



Strong Roots Healthy  
Farming LLC  
Newsletter  
June 20, 2021



## The Watering Cycle

Was it only a few months ago that we were complaining about the two weeks of below freezing temperatures? It's time to turn the tables and discuss the constant need for watering in the 100-degree days! I'm so thankful we have a watering system in place. There's simply no way we'd be able to water all our plants sufficiently without it. Josh and I take different views on overhead watering. He thinks it helps the plants soak in water naturally like rain, and I think over-head watering is wasteful due to evaporation. That being said, I can't complain about the automation. There's a little give and take in everything I suppose.



### What to Expect In Your Bags 6/21/2021

**Full Shares:** Head Lettuce, Cucumbers, Radish Microgreens, Sugar Snap Peas, and Beets

**Half Shares:** Head Lettuce, Cucumbers, & Radish Microgreens

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### Recipes to Try

- [Chickpea, Beet and Apple Panini](#)
- [Asian Beef Lettuce Wraps](#)
- [Mandarin Pork Stir-Fry](#)

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### Other News on the Farm

Elderslie Farm will be showcasing Josh in a vendor spotlight segment in their newsletters here within the next couple of months. Josh often supplies Elderslie with our fresh produce to feature in their top-notch, gourmet dinners. If you haven't been to Elderslie Farm (whether to pick blackberries, eat at their café, buy their creamery items, or even dine at their high-end restaurant), I would highly suggest you visit. It is quite the experience!



## What to Expect In Your Bags

Next week (6/28), the full shares will receive salad mix, summer squash, green onions, parsley, and fennel. Half shares will receive salad mix, summer squash, and green onions.



Also, if you would like to order anything additional, please visit our [online marketplace](#). The carrots are looking fantastic!

Josh has had two weeks off from market (one for our oldest son's graduation party, and one for a referee camp). Now its back to business. Josh spent Saturday at Old Town Farm and Art Market where we sell the produce that you or the restaurants

don't buy. It was one of our goals this year to plant enough produce offer a CSA, sell to chefs, and make some showings at the farmer's market. And for now, at least, whatever we're doing is working. It's always good to see that at least some of your predictions within your business plan are working out.



For those of you father's out there...Happy Father's Day! I hope you enjoy a relaxing day where you are appreciated for everything that you are. We're going to celebrate Father's Day by putting the shade cloth on the greenhouse. I know that doesn't sound like a very fun Father's Day present, but we're going to need all hands-on-deck to put the shade cloth over the greenhouse. And since our older kids both have jobs now, it takes an act of God for everyone to be home at the same time. After the shade cloth is on, it will be smooth sailing with no work in sight for at least half a day.



## Recipes to Try

### [Chickpea, Beet, and Apple Panini:](#)

I know it sounds a little crazy, but beets can be eaten raw versus roasted or pickled. Here is just one recipe that includes raw beets. I was a little worried about the kids looking at me like I was an alien, but they didn't even question what was on it. They ate these sandwiches right up, and I even got a "These are pretty good," comment. Please note, however, that I did add Turkey to these sandwiches for a little more protein.



### [Asian Beef Lettuce Wraps:](#)

Here is yet another wonderful example of an easy and delicious family meal. Though this recipe calls for coconut aminos, I couldn't find it, so I used some simple liquid aminos from Braggs. Aminos are a substitute for soy sauce made from either soybeans or coconut sap. They are naturally gluten-free, but liquid aminos do contain more salt than regular soy sauce. Fun Fact: My oldest has been so busy lately that I'm having a hard time trying to get him to eat at home. I was pleasantly surprised when he went up for thirds on this meal though.

### [Mandarin Pork Stir Fry:](#)

I thought all the males would love this meal since they have a thing for pork and snap peas, but not so much. I'm very sad to say that this was another bland one. If you decide to give it a whirl though, I would highly suggest adding the mandarin oranges late in the cooking process. Josh added them a bit early, and they nearly disintegrated in the sauce. That sweet mandarin taste might have came out more if they had been added a bit later in the process.



## Other News on the Farm



These hot days effect all of us – the plants, the animals, and the farmers. The chickens are constantly looking for shade, the bees are bearding at the entrance of the hive, and Josh is taking naps during the heat of the day. Josh gets up early and then works late, so that when the heat is at its worst, he can take a nap. I suppose that's one of the perks of being self-employed – your work schedule can be flexible. Though Josh might say that a nap during this kind of heat is not a perk; it is a necessity. He's not wrong. When did our careers start dictating our lives? Don't get me wrong, I know that work is important, but so is family and health and a little down-time. We need more balance! How do we get that back?



But enough of my ranting. Let's go back and discuss bearding. Bearding is a "bee" term used to describe when bees bunch up around the entrance of the hive. On a hot day, if too many bees are inside, the brood could become overheated. By staying outside, the bees decrease congestion and increase air flow; therefore, they keep the temperature inside the hive tolerable. I wish I would have taken a picture of our bees bearding when Josh only had one entrance open. (Josh closes two of the holes during winter to keep in the heat.) Now that we have all three holes open, the bees really aren't huddling up anymore. And that's a good thing.