



Strong Roots Healthy
Farming LLC
Newsletter
March 14, 2021



Planting Frenzy

The planting frenzy has officially begun. Josh has been planting pears, apples, and cherry trees in the back yard and Oregon grape root and elderberries in the front yard. I'm so excited I can taste it. If you want to take a look at how he created the raised beds for the fruit trees, planted them, and pruned them, check out the YouTube videos [here](#). Also if you decide to check out the fruit tree videos on YouTube, you might as well take a look at the [bloopers](#) I promised you from last week (if you didn't already see the post on Instagram or Facebook.) The bloopers are definitely worth it!

What to Expect In Your Bags 3/15/2021

Full Shares: Spinach, Cilantro, Carrots, Kale, Eggs

Half Shares: Spinach, Cilantro, Carrots

(Continues on page 2...)



Recipes to Try

- [Rainbow Bowls with Almond Ginger Dressing](#)
- [Chilaquiles](#)
- [Cream Cheese Carrot Cake Bars](#)

(Continues on page 2...)

Other News on the Farm

Great News! We finally have the [2021 CSA Season](#) planned. It's now available on the website for purchase. The biggest change is that we'll only be offering 10 weeks for each season this year. Josh and I decided it might be nice to have a week or two in between seasons to catch up with ourselves. However, that also means that the price has dropped a little. Take a look at the new options online and let us know if you have any questions.

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We are now accepting payment for CSA Season 1
(May 10, 2021 - July 12, 2021)



CSA OPTION 1
\$100



CSA OPTION 2
\$100



What to Expect In Your Bags

Next week (3/22), the full share bags will include Spinach, Kohlrabi, Microgreen Mix, Salad Mix, & Ah-Choo Be Gone Tea. Half shares will receive Spinach, Kohlrabi & the Microgreen Mix.

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

Hint, Hint: If you liked the pickle bread, it will be available for purchase on Sunday only (today).



Also, I'd LOVE to hear if you liked the Burdock Root from last week. What did you make with it? If you didn't use one of the recipes I provided to you, what did you use? Please let us know if you would like to see more unique products like this on your CSA product list.

And if you haven't used your Italian seasoning yet, I highly recommend [making your own croutons](#). It's pretty painless and definitely worth the extra 30 minutes. My kids actually eat them individually as snacks before I can even get a chance to put them on my salad. Again...I'd love to hear what recipes you tried with the seasoning. I'm constantly looking for new ideas!



Next week, full shares will be getting our Ah-Choo Be Gone tea which includes Oregon Grape Root, Dandelion Leaf, Elderberries, & our very own Nettles. I take this little concoction every morning with a half spoon of local honey to reduce my allergies, and I would not exchange it for anything...which is why Josh purchased too more of the ingredients this year: elderberries & Oregon grape root!

Recipes to Try

[Rainbow Bowls with Almond Ginger Dressing:](#)

I've never been one for noodles in my salad, but I didn't mind it in this recipe. I think it had everything to do with the dressing which was good on both the salad and the noodles. Regardless...super healthy and full of color, so please give this a try with your kale this week.



[Chilaquiles Rojos:](#)

We used our eggs in this traditional Mexican breakfast. I wish we could claim that radishes that we garnished the dish with, but sadly, I cannot...well, not YET at least. They are coming; Josh says three weeks. We did make our own chips for this recipe, but apparently, I did not take a picture. Ahhh!! How did I miss the pictures of the chips?!? The point here is that if you have the time to make your own chips, don't skimp. The homemade chips were the absolute best!

[Cream Cheese Carrot Cake Bars:](#)

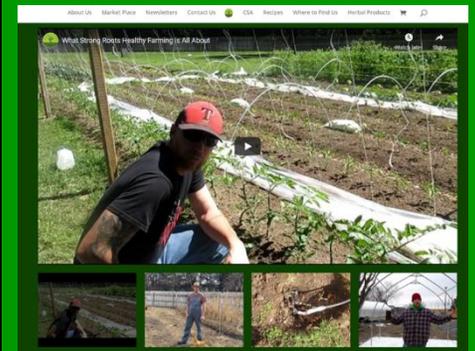
Josh was really fond of this lovely recipe. He loved the moistness of the cake which he claimed melted in his mouth. See! You don't need M&M's for things to melt in your mouth. Try celebrating the Spring Equinox on March 20th with this wonderfully "Springy" cake.



Bonus Recipe: If you're looking for something to do with your spinach this week, try this really simple dinner from [delish](#).

Other News on the Farm

Otherwise, we've been spending a lot of time cleaning up the website this week. You'll notice a few changes on the front page which includes a lot of videos Josh has worked on over the years. He's got everything from building the mobile cooler to using habanero spray to ward off bugs to building the small greenhouse. He's got a wealth of knowledge that he's sharing, and people just don't know it. Hence why I decided to showcase it on the homepage.



As I mentioned last week, I have a weekly appointment on Thursdays now to learn how to quilt with my mother. I'm thinking about starting a blog: Quilting with Mom. She always has words of wisdom that she likes to parse out (especially when it's just the two of us). This week's message was, "It's not about money; it's about time. Use it wisely."



Final Thought: The flooding is certainly going to hinder some of our progress this week, but it shouldn't hurt anything that we already have planted. Want to know why? Cause we have raised beds.