



Strong Roots Healthy
Farming LLC
Newsletter
May 30, 2021



Memorial Day Pickup Delay

A few weeks ago, I was struggling to find things to put in the newsletter, and this week, we have so many things going on, I don't even know where to begin. I have echinacea blossoming in the front yard, a goldenseal plant popping its head out from under the leaves (which is an absolute miracle), and we have elderberries on our new trees already. The steady rain these last few weeks (even without the sun) has been a blessing for us! So many things are taking off on the farm. Woo and Hoo! But I've been so preoccupied with all the wonderful things metamorphosing, I failed to remember that this coming Monday is Memorial Day! We don't want you having to worry about pickup on a holiday, so we're moving the pickup date to Tuesday (6/1) from 3pm to 7pm. Please let us know if anyone has an issue with that.

What to Expect In Your Bags 6/1/2021

Full Shares: Salad Mix, Garlic Scapes, Swiss Chard, Spinach & Spicy Microgreen Mix

Half Shares: Salad Mix, Swiss Chard, & Spinach

(Continues on page 2...)



Recipes to Try

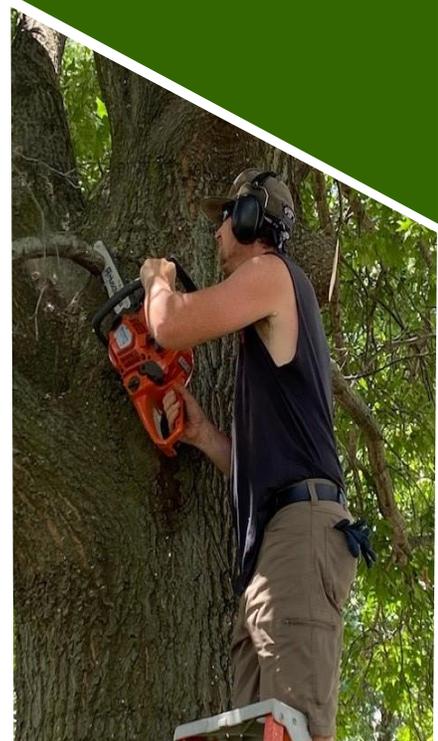
- [Peach Ricotta Pizza with Spicy Microgreens](#)
- [Gluten-Free Garlic Scape Soup](#)
- [Black-Eyed Peas with Chard and Green Herb Smash](#)

(Continues on page 2...)



Other News on the Farm

I have one kid who graduated this last week, another kid who ran in the state track meet, and another who is wrestling chard plants. I don't think I've ever seen a chard plant get that big. Scary! And speaking of scary, Josh trimmed the bottom layer of the large Oak tree in our front yard in preparation for our oldest son's graduation party next week. I cannot believe how much more open the front yard looks now!



What to Expect In Your Bags

Next week (6/7), the full shares will receive salad mix, cilantro, kohlrabi, spinach, and collard greens. Half shares will receive salad mix, cilantro, and kohlrabi.

Also, if you would like to order anything additional, please visit our [online marketplace](#).



Oh my goodness...we finally have kohlrabi! Kohlrabi is by far the best vegetable in the world to snack on. And you'll get to snack on it

next week too. Peel this baby up and eat it like an apple; you will not regret it. Josh was preparing these for market on Friday evening, and he picked one too many. What do you think we did with it? You better believe it. Kohlrabi became our snack during our preparation for market.

Of course I will do my due diligence in finding recipes for you to try next week, but if you had not had the pleasure of eating one of these cabbage-like vegetables raw, please do so. You will not regret it!



Josh and I invested in a few goldenseal plants a few years ago because the roots of this nutrient-packed plant are used in our Ultimate Warrior herbal product. Goldenseal is known for its antibacterial and anti-inflammatory properties, so it is commonly used to treat upper respiratory tract infections and common colds.



But...what we didn't know is that goldenseal is pretty hard to find. Because of its amazing qualities, people have practically picked it out of existence. What's more it is not easy to grow. Goldenseal thrives best in wet canopies near bodies of water. Regardless, we thought we could manipulate the environment enough to keep the plants alive. Not so much! We thought all four plants died on us, but this last week, I saw this one small survivor peeking out from the leaves. We have liftoff, Houston. Now...if only we can keep it alive!

Recipes to Try

[Peach Ricotta Pizza with Spicy](#)

[Microgreens:](#)

I always email my list of recipes for the week to Josh on Sunday. I typically include the link to the recipe with a note to add this or that to make it our own. I meant to add bacon to this ricotta peach recipe. (I think the salt from the bacon would have added just the right twist.) But I failed to look at my own notes! It was still a wonderful meal. That being said...maybe one of you can try this little number with bacon. Let me know if my hunch about the salt is right.



[Gluten-Free Garlic Scape Soup:](#)

At least once a year, someone always ask me what a garlic scape is and how they should use it.

Scapes are the stem and flower bud of a hardneck garlic plant. Use it the same way you would garlic. Just use twice as many since the flavor of the scapes are typically milder than the garlic cloves themselves. If you need a recipe for them though, give this Spring soup a try. There are also some wonderful pestos out there that use garlic scapes.

[Black-Eyed Peas with Chard and Green Herb Smash:](#)

I'm afraid this recipe was a bit of a disappointment.

It was simply too bland (even with the green chilis) to be appetizing. Josh thought that putting the pea/chard mixture on white rice added to the blandness. He suggested using the pita bread instead. We probably could have added a few more herbs to the recipe as well. These are just a few of the thoughts I had in foresight.



Other News on the Farm

In the process of trimming the tree, Josh also accidentally dropped a Robin's tree nest. Josh was quick to put the babies back in the nest and stick them in the crook of the tree, but he was scared that the parents wouldn't want anything to do with the babies after he touched them.

(Sometimes birds will not accept the babies after they have been touched by humans.) I'm very happy to report that Daddy and Mommy are still feeding the babies. I tried to take a picture of Daddy giving his kids a worm, but I was just too far away for you to see it. 😞



Seeing these birds feed their babies reminds me that I do not have babies anymore. It won't be long when I'm going to

be fixing meals for two instead of five. I harvested cilantro, Rosemary, and microgreens the day I made ricotta peach pizza, and I thought to myself (as I've thought many times before), "Isn't it cool that I get to go grocery shopping in my own yard?" But then my normal thought process was suddenly interrupted by something new... "Wouldn't it be even cooler if our kids would be able to do that too?" So I leave you with this, "I hope that our children grow to love and respect what comes from the Earth. I hope they understand the importance that's embedded in the roots."

