



Strong Roots Healthy
Farming LLC
Newsletter
February 7, 2021



Baby,
It's Cold Outside

The tulips started coming up, the bees started to come out, and then...there was snow. We knew this was coming, so we've been preparing the farm for the cold weather. We have fires going and warming lights on, but preparation doesn't necessarily mean that the week is going to be easy. Nothing is going to be growing with temperatures as low as they are going to be. Weeks like these remind me that we should have canned more food. And maybe waited a few more weeks before we started seeding. My only consolation is that beneath that layer of cold, spring is working it's magic.

What to Expect In Your Bags 2/7/2021

Full Shares: Arugula, Kale, Mixed Herbs (Rosemary, Thyme, Oregano, Parsley) & Scatterbrained Tea

Half Shares: Arugula, Kale, Mixed Herbs
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Recipes to Try

- [Arugula Omelets](#)
- [Arugula Kale Harvest Salad](#)
- [Braised Fingerling Potatoes with Garlic, Shallots, & Fresh Herbs](#)

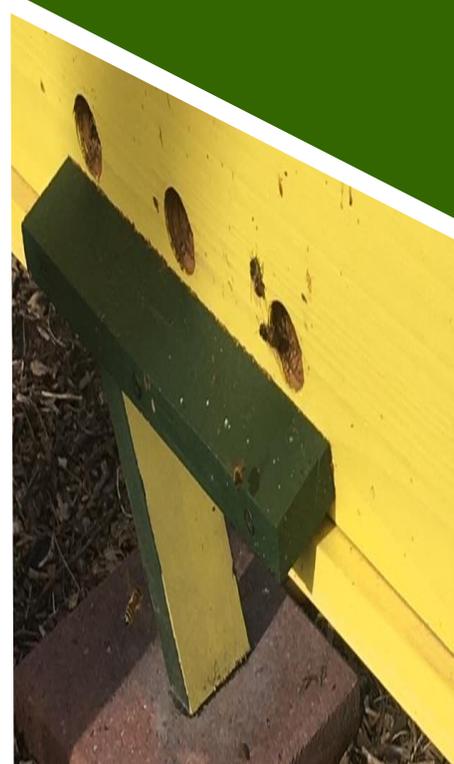
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Other News on the Farm

Ever wonder why February is the month that holds Valentine's Day? If I had to make something up, I would say it's because the only thing keeping you warm in February is "love." But in actuality, there are lots of stories as to the history of Valentine's Day. One of these stories revolves around the old holiday of Lupercalia.

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What to Expect In Your Bags

Next week (2/8), the full share bags will include salad mix, carrots, hot sauce, pickle bread, and spinach. Half shares will receive salad mix, carrots, and hot sauce.

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

Since things will be really cold for the next few weeks, and you'll be seeing a lot of herbs in your bags, I thought I would spend some time discussing their importance. Most people dismiss them. When I peruse the Internet for recipes, I'm always saddened by the lack of them. But the truth is, herbs are plants just like vegetables. They contain large amounts of vitamins A, C and K. And let's not forget polyphenols which are plant compounds that have both antioxidant and anti-inflammatory abilities. What does that mean exactly? According to the 2009 study conducted by [Pandy and Rizvi](#), it means "protection against the development of cancers, cardiovascular diseases, diabetes, osteoporosis and neurodegenerative diseases."



I've repurposed a lot of herb containers over the years, and I've started making my own seasonings. It does take some time to put everything together, but I find I LOVE using my own blends rather than having to buy them at the store. If you're interested, here are a few [starter recipes](#). Food is medicine!

Recipes to Try

[Arugula Omelets:](#)

Josh is famous for his omelets. When I first met him, he was a true bachelor. He ate omelets for breakfast, lunch, and dinner with whatever he could find in the fridge. (Hot dogs, lunch meat, cheese, and pickled jalapenos were frequent components. I think maybe even Ramen might have been in there once.) I'm very happy to say that we've graduated to a bit more healthy ingredients these days...arugula, mushrooms, peppers, and onions. Yum!



[Arugula Kale Salad:](#)



This salad includes some wonderful diversity, and the nutrition is off the charts. The only issue our family came across was the butternut squash. I think I cooked it just a little long, and it was a bit mushy. Who likes "mushy" in salad? Don't get me wrong; I love butternut squash, but maybe not in my salad. Or at the very least, you should avoid cooking it too long, so it's still got some bite to it. And for goodness sake, at least try making your own croutons. The day after we had this salad, I caught my youngest eating the homemade croutons like chips. Go figure!

[Herbed Potatoes:](#)

I assumed this recipe was going to be the highlight of the week, since I have a love affair with potatoes. But they were surprisingly a bit bland. I should have used more herbs and nixed the carrots. I added the carrots for more nutrition, but I think they made the potatoes too sweet.



Other News on the Farm

Lupercalia is actually a fertility festival celebrated on February 15th which centers around the God of Agriculture. In fact there are a lot of pagan holidays that celebrate the beginning of Spring in February. Why is that exactly? Is it because our ancestors believed that beneath the frozen ground, there was life brewing even in winter? I'd like to think so.

But in the meantime, we opened up the old coop and put a warming light in there for the chickens.



And Josh is doing is best to keep the greens coming.

