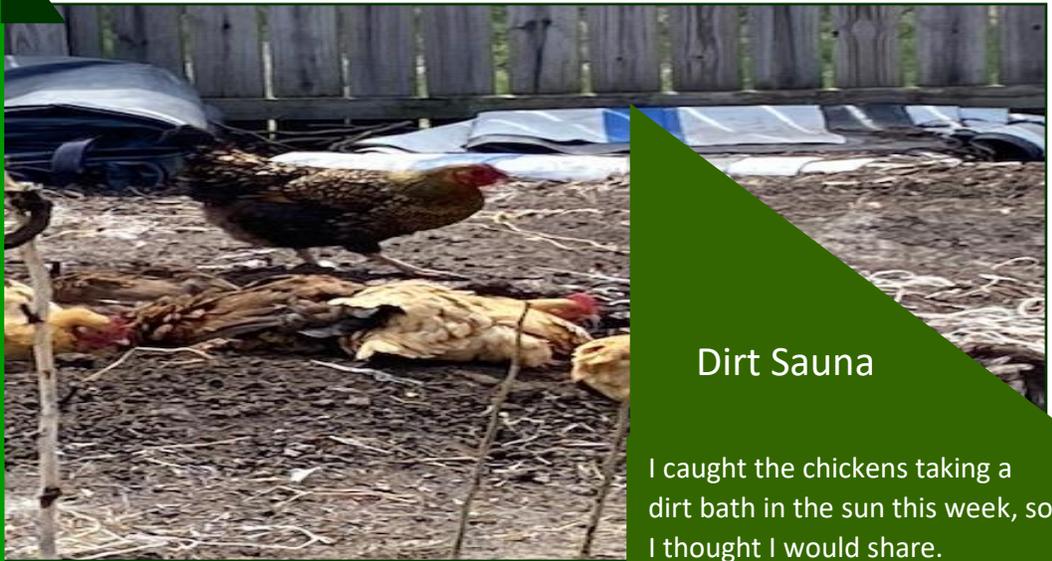




Strong Roots Healthy
Farming LLC
Newsletter
April 4, 2021



Dirt Sauna

I caught the chickens taking a dirt bath in the sun this week, so I thought I would share.

Chickens typically take dirt baths to help them get rid of parasites (mites, fleas, etc.). The dust clogs the breathing pores of the parasites and kills them off. Nature is ingenious, isn't it? I think chicken watching should be the new stress reliever. Need to get away from work or family, come to the farm and watch our chickens for a bit. They're guaranteed to bring a smile to your face at least once.

What to Expect In Your Bags 4/5/2021

Full Shares: Salad Mix, Parsley, Baby Kale, Leeks, & Spinach

Half Shares: Salad Mix, Parsley, Baby Kale

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Recipes to Try

- [Meatloaf](#)
- [Vegetarian Spring Rolls](#)
- [Holiday Honeycrisp Salad](#)

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Other News on the Farm

Josh put a ton of leaves on the back part of our garden this fall, wet it down, and put tarps on it to get rid of weeds and also encourage nitrogen break-down and micro-organisms in the soil. Now he's pulling the tarps off to check the soil underneath, I'm glad to report that it looks fabulous (though it's kind of hard to tell by this picture).



What to Expect In Your Bags

Next week (4/12), the full share bags will include salad mix, arugula, oregano, spinach, and radish microgreens. Half shares will receive salad mix, spinach, and oregano.

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



Please note that April is the last month for the Winter CSA. If you want to purchase the Spring/Summer CSA (May 10th through July 12th), you'll need to visit the online

[market place](#) and purchase your share before the end of the month. If you know someone who could benefit from weekly fresh veggies, please refer them to our [CSA page](#) to learn more about it. The Spring/Summer season includes things like spinach, kohlrabi, beets, carrots, radishes, salad mix, eggs, and herbs. We have so many things planted that you can hardly get into the nursery!



One thing the CSA will not have is honey. It looks like we lost the queen during the last cold snap. We were so worried about taking care of the chickens that we forgot to take care of the bees.



We're not giving up! We're in the process of ordering more, but we'll need to attempt to grow the hive again which may take some time. One simple thing that Josh and I have talked about investing in this year is a tar wrap which wraps around the hive and attracts, absorbs and keeps the warmth in during the winter season.

Recipes to Try

[Meatloaf:](#)

Use your parsley to spruce up mundane dishes like meatloaf. In fact, try to use as many herbs as you can in your meatloaf. Every herb you add increases the health of your meal. This recipe calls for parsley, oregano, basil, and garlic. The one thing my family struggled with is the sweet topping that most meatloaf recipes like to sneak in. If you like a brown sugar glaze, though, this recipe is definitely for you.



[Vegetarian Spring Rolls:](#)

Well....I need a bit more practice making Spring Rolls I'm afraid. I think I just used a bigger pan than I should have. I needed my oil to have a bit more depth when I fried them. Regardless, even though they didn't "look" quite as good as I wanted, they still tasted delicious. Use your kale this week, to make this side dish with your Chinese noodles.

[Holiday Honeycrisp Salad:](#)

I realize holiday season is over, but I was craving candied pecans! I paired this wonderful apple salad with our salad mix, so I had an excuse to make candied pecans. Pecans and blue cheese (if you choose to use it) provide the protein in this salad. You don't necessarily need meat, but some grilled chicken would do the trick if you need a little extra something to add on top. I knew the end of the week was going to be busy for us, so I paired it with bierocks. I knew we would have easy leftovers that way.



Other News on the Farm

The one weed that didn't die under the tarps is our darn vine weed. We covered this field up all winter long (5 months to be exact), and the vine weed is still thriving. It's crazy how resilient nature can be...even a bit aggravating at times. ☹️



The vine weed isn't the only thing growing. Take a look at the latest cherry tree that we put in. The wind hasn't stopped any growth on it. The wind has forced us

to do more watering than we normally would which is why Josh is using shade cloth to cover up the germinating carrots. He's hoping that it lets enough light in to germinate the seeds, but still keep the moisture in the ground that carrots also need to germinate. And then when it's done germinating our carrots, perhaps it will finally be warm enough to put that shade cloth where it belongs...on the greenhouse!



The tulips are finally blooming as well. They will always be the sign that signifies the emergence of

Spring for me. They are so bright and colorful which always makes me think of endless energy which these days I'm really starting to miss.

Otherwise, I hope everyone has a happy Easter. Enjoy some painted eggs, some chocolate eggs, and maybe even some deviled ones!

