



Strong Roots Healthy
Farming LLC
Newsletter
July 11, 2021



The Beets are Coming...

Full Disclosure: I created the newsletter early last week, so we could enjoy some fun in the sun with the kids. I didn't get a chance to tell you about the 50 pounds of beets we processed last Thursday. Getting used to the new certified kitchen took some time, so we were up until 3 am! But the 60 jars of beets we processed are now sitting in our pantry waiting for the flavors to marry up. The bad news is that we won't have the opportunity to put them in the next season's CSA. The good news is that they will be on the online market in a few weeks if you're interested in trying them out. You may, however, have to pick them up at our new location: 3059 East 5th St, Valley Center, KS 67147. The appraisals are finally in! We close this Friday (7/16), but we won't actually be moved in the house until 8/1. Let the adventure begin!

What to Expect In Your Bags 07/12/2021

Full Shares: Salad Mix, Rosemary, Cauliflower, Mini Cabbage, and Celery

Half Shares: Salad Mix, Rosemary, & Cauliflower

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Recipes to Try

- [Mediterranean Chopped Salad Pitas](#)
- [Ham Casserole](#)
- [Pasta with Rosemary and Onion Orange Marmalade](#)

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Other News on the Farm

Our certified kitchen is located on Serenity Farm where they are also striving to create a natural environment for their vegetable production as well as their animals. While Josh and I waited for the beets to process, we enjoyed watching their baby chickens and baby ducks waddle around in their yard. I told my sister that I have a heron I like to watch when I go for walks around Arrowhead Park. She told me I was getting old! But I prefer to see it as enjoying the simple things in life. It's the simple things that make life wonderful!



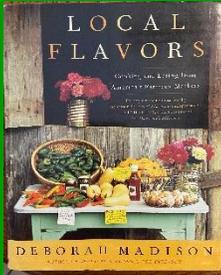
What to Expect In Your Bags

If you didn't already know, this Monday is the last day of our 2021 Season One CSA. We will not be offering Season Two this year, but hopefully (fingers crossed), we'll have a Fall CSA with a new pickup location. It all depends on if we can get things in the ground fast enough. In the meantime, please feel free to visit us online. We will be open during the move since our wonderful buyers have agreed to let us harvest through September.



Also, if you would like to order anything additional, please visit our [online marketplace](#). For example, I made a little taco casserole this week with a few of our fresh tomatoes.

I was introduced this week to a new recipe book by Deborah Madison called Local Flavors. This book incorporates local, fresh produce into its recipes based on the seasons. One of our CSA members sent it to me along with a recipe for fennel and carrot tops. Yes, you can use your carrot tops for pesto or soups (and even as a substitute for parsley). In all honesty, I'd never heard of carrot top soup before until I saw the recipe in this book. Hmm...I am curious; I must say.



Look at those squash all cut up and ready to be cooked to perfection! Here is another wonderful picture that one of our CSA members took that I just had to share. I think I might

even quote her, "It's ridiculous how happy this makes me!" I'd have to say it makes me pretty happy too. Again, I say, "It's the simple things!" If only everyone could find these simple joyful moments in everyday things. Shout out to my CSA peep! Thanks for sending this pic, and I'm very glad that we could make you happy.

Recipes to Try

[Mediterranean Chopped Salad Pitas:](#)

There is no better summer food than Mediterranean Salad and Pita Bread. The fresh cucumbers, tomatoes, and red onion really made this salad pop. We didn't use the pitas as a wrap for the salad like this particular recipe did. I toasted the pitas, and put them on the side, but nevertheless, yummy. As you can see, I also enticed my boy carnivores with some chicken strips on top.



[Ham Casserole \(with Celery\):](#)



This ham casserole includes a few stalks of our fresh celery. Although it was good, the household didn't exactly give it a standing ovation. The culprit, I believe, might have been the breadcrumbs on top. Too dry. Otherwise, it's kinda hard to go wrong with potatoes, carrots, and ham. I might add that the celery really added some nice flavor. I think people have forgotten that some of the best flavors come from those foods aren't showcased per se. Celery is one of those hidden treasures in a lot of recipes.

[Pasta with Rosemary and Onion Orange Marmalade:](#)

This one did NOT hit the mark. I thought it was an interesting concept, and I enjoyed the crispy, salty meat with the sweet marmalade. My family, on the other hand, did not appreciate the sweetness of the marmalade on their pasta. It was fun and different, but perhaps not a family-orientated meal. It's more of a food connoisseur type dinner. I would point out, however, that finding ways to incorporate Rosemary into your dinners is an absolute must. Alertness, intelligence, and focus. Need I say more?



Other News on the Farm

Josh was pretty joyful this week when we had a CSA member come volunteer to do some work for us. Thank You, James!! James is working on his own garden and wanted to get a few tips from Josh, so Josh and James worked side by side for a few hours to gain some knowledge from each other. As a child, I have very fond memories of my family and community working together side-by-side on projects. We'd work all day long and then share a "fellowship" meal together. Although we worked all day, I remember looking forward to those days. As an adult, I rarely see this anymore. It makes me sad. I think we should have a "Community Work Day" on the farm next year where people can come work together and in return they get a free homemade meal with friends or a basket of free vegetables. I don't know. Maybe I'm pushing it, but I miss the feeling of community that my parents used to have.



If we're going to have people come work on the farm, though, it might be nice if we had some fun, new buildings to put them in. 😊 My goal now is get some additional funding for a few more hoopouses. The [National Resources Conversation Service \(NRCS\)](#) has a wonderful program to help farmers install high tunnels to extend their growing season. In researching the high tunnels, Josh and I also found a few other conservation practices we might be eligible for: wind blocks and fencing to name a few. So much work to do and so little time!

Let's talk about keeping in touch. I can send out another newsletter in October to let everyone know how our new farm is moving along and if we're able to do a farm CSA. If you don't want the email, just let me know, and I'll take you off the distribution list.