



Strong Roots Healthy  
Farming LLC  
Newsletter  
January 24, 2021



## Simplify 2021

We have so many things that we need to accomplish this year! The question is how to do it with a limited budget and still keep our priorities straight. We always have to remind ourselves why we started this business in the first place: our family! I just don't understand how people do it in today's day and age. I could make a full-time business out of just our family occurrences. So...if I had to choose a number one goal for 2021, I would like to 'simplify.' "Less is more" is what they always say, right?

### What to Expect In Your Bags 1/24/2020

**Full Shares:** Salad Mix, Carrots, Spicy Microgreen Mix, Arugula, & a pack of seven Granola Bars

**Half Shares:** Salad Mix, Carrots, & Spicy Microgreen Mix



### Recipes to Try

- [Winter Beet Pomegranate Salad](#)
- [Sheet Pan Honey Mustard Pork Chops with Roasted Veggies](#)
- [Easy Chicken Quesadillas](#)

(Continues on page 2...)

### Other News on the Farm

Accomplishments on the farm this week:

1. Compost
2. Process Authority Letters
3. Planning Meeting for Food Processor's License
4. Eggs, Eggs, Eggs!

(Continues on Page 2...)





## What to Expect In Your Bags

Next week (2/1), the full share bags will include spinach, turnips, pickles, cabbage, & salad mix. Half shares will include spinach, turnips, & pickles. Obviously, the pickles were canned right here on the farm with our cucumbers from the summer season.

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

In the next few weeks, we have lots of good things on the way: cabbage, cilantro, kohlrabi, and of course, more salad mix. I'd love to say that I'm creative enough to keep the ideas on how to use salad mix coming, but



the truth is, there is only so much that can be done. There are a million ways to dress up a salad, but in the end, it's still just a salad. That's not necessarily a bad thing. We love our salads here on the farm, but I do occasionally get creative blocks.

When that happens, I rely on the diversity of our customers to help me with the creative spark. Last season, we had someone



send this amazing [chickpea recipe](#). Normally my fam is not big on chickpeas, but they were all pleasantly surprised with this inventive dinner. They loved it. You see? Inspiration is everywhere!

If you have any suggestions you want to have us try and share, please don't hesitate to send them our way. I learn more from our customers than I do from all those educational videos I'm told I need to watch, so please feel free to give us feedback.

## Recipes to Try

### [Winter Pomegranate](#)

[Beet Salad](#): This scrumptious salad is a wonderful way to add texture and flavor to ordinary salad mix.



How can you possibly go wrong with beets and candied pecans?



### [Sheet Pan Honey Mustard Pork Chops with Roasted Veggies](#):

Even though the pork is supposed to be the main dish, the vegetables really stole the show in this recipe. The honey-mustard dressing on the vegetables was a definite winner.

### [Easy Chicken](#)

[Quesadillas](#): Although this recipe wasn't necessarily a bad one, my family tends to lean towards traditional quesadillas (good-old fashioned salsa and sour cream) versus barbeque chicken quesadillas. In short, everyone ate it, but I'm not sure we would eat it again.



Due to the change in products last week, I didn't get a chance to use the dandelion leaves, so the boys made loaded nachos

on Friday, and I made them top it with none other than dandelion leaves. I wouldn't categorize nachos as healthy by any means, but they are "healthier" than normal nachos I suppose. What I find more often than not is that adding greens to your standard meals is fairly easy. If we can balance the so-called bad meals to include a few healthy ingredients, we increase the likelihood that we choose healthier options on a more regular basis.

## Other News on the Farm

Last year by the time April hit, we must have spread at least 10 loads of compost, and this year won't be any different. Josh brought home the first load this week, and so the process begins. Since I'm no longer working full time, maybe this year I can gain some arm muscle.



We finally have all of our process authority letters from K-State which means we'll start selling more and more of our canned items. We just sent in our food processing license request starting 4/1/2021. We're not set up here yet with a commercial kitchen which means we have to rent one for that license, but the good news is that we have some friendly farmers in Sedgwick who are going to rent their kitchen



to us: [Serenity Farms](#).

Thank God for friends with big hearts!



As you can see, our egg holder display rack is full for the first time since November. Josh will start putting these babies on the website next week. I just think he wants another week of the eggs all to himself. He has this thing for omelets.