



Strong Roots Healthy
Farming LLC
Newsletter
April 11, 2021



May the Planting Begin

Josh has flats full of transplants outside in the “hardening off” stage. This is the stage where we put the seedlings outside, so they can get acclimated to the weather before we put them in the ground. How many plants can a human being transplant in one day? The general rule of thumb is 1200 – 1600 during a hour. That means that we should everything planted next week as long as the rows are ready, and no other priorities take precedence (harvesting, watering, chickens, bees, broken equipment, kids’ events, meetings, etc.). But regardless...planting is on the agenda.

What to Expect In Your Bags 4/12/2021

Full Shares: Salad Mix, Arugula, Oregano, Spinach, & Radish Microgreens

Half Shares: Salad Mix, Arugula, Spinach

(Continues on page 2...)



Recipes to Try

- [Spaghetti with Fresh Basil & Oregano in a Garlic White Wine Reduction](#)
- [Roasted Acorn Squash, Microgreens & Quinoa Salad](#)
- [Taco Salad](#)

(Continues on page 2...)



Other News on the Farm

Another year of goji berries is going to bypass I’m afraid. We get them up and established, and then we have a freeze that kills them. The good news is that they grow back from the roots, but we’ll never get a substantial crop out of them that way. I suppose I should feel grateful that they grow back. That’s more than I can say for the wine grapes we planted last year. Three more wine grape plants to replace!



What to Expect In Your Bags

Next week (4/19), the full share bags will include spinach, micro salad, thyme, salad mix, and eggs. Half shares will receive spinach, micro salad, and thyme.

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

The big greenhouse is starting to look like a place where we can transplant some of those endless rows of seedlings that are sitting outside waiting to be planted.



Josh spent a lot of time last week working on cleaning out the old stuff and preparing for the new stuff. It's such a tricky balance to control learning how to transition the crops at the right time. It's especially hard when unforeseeable things happen (like the two-week freeze in February). Things like that change the whole schedule of events that were originally planned.

The point here is that we're a little behind for the season, but not by much. We'll have all your favorite vegetables on the CSA list before you know it, that is, if you signed up for next season. I hope you did, because the tulips are predicting it's going to be the best season yet. If you haven't signed up yet, please consider going on to the [website](#) and reserving a spot. We love our CSA peeps, and we hate to see any of you go!



Recipes to Try

[Spaghetti with Fresh Basil & Oregano in a Garlic White Wine Reduction:](#)

I took this recipe and multiplied it by three which resulted in a heck of a lot of garlic, oregano, and basil, but I wouldn't have traded it for the word. It was hands down one of the best pasta recipes I have ever eaten. Don't let the name make you think it's for adults only either; if your kids like spaghetti and parmesan, they will love this number! I added some chicken breast (seasoned with last week's salad dressing no less), to make sure the boys got their protein, but I'm not so sure it was needed.



Fun Tidbit: Next week when you have fresh thyme in your CSA share, try this recipe again and replace the oregano with thyme. So, so, so good!



[Roasted Acorn Squash, Microgreens, & Quinoa Salad:](#)

I told the kids once they all grow up and leave the house, I'm going to turn into a vegetarian. This dish just confirmed my affirmation. I realize that summer squash is just around the corner, but while you wait, try this wonderful little dish with your microgreens this week. So nutritious!

[Taco Salad:](#)

Last week, we went to an Easter celebration, and my brother-in-law's sister made a taco salad that made my mouth water, so...this week I made taco salad. The recipe here asks for romaine lettuce, but I used our spinach instead. I also added green olives, cause I have a thing for green olives. Who are we kidding? I have a thing for a lot different foods!



Other News on the Farm



Our table grapes, on the other hand, look fabulous! They've already budding out. I love when things first start to grow. It's

so uplifting. I feel like I've been waiting forever for the warmth of summer. Even the chickens seem to understand that it's the season for production.

They're producing eggs like crazy! Last week alone, they produced some 100 eggs.



Planting is probably my favorite part about growing food. I love to place something so small in the ground knowing that if nourished



properly, it will grow big and strong and produce something that will eventually nourish me. I know I'm getting older

because the older I get, the more and more adverse I am to technology. I understand that an electronic gripper can transplant 3 times as much as people can. I understand that it's more productive and lucrative. And yet, I still feel that there is something magical about the act of doing it yourself. I think the plants appreciate that interaction as much as we do. It keeps us intact with the miracle of nature and life versus detaching us from it.

"Gratitude for the seemingly insignificant – a seed – this plants the giant miracle." ~ Ann Voskamp