



Strong Roots Healthy
Farming LLC
Newsletter
June 13, 2021



The Color of June

There are so many beautiful colors painting our farm this month: orange carrots, yellow squash, red beets, and green cucumbers. Lots and lots of cucumbers! I hope you all are ready for those long wonderful fruits that are both nutrient-rich and hydrating. Now that the first of them are off the vine, they'll start producing like crazy! Josh will have containers and containers full of them. Dill pickles will be calling my name in the very near future. In about three weeks, you'll see a new pickle product listed on the marketplace.



What to Expect In Your Bags 6/14/2021

Full Shares: Bok Choy, Dill, Eggs, Carrots,
& Salad Mix

Half Shares: Bok Choy, Dill, & Eggs

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Recipes to Try

- [Steamed Carrots with Lemon-Dill Vinaigrette](#)
- [Bok Choy Stir Fry](#)
- [Blueberries and Cream Coffee Cake](#)

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Other News on the Farm

We sold our first batch of pickled beets before we could even put them up for sale. They were promised to my sister. We gave her the beets last year as a Christmas present, and apparently her hubby couldn't get enough of them. She made me promise she could buy the first batch this year. Unfortunately, what she didn't get was a label with a catchy name for the beets. Anyone want to volunteer a good name for our pickled beets?



What to Expect In Your Bags

Next week (6/21), the full shares will receive head lettuce, cucumbers, sugar-snap peas, beets, and radish microgreens. Half shares will receive head lettuce, cucumbers, and radish microgreens.

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



Another great crop you should be seeing very soon is squash and zucchini. I have wonderful childhood memories of this vegetable. My oldest sister (who is 16 years

my senior) always use to pick squash from the garden and fry it up as a "snack." (Funny what us farm girls used to call snacks, don't you think?) Anyway...since she was so much older than me, and she moved out right after high school graduation, I don't really have a lot of good memories of her being at home. One of the few I do have is her always sharing her fried zucchini snack with me. Just looking at a squash or zucchini immediately triggers the smell of my sister cooking it in our childhood home. I wish my children would consider cutting up and cooking a squash rather than reaching for the potato chips. If only everyone realized how important growing your own food is:

1. It gets you outside and exercising.
2. It increases the likelihood that you'll eat fresh produce more often.
3. It teaches us how to prepare and cook your own meals.

But I digress...let's talk about July 4th, shall we? I'm hoping that we'll have onions and tomatoes for your 4th of July celebrations. I love cucumber, onion, and tomato salads to celebrate the 4th.

During our first year here in Kansas, I made one of the best cucumber salads I have ever made. I have not been able to duplicate it as of yet, but I have a feeling this is my year. Do any of you have a cucumber, tomato, onion salad recipe that you would like to share? I'd love to give it a try.



Recipes to Try

[Steamed Carrots with Lemon-Dill Vinaigrette:](#)

Use your dill and your carrots this week with this easy side-dish. I paired the carrots with some Swedish meatballs and pasta, and the carrots' zesty flavor helped reduce the creaminess of the meatball sauce. It doesn't happen very often where the vegetable leftovers go before the meat leftovers, but these carrots were gone way before the meatballs disappeared from the fridge.



[Bok Choy Stir Fry:](#)

If you don't use the carrots with your dill, try using them with your Bok Choy this week. This was another super easy dinner, but unfortunately, not as well liked as the carrots and dill. Most of us added a bit of Siracha to this meal for flavor which increased it's favorability immensely (if you like a bit of heat). Please note that I used the brown rice pasta again with this dish, and I didn't add any meat since the protein came from the edamame.

[Blueberries and Cream Coffee Cake:](#)

I am warning you now: this cake IS delicious, but IS NOT healthy. Every once in a while, though, I like to add a sweet treat into the recipe ideas to remind you that eggs are not just for omelets. Eggs are the best thing in the world for baking: muffins, cookies, cakes, pancakes, and custards. Special treats like this coffee cake always lift the mood of the whole household. Maybe we can call this cake good for our mental health. ☺ It's Blueberries and Cream Mental Health Cake.



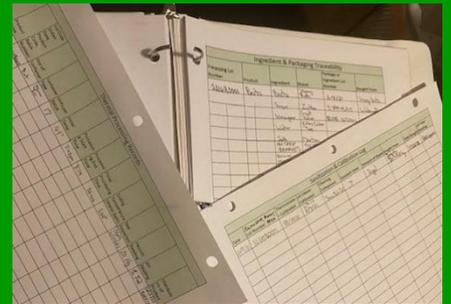
Other News on the Farm

The thing that always sticks with me regarding beets is that they're supposed to increase stamina for athletes, so I was thinking about a name that included something about endurance or strength (i.e., Long Life Beets). Josh, however, is stuck on their beautiful red color. He wants to call them "Red Rover Pickled Beets." Thoughts?



This was our first round of producing beets using our commercial kitchen process.

We sterilized the jars with commercial grade sanitizer (SaniDate 5.0). We measured pH (3.52). We measured the vacuum of our containers (20 Hg). And we logged **everything**. The documentation is the most difficult part. We have a calibration and sanitization log, a thermal processing log, and an ingredient and packaging traceability log.



Though I completely understand the importance of details and organization, all the paperwork and testing required reminds me of my corporate days. I would have days where I would sit in on meetings from 5:30 in the morning until 6:00 pm in the evening, and I would feel like I got absolutely nothing accomplished. Too much "thinking" and "talking" and not enough "doing." Canning beets took us all day long, because we were bogged down in paperwork. Let's keep our fingers crossed that things get a little more efficient the more we do it.