



Strong Roots Healthy
Farming LLC
Newsletter
April 18, 2021



Bees, Bees, Everywhere

Check out our new bees! It's so good to see them flying around the farm again. Last Sunday, Josh put the bees in their new home, and we attached the queen. Queen bees always come in a separate compartment. With the last set of bees we had, the queen had a candy cork that the other bees were required to eat before releasing her. This time, there was only a cork (no candy). Josh put the separate compartment with the queen bee in it within the hive for two days prior to releasing her, because he wanted to be sure the other bees would accept her. To see the video check out our [Facebook](#) or [Instagram](#) page.

What to Expect In Your Bags 4/19/2021

Full Shares: Spinach, Micro Salad, Thyme, Salad Mix, Eggs

Half Shares: Spinach, Micro Salad, Thyme

(Continues on page 2...)



Recipes to Try

- [Garlic Quinoa & Spinach Bowl](#)
- [Microgreen Salad](#)
- [Banana Walnut Cake](#)

(Continues on page 2...)



Other News on the Farm

Are you sick of hearing how much we're planting yet? Thursday Josh had both his old intern (who he still has a great relationship with) and his new intern planting lettuce, kohlrabi, broccoli, cauliflower, carrots, mizuna, tatsoi, radishes, and beets (to name just a few off the top of my head). The three of them were busy bees working alongside our actual busy bees. Yay teamwork!



What to Expect In Your Bags

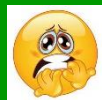
Remember, if you want any additional items, please make sure you visit the [market place](#) by Monday at noon.

This is the last week for the winter season. Let's hope it's the last week for the winter weather too! What is up with mother nature this year, huh? Regardless...if you signed up for next season, the newsletter will resume on May 9th. If you didn't sign up for next season, why not?!? Please feel free to tell us what you loved or didn't love, and we'll strive to improve.



A few of you have asked when the next round of salsa will be brewing. I'd love to say soon, but we have to have all the ingredients first. The good news is that we

just planted the tomatoes. The bad news is that we're going to have two days this week where the temperature dips below freezing. That means we're covering the tomatoes that we just put in the greenhouse. I can only hope we



don't have another really bad April freeze like we did last year. Good vibes, only good vibes.

Ever wonder what a queen bee looks like? It's a little hard to see her in this picture, but it was the best I could do with a bunch of agitated bees flying around



me. Let's keep our fingers crossed that she's happy here. One thing's for sure: now that we're planting just about every known veggie to man, the bees should have lots of good stuff to forage on.

Recipes to Try

[Garlic Quinoa & Spinach Bowl:](#)

One of our wonderful CSA members provided this recipe to me last week, so I am sharing it for everyone to try. It's simple, delicious, and packed with protein! Most people don't realize it, but one cup of cooked quinoa provided 8 grams of protein and 5 grams of fiber. It's a perfect vegan meal. But if vegan doesn't float your boat, try adding an egg or some bacon.



Please note that if you have recipes that you've tried with our produce, be so kind as to share them. We'd love to see what you're doing with our fresh veggies!



[Microgreen Salad:](#)

Our next recipe is another vegan meal. This inventive recipe turns chickpeas into croutons which I found both

interesting and appetizing. Who knew? Since I have children who don't always appreciate my vegan recipes, I paired this salad with some chicken fried steak. A little salad, a little steak, and everyone was happy. Despite all of that, though, I might note that the true star of this recipe is the microgreens! I know I've said it before, but I'm going to say it again. Microgreens are four to six times higher in vitamins and antioxidants than their fully grown plant counterparts would be!

[Banana Walnut Cake:](#)

I love when we have eggs on the weekly produce list! It means I get to pick out a sweet treat to try. This week we made this banana walnut cake topped with non-other than a cream cheese icing. Normally my family loves cream cheese icing, but I'd have to say this decadent treat was very, very rich. If you like rich deserts, definitely give this one a try.



Other News on the Farm



In the past years, we've had robins nest in our backyard. They fed on our worms, and warned us if there was a hawk nearby. They've been a bit of a blessing in disguise. This year, however, we have Grackles (those freaky birds you always see walking around in the grocery store parking lots). They are the bully of all birds (except for maybe hawks).



Hawks are at least majestic looking and demand your attention. These black Grackles are just scary! I'm even thinking about investing in this shirt I found online. Creepy, right?



Seriously though, if you have any tips for how to get my robins back, I'm all ears!