



Strong Roots Healthy
Farming LLC
Newsletter
January 17, 2021



Welcome to the
Winter Season

Kudos to you for making such a good choice in regard to your physical and mental health. You chose to receive fresh vegetables and home-canned goods during the hardest season to grow food in...which means you get to reap the benefits of naturally-grown produce without all the hoopla that goes along with trying to keep crops alive in the crazy cold weather. This newsletter comes out every Sunday, and it shares our journey with you. You can read about all the drama we experience on the farm on a weekly basis plus plan for what will be in your bags, and maybe even find a favorite recipe or two. Welcome!

What to Expect In Your Bags 1/18/2020

Full Shares: Spinach, Turnips, Pea Shoots, Beets, Salsa

Half Shares: Spinach, Turnips, Pea Shoots

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Recipes to Try

- [Beet Chocolate Cake with Cream Cheese Icing](#)
- [Italian Orzo Spinach Soup](#)
- [Crunchy Celery, Radish, Turnip Slaw with Blue Cheese Sauce](#)

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Other News on the Farm

I know we should expect wind in Kansas, but holy cow! The wind was vicious this week. The boys had to go out and readjust our tarps after those gusts (even with all the sandbags). I'm just glad our greenhouse didn't blow away!

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What to Expect In Your Bags

Next week (1/25), the full share bags will include salad mix, carrots, spicy microgreen mix, arugula, and granola bars (pack of seven). Half shares will get salad mix, carrots, and the spicy microgreen mix.

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



Most of you already received the welcome email which explains how our process works, but

for those you newbies, I'm providing it here as a review:

1. You pickup your bag of groceries at our farm (207 Fieldstone St. Valley Center, KS 67147) every Monday from January 18th through March 29th anywhere from 3pm to 7pm. You can call us before you arrive and we can provide drive by service, or you can knock on the door and we can chat a bit to show you around before the exchange.
2. We provide reusable green cloth bags because we believe in avoiding as much plastic as possible. (Keep in mind that until we can find a more affordable alternative, we do still use some plastic for your salad mix and microgreens.) The expectation is that you return these cloth bags during the next pickup. We'll wash them and reuse them as long as we possibly can.
3. You can add additional items to your order by visiting our market place either on Sunday or Monday morning by noon. We'll add them to your bag before pickup.

Recipes to Try

[Italian Orzo Spinach](#)

[Soup](#): I have kids going in every which direction again, and this simple, delicious meal was by far the quickest and most nutritious meal of the whole week. It just goes to show you that nutritious meals can be just as fast and convenient as their unhealthy counterparts. I'm super glad I doubled the recipe because I had several members of the family go back for seconds.



[Celery, Radish, Turnip Slaw with Blue Cheese Sauce](#)

If you enjoy your hot wings with blue cheese, you'll love this side salad. Instead of just dipping your wings in blue cheese, why not make your dip a bit healthier and include a few of your favorite veggies? Our salad turnips are the perfect ingredient in this recipe that turns a traditional flavor combination into a meal fit for a king.

[Beet Chocolate Cake with Cream Cheese Icing](#)

Let me add a warning label on this cake before I tell you how amazing it was... "This is not a healthy recipe." Adding beets to a recipe does not make it healthy, but it does add a nice moisture that a lot of cake recipes out there are missing (not to mention a pretty pink color just in time for Valentines Day). Since it was my sister's birthday this week, this little recipe came in quite handy. Next time you have a celebration, I highly encourage you to try making this beet cake recipe. No one will even know you put them in there.



Other News on the Farm

When we weren't readjusting our tarps this week, we were busy cutting fire wood. In order to get things in the ground for spring, we have to start seedlings in February, and those seedlings will need something to keep them warm in the months to come hence why we have a wood stove in the small greenhouse. I wish I could say I was looking forward to the early days and late nights, but...every job has it's thorns I suppose. Josh likes to call it "eating his frogs." No one likes to eat frogs, right? It's his term for doing things he knows he has to do but doesn't really want to do (rekindling the fire at 4 am, pulling weeds, cleaning the house).



On a more positive note, we have pullet eggs which means our new ladies will be laying us full size eggs in no time. Oh how I miss the eggs!

We use them in everything from omelets to cookies. Hopefully you'll see fresh eggs on the market place here in another month.

As you may have noted already, we're doing a round of our granola bars for the full shares this week. I try to keep these around as much as I can, because they are a wonderful snack for people on the go; they are chalk full of protein (peanut butter & chia seeds), fiber (oats and dates), antioxidants (goji berries, honey, & dark chocolate), and coconut oil (which increases your good cholesterol).

