



Strong Roots Healthy
Farming LLC
Newsletter
May 9, 2021



Growing
Growers
Farm Tour

This week the Growing Growers program visited our humble, little farm to talk about commercial product for CSA's, chefs, and farmer's markets. We discussed things like the difference in sales' markets, soil fertility, and the tools we use to make our work a bit easier on the farm. Chef's love leafy greens while CSA customers love beets and tomatoes and cantaloupe. We work on soil fertility by adding fertilizer from our chickens & compost (lots and lots of compost). We make our work easier by putting in overhead watering and drip irrigation systems.

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

- [Cheesy Chicken Tamales \(with Spinach\)](#)
- [Microgreen Omelets](#)
- [Spaghetti with Green Garlic](#)

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Other News on the Farm

With so many new flowers to choose from these days, the bees are certainly getting their workout. I've seen the bees busy at work throughout the farm on several occasions; it's so good to see everything working in alignment together again. But just for good measure, Josh and Ashton got in the hive this week to ensure that the hive accepted the queen. They were able to locate her and validate that she was indeed alive and thriving, so we're back in business.



What to Expect In Your Bags

Next week (5/17), the full share bags will include salad mix, arugula, thyme flowers, kale, and spinach. The half share bags will include salad mix, arugula, and thyme flowers.

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.



So...a few housekeeping matters for those of you newbies:

1. Monday (5/10) is the first day for your pickup. You can show up anywhere between the hours of 3pm and 7pm. You can knock on the door and request a tour (which I highly suggest since the farm is booming with life right now), or you can call us when you get here (316-227-7677), and we'll come out and deliver your bag directly to your car door.
2. All your produce comes in a standard cloth green bag every week. The expectation is that you return these bags to us when you come the following week for pickup, so that we can wash and reuse them. We're certainly not perfect. (For example, we're still trying to figure out how we can nix the plastic greens bags efficiently.) We have a lot of things we can improve on, but this is one small effort we can make towards preserving our beautiful planet.
3. Wash your fresh produce before enjoying it. Rest assured, we do NOT use any chemicals or artificial fertilizers, but because of that, there is always the risk of animal contamination or bug contamination.
4. Share your experiences with us! We'd love to hear your feedback, and I shamelessly accept and use your recipe ideas.



Recipes to Try

[Cheesy Chicken Tamales:](#)

Okay, so compared to our other two dinners this week, this one is by the far the most work.



But...definitely worth it. And corn husks and masa are surprisingly easy to come by. Josh did something different with our chicken this time around. (In case you're new, we eat our own chicken.) He did NOT process it with the neck, and the chicken came out so much more yummy. The collagen in the neck made the chicken a little too fatty for my liking and a lot harder to sort through. But the chicken for these tamales was flawless. Unlike the linked recipe, I added our Ancho Mama seasoning to the chicken before putting it in the tamale. And we used shredded mozzarella versus the fresh stuff (because that's what we had in the fridge). More importantly...use spinach in your tamales (like this recipe does). Make a tamale a meal with at least four of the five food groups.



[Microgreen Omelets:](#)

We've featured several recipes on omelets, but Josh is quite the professional at making omelets, so I like to include some of the creative things he puts in them. If you have never used microgreens with your eggs before, please take some time this week, and treat you and family. These pea shoots can add nine times higher nutrients than their mature counterparts can. Check out the facts on [healthline](#).

[Spaghetti with Green Garlic:](#)

Last but certainly not least, eat your green garlic in this wonderfully easy spaghetti dinner. Josh said I shouldn't cut the green garlic past the white part, but since the green areas were soft enough, I cut them all the way to the branches. I would not have done that if the stems were hard, but since they weren't, I trusted my instincts. Those green parts were just as delectable as the white parts. Generally, we always add a protein to recipes like this, so my boys are happier campers. We added a little bit of bacon and a little parmesan cheese. And it did not last long!



Other News on the Farm

Since tomorrow is the first day our season, I thought I would remind everyone what a wonderful investment you've made in purchasing our CSA.



In today's technological work environment, kids often miss out on the knowledge

about how nature can help nurture healthy minds and bodies. For example, the soil and the plants planted in it creates the microbes your body needs to prevent disease. I stumbled across this little quote that I thought you might find interesting. According to healthline, "Studies have shows that growing up in a microbe-rich environment, like a traditional farm, may foster diversity in the gut microbiome and lead to a healthy immune system."

Other ways to increase your microbiome include eating a diverse range of food, limiting artificial sweeteners, and increasing your intake of foods with polyphenols, such as red wine and dark chocolate. The complete list can be found on the [healthline](#) website.

And since we're talking red wine and dark chocolate...

Happy Mother's Day

I hope that you celebrate Mother's Day by giving your mother flowers (to remind her that she is beautiful), feed her (sometimes Moms need a little nourishment too), and love her (time is the best thing you can give to your mother).

It has become tradition in our family to plant a few flowers on the back porch for Mother's Day. It's always nice to steal a moment with family and remember to be grateful.

