



Strong Roots Healthy Farming LLC
 Newsletter
 January 31, 2021



Dirt

A few years ago, Josh and I went to a conference for the Kansas Rural Center about the importance of our soil. On the surface, I understood that we were depleting our topsoil, but what I did not understand is that our soil holds billions of organisms that not only feed our plants. Those organisms are also important to our own body's ecosystem. The biodiversity that those organisms carry actually help our digestive systems. If we continue to kill them (in our dirt and in our food), our bodies will not be able to operate to the fullest extent. There are even theories that say the lack of biodiversity in our diets is what is causing autoimmune diseases to be on the rise.

What to Expect In Your Bags 2/1/2021

Full Shares: Spinach, Turnips, Pickles, Cabbage, & Salad Mix

Half Shares: Spinach, Turnips, Pickles

(Continues on page 2...)



Recipes to Try

- [Pickle Bread](#)
- [Spinach Mascarpone & Ham Hock Rotolo](#)
- [Low-Carb Cabbage Enchiladas](#)

(Continues on page 2...)



Other News on the Farm

It's that time of year where Josh has his mind on two things and two things only.

1. How to conserve as much money as we possibly can before Spring hits
2. What he can build to make things more efficient. For example, look at our new fixture to get us some extra light?

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What to Expect In Your Bags

Next week (2/8), the full share bags will include arugula, kale, eggs, mixed herbs (rosemary, thyme, oregano, parsley), and scatterbrained tea. Half shares will include arugula, kale, and eggs.

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



Next week, full shares will have the wonderful opportunity to have a cup of tea before going to bed. Use two teaspoons for every cup, and enjoy the

benefits of what our herbs have to offer. Our scatterbrained tea includes the herbs of basil, lemon balm, chamomile, and rosemary. These herbs are said to have the following health benefits:

- Basil is an anti-inflammatory.
- Lemon Balm reduces tension and anxiety.
- Chamomile helps you relax and induces sleep.
- Rosemary focuses the mind.

If you have a teapot, please use it. The healing power of this tea carries half the punch in its calming aroma.

As always, we encourage you to think of food as medicine. I feel like all we hear about these days is how food is causing obesity, high blood pressure, and diabetes. But food can also have very good qualities if we balance our meals with fresh ingredients and nutritional content.

Recipes to Try

[Pickle Bread](#):

This is certainly the bread you want to lay out with meat and cheese



and dip during your Super Bowl party. Sometimes it isn't always easy to taste the seasonings that people put in their bread recipes, but this loaf was delightfully "dilly, dilly." We used this wonderful [vegetable sandwich spread](#) with the bread to increase our "greens."



[Spinach Mascarpone and Ham Hock Rotolo](#):

Since Josh's family is from Italy, he not only loved the basil flavor this dish offered, he claimed it was especially "authentic." My only regret is that we used ground pork versus actual ham.



[Low-Carb Cabbage](#)

[Enchiladas](#):

Boys will be boys! They want their tortillas, but they still ate this healthier version of enchiladas even though they wanted the carbs. Also to avoid buying red enchilada sauce, try making this [easy version](#) that came out smashingly tasty.



Other News on the Farm

We're learning to be more efficient on the farm this season. Josh has tried just about every type of germination technique out there, but he's finally developed a technique that works for him...which is actually a combination of all the ones he's already tried.



What Josh is doing this year is placing his seeds in flats with actual rows versus single cells. This ensures germination happens successfully before he transfers them to flats with cells. Each cell now has a germinated plant in it, and we're not wasting precious time and space on non-populated cells within the flat while the other plants mature. After maturity, we'll transfer it to its permanent row in our garden.



Not exactly ground breaking stuff here, but we promised to keep you informed, and informed you are. By the end of this season, you'll know everything you need to know to start your own farm!