



Strong Roots Healthy
Farming LLC
Newsletter
January 10, 2021



Motivational Sunday

“Odd as I’m sure it will appear to some, I can think of no other form of personal involvement in the cure of the environment than gardening. A person who is growing a garden, if he is growing it organically, is improving a piece of the world. He is producing something to eat, which makes him somewhat independent of the grocery business, but he is also enlarging, for himself, the meaning of food and the pleasure of eating.”

- Wendell Berry

What to Expect In Your Bags 1/10/2020

Full Shares: Salad Mix, Microgreen Mix, Arugula, Carrots, & Radish

Half Shares: Salad Mix, Microgreen Mix, & Arugula

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Recipes to Try

- [Turkey Salad Sandwiches](#) (with arugula on top)
- [Chinese Stir Fry Noodles](#)
- [Turkey Salad with Cranberry Dressing](#)



Other News on the Farm

Josh took our five foot cherry tree and chopped it down to 2 feet! We are trying to train our trees to be small (around 8 feet) for easy management. Do a search online for something called “center pruning method.”

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What to Expect In Your Bags

Remember, if you want any additional items, please make sure you visit the [market place](#) by Monday at noon.

This is the last week for the fall CSA, so I will not be providing next week's products in this particular newsletter. I'll send an email out to those



members that signed up for the Winter Share later this week. I will, however, give you a sneak peek. It WILL include our first canning item of the year. (See the picture

for a hint of what that item might be.) That being said, we are down to the last of the salsa, so if you want any more of it between now and June, I would highly suggest you jump on it.

I am very proud of our little farm this year. We canned so much food last year that Josh



had to reinforce the shelves in our pantry...which means we're all ready to make twice as much this year. Be prepared folks! The canned goods are going to be coming in droves next winter.

In other news, the Kansas Value Added Food Lab approved us for both pickles and relish. The only thing we need from the lab now is the letter for the beets. With the retirement of Dr. Fadi, the lab had a few new requirements which means we had to jump through a few more hoops than we normally would have. They didn't get a heat penetration test completed before they threw out our beets, so we had to send them a new sample this week. Hopefully we hear back from them soon.

Recipes to Try

Fair Warning – I got rid of our turkey leftovers this week.

[TURKEY SALAD SANDWICHES:](#)

We served up this turkey salad sandwich with fresh arugula. How



can anything topped with arugula be bad? But in truth, I've gotten a lot of unhappy comments about salad sandwiches in the past. This recipe, however, is worth its weight in gold. This mixture of foods produced the perfect texture. My family is also not very fond of mayonnaise, but this recipe substitutes yogurt and honey, and the result was delicious. We served leftover salad on pretzel crackers for lunch, and no one complained.



[CHINESE STIR FRY](#)

[NOODLES:](#) This yummy stir fry is both easy and nutritious. Try this recipe with the carrots

you get in your bag this week. We also added chicken (from our very own flock), and that seemed to add just the right amount of protein to make the boys happy. Even though we doubled the recipe, it did NOT last long in this house.

[TURKEY SALAD WITH CRANBERRY](#)

[DRESSING:](#) Spruce up our salad mix with this amazing cranberry dressing. Strangely



enough...I sent a kid to the store to get French bread last week, and he came back with this lemon poppyseed loaf thing. (Don't get me started.) Regardless, I used it to make the croutons for this recipe, and it came out pretty darn good.

Other News on the Farm



Aside from pruning our cherry tree, Josh has also been busy trellising our goji berries and grape vines. When these plants start to take off in the Spring, we have to have a way to control them or they will go wild. I'm very excited about both of these products this year.



Due to the weed cover we had over the summer, we have some holes in the electric fence. And the younger chickens just won't stay inside. They have been taking the liberty of visiting Josh while we works. Josh being both the creative and rustic man that he is, fixed it with zip ties. Interesting. I suppose this is just another example of making due with what you have. I love that about him.

