



Strong Roots Healthy
Farming LLC
Newsletter
May 2, 2021



Come See the
Farm!

Next week is the start of all the fun. If you have not taken a tour of the farm recently, I highly encourage you to ask for a tour. We have plants everywhere. Have I mentioned that I really love this time of year?! It won't be long before the warm weather will turn hot, and the bugs will start to flourish, and then I won't think it's as cool anymore. But for now...take a tour. It feels like hope is blooming from the ground, and that's probably the best feeling in the world. The bees are bussing around. The chickens are bocking. Everything feels like it's falling into place.

What to Expect In Your Bags 5/10/2021

Full Shares: Spinach, Green Garlic, Salad Mix, Pea Shoots, & Eggs

Half Shares: Spinach, Green Garlic, Salad Mix

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Recipes to Try

- [Pizza with Green Garlic, Potatoes, & Herbs](#)
- [Spring Pea and Pineapple Pizza Fresca](#)
- [Cauliflower Crust Spinach Pizza](#)

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Other News on the Farm

Josh thinks he tackled our blister beetle problem, but only time will tell. When he discovered these little critters attacking our tomato plants in the greenhouse, he spread something called diatomaceous earth (which is fossilized remains of tiny, aquatic organisms that include a hard substance called silica). It causes insects to dry out and die by absorbing the oils and fats from the cuticle of the insect's exoskeleton.



What to Expect In Your Bags

I'll send out another newsletter next Sunday to remind you of the products you will receive in your bag again. Next week's newsletter will also include the products for May 17th. For those of you planners out there (and I know we have at least a few), I wanted to be sure you knew what you were getting in advance.

Also, our [online marketplace](#) is open for ordering if you want a few things to tide you over until May 10th. Pickup is always available from 3-7pm on Monday evenings, or delivery on Tuesdays from 10am – 2pm.



This year we're attempting to grow comfrey which is common shrub used in traditional medicine for muscle sprains, bruises and joint inflammation.

Comfrey contains two chemical substances (allantoin and rosmarinic acid) that help grow new skin cells and help relieve pain and inflammation. Originally, we discussed growing it because of its potential to relieve migraines. But after learning about its [potential to condition our soil](#), Josh decided it was time to give it a try. If you have a garden of your own, please read the linked article above from Tenth Acre Farm. Comfrey is a natural fertilizer, mulch, and green manure.

And...I finally have some good news about the commercial kitchen. We have a license to process beets, cucumbers, and red pepper relish. You can expect to see our beets hit the marketplace very, very soon!



Recipes to Try

[Pizza with Green Garlic, Potatoes, & Herbs:](#)

It's pizza week! We're trying some unique pizza ideas to get my creative juices flowing again. I never would have dreamed that you would put potatoes on pizza. Granted it's certainly not the best thing for your carb diet either, but nevertheless, this was certainly scrumptious, filling, and simple. We used a simple flour crust for this pizza ([my go to recipe](#)), but read on...we tried a few new ones as well.



[Spring Pea and Pineapple Pizza Fresca:](#)

This fresh little bundle of joy was my life-saver this week. It was easy and yummy and "springy." I had exactly 30 minutes to put dinner together before the track meet started, and I was able to pull it off! If you choose to make your own Naan, that may be a different story. I might note that the pea shoots are the thing that really makes this dish pop!

[Cauliflower Crust Spinach Pizza :](#)

I know we have a few people out there who can't eat the traditional flour crust, so I attempted cauliflower crust pizza this week. And although it came out edible (at least no one complained), I had a heck of a time trying to get all the moisture out of the cauliflower. The crust was a bit soggy (not terrible, but not great either). The recipe I link above has you microwave the cauliflower before attempting to get the moisture out, but I think I might try roasting it next time prior to wringing it out. Just a suggestion/afterthought/note for next time. Despite the lack of crispiness, it was pretty appetizing, especially if you add green olives and wilt the spinach with a bit of garlic.



Other News on the Farm



'Tis the season where we rise early and crash early. The picture above is Josh in the morning, and the one to the left is him at night.

This poor man hasn't been able to keep his eyes open past 8pm these days. I thought I would share this picture if only to highlight that your farmer has been working hard to put fresh veggies on your plate. All of that makes me grateful that umpiring is coming to an end. If you don't already know it, Josh has been refereeing for basketball and umpiring for baseball during our off seasons to try and earn some extra money. But between the farm, the farmer's market, and the baseball field, things have gotten pretty crazy. Next time you see him, thank him for being able to stand up. I'm not sure how's he's doing it, but he certainly is my hero.



Have you heard that we have a farmer's market here in Valley Center? It's in the Kansas Flavor parking lot (117 S Park Ave.) right behind Dr. Tom Troilo's Dentist Office on Saturdays between 8 and 1 pm. Although we probably won't be able to attend every week, we'll certainly attempt to make a showing when we can. Since Valley Center no longer has a grocery store, this is the perfect opportunity to support local produce and craft vendors.

