



Strong Roots Healthy  
Farming LLC  
Newsletter  
March 7, 2021



## Community Vitality

As many of you may know, I now work for the Sedgwick County Extension office as an office professional for the Family and Consumer Sciences Department. One of the things the Extension Center promoted last week was a “staycation” package for families with younger children. You could buy a box full of projects for children during Spring Break to help keep them active and entertained (planting seeds, making snow, recipes, etc.). One of the projects involves learning about local farmers and what they produce, so Josh did a little biography for them. I wish I could share all the bloopers with you. The chickens won’t stop pecking at Josh. Who knew that chickens could be so entertaining? I’m thinking about clipping the bloopers together and making a post, but first, I have to convince my husband.

### What to Expect In Your Bags 3/8/2021

**Full Shares:** Arugula, Burdock Root, Mini Cabbage, Microgreens, & Italian Supreme Seasoning

**Half Shares:** Arugula, Burdock Root, Microgreens

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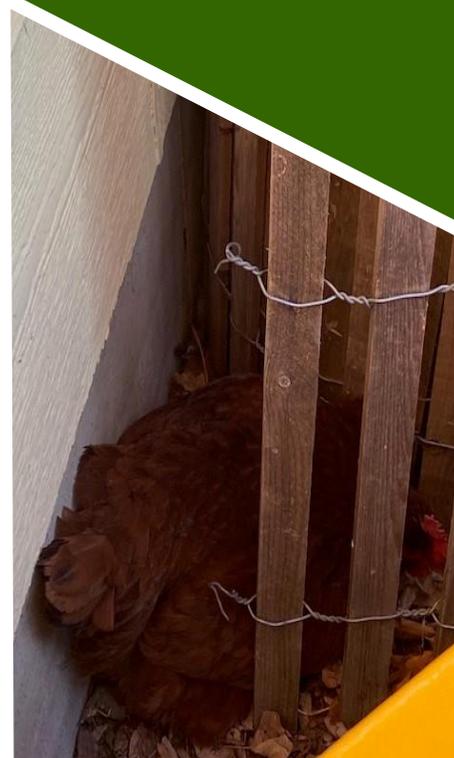
### Recipes to Try

- [Burdock & Beef](#)
- [Parmesan and Ricotta Cheese Pizza with Pistachios, Bacon, & Microgreens](#)
- [Hamburger Minestrone](#)

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### Other News on the Farm

For the past two weeks, Josh has been complaining about one of our chickens that keeps flying over the electric fence. She gets out and then paces the fence waiting for someone to put her back in. Josh just figured she wasn’t smart enough to understand what she was doing. But while Josh and Colton were handling the Saturday market, my middle son, Ashton and I, handled the morning feeding of the chickens.



## What to Expect In Your Bags

Next week (3/15), the full share bags will include Spinach, Cilantro, Carrots, Kale, and Eggs. Half shares will include the Spinach, Cilantro, and Carrots.

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



So as it turns out, digging up burdock root is a little harder than it sounds. Josh was down two feet deep when he pulled the burdock out. Although it's commonly known as a weed in the US,

this lovely plant is cultivated as a vegetable in Japan where it's most commonly used to purify the blood stream from heavy metals and improve circulation to the skin's surface which improves skin health. There are SEVERAL other health benefits though which include strengthening the lymphatic system, acting as natural diuretic, and defending against diabetes. If you would like to know more about the science of it, please take a few minutes to read [this article](#) by Dr. Axe. It's a pretty simple breakdown.



Otherwise, I hope you enjoyed the pickle bread last week. We'd love to know what you thought about it, so if you haven't already provided an opinion, we want to hear it!

Email us or let us know during pickup. We're learning all about value-added products this year!

## Recipes to Try

### [Burdock & Beef:](#)

The link I provided here is actually a video of three different ways you can make burdock: braised in a stir-fry, fried like a chip, or used in a main dish (like we did here in this picture). I found this dish to be just a little bland, but I really enjoyed the burdock root itself. I think I'll try frying it up next to our cheeseburgers next time though. The burdock chips in this video had me salivating a bit. I think it just needed a few more herbs to flavor it.



### Burdock Root Recipes

Braised Burdock (우영조림)  
Fried Burdock Root (우영튀김)  
Burdock & Beef (쇠고기우영조림)

Get written recipes at [futuredish.com](#)



### [Parmesan & Ricotta Cheese Pizza with Pistachios, Bacon & Microgreens:](#)

This recipe offers a wonderful alternative to traditional crust

which I was really wary of, but I thought it went with the toppings incredibly well. And if you're struggling with what to do with your microgreens...put them on your pizza. They are a simple, fresh, way to lighten up any pizza.

### [Hamburger Minestrone:](#)

For those of you looking for a time-saver, this recipe is for you. It was simple and appetizing. We used quite a bit of our Italian Seasoning in this meal, and if I do say so myself, it was wonderful!



## Other News on the Farm

We discovered the real reason she flies over the electric fence. She's laying and stashing her eggs next to the house. Makes sense, right? You want everyone to leave you alone while you lay, and then you want to join the masses when you're all done. We found 10 eggs stashed away! Since we're not sure how old the eggs are, we certainly can't sell them. We'll just have to indulge and have another omelet night here at the Molello household.

Does anyone remember the tulips we planted for the Autumn Equinox last year? Guess what? They're sprouting! That's great news since we planted them as a family along with our goals for this year. I'm pretty excited to see what our intentions will bring this Spring!



Josh and I will be trying a few new jobs out this season to ensure we have a steady flow of income. Josh will be

attempting to get some jobs umpiring baseball this Spring, so you may end up seeing a lot more of me again on Monday nights.

And as for me...my mother is teaching me how to quilt. (God help us all!) I've never been much of a sewer, but I am doing my best. Who knows? You might just see a quilt go up on the website for sale.

