



Strong Roots Healthy Farming LLC  
 Newsletter  
 July 4, 2021



## We're Moving!

For most of you, it's no secret. Josh and I have been looking for more property to farm. We finally have a contract on a house that currently sits on 10 acres of pastureland in Valley Center. Even though the purchase of this property means we're going to have to delay our CSA again, it also means that when we do get things up and running again, we should be able to provide you with A LOT more variety in your CSA. We plan on having multiple greenhouses, a commercial kitchen on farm, and maybe even a few more animals hanging around. It's going to be quite a change for us, but I think it will be for the better. I hope that you all stay with us through this transition period. It's going to be so much fun watching us transform!

### What to Expect In Your Bags 07/05/2021

**Full Shares:** Salad Mix, Cherry Tomatoes, Basil, Carrots, & Garlic

**Half Shares:** Salad Mix, Cherry Tomatoes, & Basil

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### Recipes to Try

- [Mexican-Style Pickled Carrots](#)
- [Bella Basil Raspberry Tea](#)
- [Cheesy Baked Pasta with Cauliflower](#)

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### Other News on the Farm

Did you know that Strong Roots Healthy Farming sponsors the Valley Center Swim club? Our oldest used to swim for the team, and now our youngest does too! It only made sense for us to sponsor the team. We only have one more meet in Valley Center this season. It's on July 13<sup>th</sup> at 6 pm against El Dorado. It's pretty fun to see how the community comes together to support our children!



## What to Expect In Your Bags

Next week (7/12), the full shares will receive salad mix, mini cabbage, cauliflower, celery, and rosemary. Half shares will receive salad mix, Rosemary, and cauliflower.



Also, if you would like to order anything additional, please visit our [online marketplace](#). For example, this week we used our cucumbers in this [meatless gyro wrap](#).

Did you know our granola bars have chia seeds in them? Chia seeds contain what we call "complete protein." A food is considered a complete protein when it contains the nine essential amino acids that our body cannot produce on it's own. Typically, these complete proteins can be found in your meat, eggs and dairy products, but there are also ways to get your complete protein with plant-based products. Chia seeds is one of them! Soy, quinoa, buckwheat and algae are a few others.



Next week we have cauliflower for you! I LOVE the taste of homegrown cauliflower. I'm not super fond of it from the grocery store shelf, but putting our cauliflower in our pasta

dinner this week was really, really good. Now if only we can figure out how to grow broccoli...

We have jalapenos! And even though we plan on moving out come August 1<sup>st</sup>, the new owners of our house have agreed to let us harvest through the month of September which means there is hope for those of you salsa lovers! We may just have a few jars to sell on our online marketplace and at farmer's markets this fall.



## Recipes to Try

### [Mexican-Style Pickled Carrots](#):

First thing's first, these pickles are hot! And they were not super yummy on their own, but they were pretty good on beef tacos. We substituted these pickles for our normal salsa, and they not only added a nice heat, they added nice textural crunch as well. Above all, it was a nice change to taco night.



### [Bella Basil Raspberry Tea](#):



Since my dinner recipe last week included basil, I thought I would try something different this week and do a drink. This wonderful blend of raspberries and basil was amazing. I might warn you that my kids weren't fond of it, which is funny because it really had more sugar than it needed. I might try it again with honey next time. Point being...I loved this summer drink, and it would be a perfect drink to entertain adults at your next summer get together: fresh, unique, and full of flavor. I could see myself drinking this on the back porch watching the sun go down.

### [Cheesy Baked Pasta with Cauliflower](#):

Use your tomatoes to make this easy casserole this week. I won't lie and say it was the best thing I've ever eaten, but the tomatoes and cauliflower provided nice little flavor blasts that were a nice touch to your typical macaroni and cheese type meal. In a nutshell, this meal is a great way to get your kids to eat veggies.



Last but not least, a little birdie mentioned to me that she cooked this wonderful pasta with our fennel last week, and I didn't get a copy of the recipe. 😞 Send me your recipes!

## Other News on the Farm

Most of you also know that we've been having a little bit of trouble keeping the chickens in their enclosure. This is because we haven't been electrifying the fence. Our rechargeable battery wasn't holding a charge. You'll be glad to hear that we finally replaced it this week, and Josh will work on getting the battery back in the electric fence charger as soon as he can.



What's the scoop on the new place, you ask? Well, the owners of the property on 5<sup>th</sup> street are doing a house swap with us. We've been hesitant to tell everyone about the contract simply because the appraisals haven't been done. Things need to work out monetarily in order for this type of arrangement to work. But...with our Season 2 CSA fastly approaching, we thought it was best to share the news.



Normally, this would be about the time where I started asking all of you to sign up for next season. Unfortunately, I can't do that just yet (if at all). If you've tried to go online and order your CSA for next season, you were probably surprised to see that we are not accepting payment yet. Now you know why. 😊 If this house sale goes through, we may not be up and running until 2022. Right now, all I can do is say that we'll keep you up-to-date, but more than likely, we're going to be moving, and we cannot wait for you to see the new property. The farm tour just might take a bit longer next time.