



Strong Roots Healthy  
Farming LLC  
Newsletter  
May 16, 2021



## Eggplant Experiment

The flea beetles have already devoured the eggplants in the greenhouse. Yep, we've already had to nix one of our crops due to bug pressure. Welcome to the world of growing things naturally. Fortunately Josh always keep extra plants just in case things go wrong. Now Josh is taking the extra eggplants and attempting to control the beetles by keeping them in pots. Then he's going to try trellising them in the smaller greenhouse where the flea beetles have not overwintered. Hopefully, we'll have an eggplant crop this year. I love eggplant in my spaghetti sauce. In the meantime, we'll be ordering more nematodes for the big greenhouse.



### What to Expect In Your Bags 5/17/2021

**Full Shares:** Salad Mix, Arugula, Thyme  
Flowers, Kale, and Spinach

**Half Shares:** Salad Mix, Arugula, Thyme  
Flowers

(Continues on page 2...)



### Recipes to Try

- [Southern Cobb Salad with Roasted Sweet Onion Dressing](#)
- [Mushroom & Spinach Pasta](#) (with Fresh Thyme)
- [Grilled Chicken Skewers with Arugula Almond Salsa Verde](#)

(Continues on page 2...)



### Other News on the Farm

In other news, the apple trees have blossoms, and the table grape vines have grapes! We obviously won't have an apple crop for a while, and the grapes will be slim pickins' since this is only year one, but regardless...Yay! These are great signs of what will soon be a diverse garden and habitat. It feels so wonderful to grow the things you eat, to understand the hard work that was put into nurturing the plants, and to be appreciative when the food nourishes your body.



## What to Expect In Your Bags

Next week (5/24), the full shares will receive salad mix, spicy microgreen mix, mizuna, radish, and baby fennel. The half shares will receive the salad mix, spicy microgreen mix, and mizuna.

Also, if you would like to order anything additional, please visit our [online marketplace](#). You pay directly online for your additional items. We'll take orders through Monday morning (11am cutoff), so that we can include your additional items in your bag.



You'll see a new option on the marketplace this week. We've finally got our act together and we're offering gift cards. I have no idea why we hadn't done this before! Last week, an invaluable human being asked for one of these cards, so here they are! The hardcopy cards can be used both online and at the farmer's markets. They come with a special online code that has a restricted number of times it can be used. I still need to find a way on the website to allow you the option to choose whether you want an actual card or you want just an online email with a code. It's always a work in progress! But if you're wanting to give a gift card for that hard-to-buy-for person in your life, we are now offering them.



Otherwise, for those of you who opted for the tour, I hope you enjoyed yourselves.

We always offer the option for you to see what we're growing and how we're growing it, so never hesitate to ask if you want to look around. Though...I may warn you in advance, tomorrow might be a bit muddy. And I hope you enjoyed your produce for the week. I'd love to see some pictures of the meals you created at home. Feel free to share them on social media or send them to us via email. As I said last week, I'm always looking for new ideas. And I have a weird family that isn't crazy about seafood, so if you want to make a dinner with seafood and forward it to me, there might be compensation involved. ☺

## Recipes to Try

### [Southern Cobb Salad with Roasted Sweet Onion Dressing:](#)

During Spring and Fall in particular, we grow and consume a ridiculous amount of greens. I won't lie and say that salads are not a big part of our diet here on the farm. But...there are A LOT of different ways to change up your salads. Making your own dressings is just one of the ways to make salads fun. This wonderful sweet onion dressing was a nice diversion from the typical Italian-like or ranch-like dressings that people normally use. Give it a try with your salad greens this week.



### [Mushroom and Spinach Pasta:](#)

I know most kids don't like mushrooms, but my family LOVES them. My apologies if yours does not. Just a heads up - that's typically why we do a lot of recipes with mushrooms in them. This recipe was both easy and appetizing for everyone. And if you keep to the recipe and use the gluten-free pasta (no one in my family even noticed I didn't use the real stuff), it's also pretty stinkin' healthy. If you'd rather make this dish a little more carnivore friendly, add some ham slices. It will add just the perfect amount of salt to the mix.

### [Grilled Chicken Skewers with Arugula Almond Salsa Verde:](#)

This is a great way to make plain old grilled chicken night fun! It also adds quite a bit of green to the plate without anyone even noticing. These tasty skewers were simple, and paired with this salsa verde, they were absolutely yummy! These are also a great way to feed guests at your outdoor parties this summer. Now that the mask mandate has been lifted, I suspect you'll be spending a lot more time with friends and family. Show off your new cooking skills with this easy version of gourmet grilling.



## Other News on the Farm



Josh also received a credit on a few of the fruit trees that didn't survive shipping. With

that credit, we were able to replace our three wine grape vines that didn't survive the winter. (If you remember, the table grapes survived, but the wine grapes did not). Hopefully these ones will develop enough before the cold starts to take over at the end of the year.



Since we're on the topic of fruit this week, Josh asked me to take a picture of this row that looks like it has absolutely nothing growing in it. But guess what? There are seeds buried deep in the soil of this row, and soon they will be big, juicy watermelons!

And the tomato plants are finally big enough to start trellising. In all honesty, these plants should be twice the size right now, but with all the up and down weather we've been having lately, the plants are just not sure what to do. The big changes in temperature really stunt plant growth more than anything else we've encountered here in Kansas. Don't get me wrong - the bugs and the wind are at the top of the list too, but the changes in weather are probably even more detrimental.



Last but not least, since our hybrid grapefruit orange tree was the only citrus to survive the winter, we

decided to replace the dead cherry tree with it. It now has a place in the center of our farm.