



Strong Roots Healthy Farming LLC
 Newsletter
 January 3, 2021



New Year, New Look

Happy White New Year! I hope you all made some realistic and meaningful resolutions this year. One of my resolutions was to spruce up this newsletter a bit, and so I'm off to a good start. The health experts all say that simple, achievable goals like this can help you build on longer, more challenging goals that you may have made. (Let's hope so! I have quite the list this year.) I hope you can achieve one of your goals this week too. Cheers!

What to Expect In Your Bags 1/4/2020

Full Shares: Spinach, Turnips, Thyme, Chard, & Beets

Half Shares: Spinach Turnips & Thyme
 (Continues on page 2...)



Recipes to Try

- Turkey Tacos with Chard (recipe on page 2.)
- [Beet Soup](#)
- [Spinach Ravioli](#)

(Continues on page 2...)



Other News on the Farm

The seeds for the spring are ordered and the deliveries are showing up at our door. Josh has been busy researching the seeds, mapping out the gardens, and planning this year's bounty.

(Continues on Page 2...)



What to Expect In Your Bags

As a reminder, next week (1/11/2021) is the last week for the Fall CSA. Now is the time to sign up for the Winter Share if you have not already done so. The January 11th full share bags will include: Salad Mix, Microgreen Mix, Arugula, Carrots, & Radish. Half shares will receive the salad mix, microgreen mix, and arugula.

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

Our chickens are growing, and Josh thinks we should have pullet eggs by February. Pullet eggs are simply really small eggs. Most chickens ease their way into egg production by first laying small “trainer” eggs as Josh affectionately calls them. This means



we should have normal-sized eggs on the marketplace again in March. Fingers Crossed!

Also...I've gotten quite good at making my own spice mixes. I make everything from taco seasoning to garam marsala seasoning. I'd love some feedback on what (if anything) you might buy if I put it up on the marketplace.

- Taco Seasoning
- Chili Seasoning
- Italian Seasoning
- Mediterranean Seasoning
- Pumpkin Pie Spice
- Garam Marsala

And for those of you who purchased the spicy salt, please do not be shy about telling us what you think (good or bad). [Feedback](#) can only make us better, and I want to say that we're always looking for ways to improve.

Recipes to Try

TURKEY TACOS: Grind up the leftover turkey in the food processor and put it in a skillet with some taco seasoning and a bit of water or oil. Put the turkey in soft or hard shells and dress with cheese, salsa, sour cream, tomatoes, and chard. Nothing special, but everyone loves a good taco, and adding chard as a green helps add nutrition as well as texture.



BEET SOUP: The family was a bit hesitant about this soup, and frankly, even after the finished product, the boys were not sold on it. Josh and I, however, enjoyed it. It's another spicy & sweet combination with great health benefits.

Common Health Benefits of Beets:

- Regulate Blood Pressure
- Boost Physical Stamina
- Increase Brainpower
- Improve Appearance of Skin
- Keeps you Regular
- Fights inflammation
- Detoxifies

SPINACH RAVIOLI: To my surprise, this recipe was NOT a huge hit at this house. It was a pretty bland dish, so if you choose to try this one, I would add some additional rosemary, garlic, paprika, or cayenne pepper to add flavor.



BONUS RECIPE – STUFFING MEATBALLS: In case you need to get rid of some stuffing leftovers this week, this is a keeper. I doubled it, and it still wasn't enough. Yikes!

Other News on the Farm

Josh plans the year on white boards. Each row on the boards represents a row in our garden. It's quite the process, and these boards pretty much dominate our living room for 1-2 months every November & December. I tried to get Josh to do more stuff on Excel, but he really prefers the white boards since he's a much more visual person. Regardless, the process is now done, and I have my living room back again. If we can only get the Christmas Tree down now...



The change in seed ordering from year's past is that Josh ordered quite a few more fruit trees this year: pears, cherries, apples, peaches, nectarines, and plums. It will be about 2-4 years before they produce any fruit, but I'm excited for the additional diversity. I think it's going to be very difficult to keep all the birds out of our harvest, but Josh is up for the challenge. Since we ordered all dwarf trees, in theory, we should be able to net them off from the birds. I have a feeling that the journey is going to be interesting. I hope that you're around to join us for it.

