if you have an aversion to lemons, you might stay clear of it. It was lemony!



Tomorrow (12/14), the full shares will receive kale, fennel, micro-green mix, parsley, and spinach. The half shares will receive the kale, fennel, and micro-green mix. Next week (12/21) the full shares will receive arugula, dill, Bok choy, onion spears, and carrots. Half shares will get arugula, dill, and Bok choy.

As always, please remember to visit our [market place](#) if you want any additional items. We will NOT miss them this week. May the spirit of the season bless you this week with health, positivity, and kindness.