



Strong Roots Healthy
Farming LLC
Newsletter
March 28, 2021



Growing Growers

We have another apprentice from the [Growing Growers](#) program this year. His name is Michael Pankratz. As a recap, the Growing Growers Program connects new growers to more experienced growers. These aspiring farmers get hands-on experience on a weekly basis about how to prepare the soil, seed, plant, tend, and harvest on an actual farm. For his first week on the job, you better believe Josh put him to work seeding. The two of them planted 2500 seeds this week! That's a lot of vegetables. Now if only our greenhouse looked ready for them. 😞 Whatever the case may be, Josh is always willing to share his knowledge. If you know of anyone looking to learn about urban farming please shoot us message.

Will trade knowledge for labor.

What to Expect In Your Bags 3/29/2021

Full Shares: Spinach, French Dandelion, Eggs, Carrots, & Hot Sauce

Half Shares: Spinach, French Dandelion, Eggs
(Continues on page 2...)



Recipes to Try

- [Southern Greens with Biscuits](#)
- [Easy Fried Rice](#)
- [Easy Buffalo Chicken Pasta Casserole](#)

(Continues on page 2...)



Other News on the Farm

We've been frequenting the Kansas Grown market on Saturdays when the weather has been nice. Our Friday nights have been become bake-all-night pickle bread nights, so we have an extra product on the shelf. We had no idea how popular pickle bread was going to be; it's been the first thing to sell out for two weeks in a row now!



What to Expect In Your Bags

Next week (4/5), the full share bags will include Salad Mix, Parsley, Baby Kale, Leeks, & Spinach. Half Shares will get the Salad Mix, Parsley, & Baby Kale.

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



I'm curious to find out how many of you enjoyed the edible flowers in your salad mix last week. I really love the color of those yellow flowers mixed in with the greens and purples. Tender, delicious, AND beautiful. Who knew, right?

If you're hosting a dinner party, there are actually LOTS of edible flowers out there that can really brighten up a simple humdrum dinner. Check out this wonderful edible flower chart from [Sugar and Charm](#). Simple and elegant. You can't go wrong!



Recipes to Try

[Southern Greens with Biscuits:](#)

Typically when I think of biscuits, I think of gravy. I've never had biscuits with my greens before, but this little dinner was definitely the pick of the week. We should have quadrupled the recipe. It really was simple AND delicious. This is an example of a dish where you can replace the mustard greens with the dandelion greens instead.



[Easy Fried Rice:](#)

Simple dinners was the motto this week, and here was another easy and yet nutritious dinner. Nothing special but

the dinner crowd didn't complain, and I didn't spend all night in the kitchen. Chop up your carrots this week and add them to some easy fried rice for dinner.

[Easy Buffalo Chicken Pasta Casserole:](#)

If you like wings and pasta, you'll love this combination. Use the hot sauce in your bags this week to try this hot pasta dish. Pair it with a side salad topped with blue cheese, and you'll be in hot wing heaven.



[Shaved Carrots & Dates:](#)

I thought this little number was going to be much better than it actually was. How's that for honesty? But I

realize not everyone has the same taste buds, and if anything, it was certainly different than anything we've tried before. I think the thing that ruined it for me was that it was cold.

Other News on the Farm

We finally got our appointment to get our commercial kitchen inspected! And then one of the pipes burst at the commercial kitchen location. Now they have to fix the pipe and have it inspected before we can reschedule our inspection for the kitchen. For those of you who are new to the CSA, Strong Roots is trying to put additional canned products on the shelf for sale, but the commercial kitchen we plan on using must first pass an inspection. We wanted to be in production by April 1st, but it looks like there's going to be a delay. Alas! Nothing works out quite like you want it to, does it?

Which brings me to the second issue we've been dealing with this week. We have a hawk that's



been circling our chickens all week long. I cannot believe how many hawks reside here in Kansas. I see them practically everywhere this time of year. We try to keep barriers up (yellow zig-zagged rope) or use items as places for the chickens to hide (like old plants or the truck) to keep hawks away, but when all else fails, Josh uses his BB Gun to frighten them off. Needless to say, he's been using it a lot this week.

Progress these last few weeks has been really, really slow, and it's because everything seems to be re-awakening from our quarantine year. Don't get me wrong, I'm really glad that things are getting back to a more sociable normal, but I'm not sure I'm ready for things to go back to a hectic pace again. This week has all been about managing schedules and tracking children. Josh and I are both EXHAUSTED. How does anyone keep up with work, school, family, a house, and a farm?

But as I've said a million times before, everything has a place and everything has a time. Sometimes you just need to roll with the punches.