



Strong Roots Healthy
Farming LLC
Newsletter
June 6, 2021



Salad Mania!

I hope you all have been enjoying A LOT of salads during this Spring season. I feel like Kansas hardly ever sees an actual Spring. It goes from 50 degrees to 80 degrees within a day, and our salad mix goes from crisp to droopy almost instantly. This year we've been extremely lucky, and Spring has not only visited us but blessed us with some amazing greens! We had family in town this week for Tristan's graduation party, and Josh put this salad together with the things from our garden. Wow! Have I mentioned I love our farm?

What to Expect In Your Bags 6/7/2021

Full Shares: Salad Mix, Cilantro, Kohlrabi, Spinach, & Collard Greens

Half Shares: Salad Mix, Cilantro, Kohlrabi

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Recipes to Try

- [Sukuma Wiki \(Kenyan Braised Collard Greens & Ground Beef\)](#)
- [Kohlrabi Schnitzel](#)
- [Quick Cilantro Chicken](#)

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Other News on the Farm

For those of you who aren't familiar with our family, we have three boys (18, 16, & 12). True to most family dynamics, my youngest is the troublemaker. Loud, impulsive, and inattentive are just a few of the words that come to mind. Unlike his older brothers, however, he loves being outside working with his dad. Josh taught him how to trellis cucumbers this week. He did such a great job! Maybe, just maybe, we will have a predecessor that takes over the farm.



What to Expect In Your Bags

Next week (6/14), the full shares will receive Bok choy, dill, eggs, carrots, and salad mix. Half shares will receive the Bok choy, dill, and eggs.

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



Another thing that has been popping up on my snack plate along with Kohlrabi are carrots. They are on the list to show up in your bags next week, Fair warning: they won't be the big "Bugs Bunny" carrots that

you're used to seeing in the grocery stores though. We grow small, gourmet carrots which are supposed to hold their sweet flavor even in warmer temperatures.



It won't be long now before the snap peas will be producing! Though I'm more of a kohlrabi girl myself, Josh and the boys love snap peas. Snap peas are a cross between shelling peas and snow peas. They were developed in the late sixties when Calvin Lamborn was trying to find

something that had the flavor of peas without the inedible shell, hence the snap pea that can be eaten whole, shell and all.

Next week, we're on the commercial kitchen schedule to make our first round of pickled beets. I've made pickled beets for two years now, but the thought of making them in a true commercial kitchen with a sale price on them has me all in a tizzy. Regardless, I can't wait for you all to taste them. If you want to try pickling beets yourself, I think you should be seeing fresh beets on the product list soon (after my first attempt at pickling in the commercial kitchen). We're on a schedule with the inspector, so it's important we get in there to run our first batch.

Recipes to Try

[Sukuma Wiki \(Kenyan Braised Collard Greens and Ground Beef\)](#):

Yum, yum, and more yum! I served this little treat of a dinner with a few soft taco tortillas, and I could not believe how fast it disappeared. Because this dish has so many herbs in it, I cannot even count the health benefits. Penn State research found that cinnamon reverses the negative effects of a high fat meal. Generally ginger helps ease muscles aches and pains, predominately in the GI tract. There is an article in the *Journal of Affective Disorders* that claims turmeric may help ease depression. Fennel seeds contain the mineral manganese which is important for your metabolism, bone development and blood sugar regulation (to a name a few). Put this one on your dinner list for sure!



[Kohlrabi Schnitzel](#):

Now let us travel a bit farther north to Germany where traditional schnitzel (meat fried in fat) is all the rave. Instead of frying up meat, however, we fried up and breaded some of our kohlrabi. Though I cannot proclaim that this is the healthiest meal I've ever served, this fried kohlrabi was absolutely magnificent.

[Quick Cilantro Chicken](#):

We're a big cilantro family! We use it on just about everything, so I thought we were going to love this cilantro chicken recipe, but if I'm being honest, I wasn't impressed. More cilantro, less onions maybe. It was quick and easy, and everyone ate it, but it will certainly not show up on my dinner list again.



Other News on the Farm

Josh planted the pepper plants last week, and that means Summer is completely planted in the back yard. The Anaheim's went in last week, so I'm going to have to try my hand at a few more green chili recipes. Because we come from Colorado, my family and I love green chili on top of our burritos, but we just haven't been able to find or make that hot, smooth taste that we're looking for. If any of you have some suggestions, I'm all ears.



I wish I had more news for you this week, but mostly we've been preparing

for the graduation party that happened yesterday. We had it catered by one of the chefs that Josh delivers to from [Taco Locale](#). If you haven't had a chance to try one of their tacos, I highly suggest you drop by their shop located at 2721 E Central Ave, Suite 109. Taco Locale tries to buy as much of their meat and produce items from local businesses like us! The commitment listed on their homepage says,



"To source all of our meat and protein selections here in Kansas. To source as much local produce for our daily vegan options and salsa bar as possible. To cook seasonally with good technique. And to always make it tasty!"

We need more businesses like that!