

# Earth Dance Farm



Newsletter 6/19/08  
Volume 3, Issue 1

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## Quote for the Week

*Land, then, is not merely soil:  
it is a fountain of energy  
flowing through a circuit of  
soils, plants, and animals.*

Aldo Leopold

## This week:

Spinach  
Chives  
Swiss Chard  
Kale  
Radishes  
Scallions  
Romaine lettuce  
Honey

## Notes:

Wash vegetables before eating them.

Break down your box carefully and please be sure to put out for next week's delivery.

## Welcome to the 2008 season!

I just finished writing these two columns and I accidentally closed them without saving it so here we go again.

I am very happy to have the first delivery harvested and washed and in your boxes. It is always a somewhat meager amount of greens and such, but satisfying just the same. This Spring has been especially challenging with the long winter, a very delayed warm-up, and lately an inundation of rain (8 inches in 10 days). All in all we have been fortunate with little hail and only minor washing. You will notice the yellowing of the spinach

## Notes from the Farmer:

Bear with me as I ramble on about some housekeeping items that will help the season move along more enjoyably for us all:

There are 2 boxes per share. Please make sure your previous box is there for me to take when I deliver your new produce.

Please make sure the ice packs are also returned to us each week.

Pay special attention when breaking down the box. None of us wants to create garbage. No tears or rips please.

and some kale from the saturated soil. I've already seen the kohlrabi splitting before they are ready to harvest. Most crops are doing well - just behind schedule. I believe it should be a fantastic season when all is said and done.

I am glad to include some honey for you from last year's bees that did not survive the winter. They had plenty to live on, but could not leave their cluster to access their stores. It is raw and unpasteurized so eat it right up lest it turn sugary on you.

A few of you have asked over the past few months about the CSA business. I run a very

transparent operation so feel free to inquire about whatever if you wish. And certainly come down to visit if it fits into your schedule. Just give us a call so we can be around.

Anyway, I order my seeds in Jan or so. I had a friend grow my early onions, scallions, leeks and many of the herbs. She received my business and I saved on some propane costs. I had peppers in my germination chamber by late March and the greenhouse rocking by April 1<sup>st</sup>. It has pretty much been a blur ever since.

Plastic berry containers are yours to reuse or to recycle - we do not want them returned.

I am using grocery bags at the bottom of the boxes this season. This is mainly for sanitary reasons, but also to hold in some of the coolness and to prevent any small items from slipping out. Please recycle the ones in the boxes and pass on to me any new, unused ones that you may have lying around the house.

Check our website for the upcoming produce list (by Mon. night), the dates for

our gatherings and any other membership notes. The newsletters with recipes will also be posted there.

Hosts please contact your members picking up at your place and communicate your expectations. Pick-up members please get your produce on deliver day and communicate as need be. Anyone can email or call us for clarification or support.

Make sure to wash your produce before eating. We wash everything that comes from the field, but you must also.

We are thrilled to have you joining us as this season unfolds. Don't hesitate to keep in touch.

## Recipes...

### **Lentil Soup with Chard and Lemon in James Beard's American Cookery:**

1 1/2 cups lentils  
 2 1/2 lbs fresh Swiss Chard  
 1/2 cup olive oil  
 3/4 cup chopped onion  
 3 to 4 garlic cloves  
 Salt  
 1 Stalk celery, chopped  
 3/4 cup lemon juice  
 1 teaspoon flour  
 Chopped chives for garnish

Wash and pick over the lentils. Cover them with fresh cold water, and cook, covered, until

tender.

Wash the Swiss Chard leaves and chop them. Add these and a cup of water to the lentils. Continue cooking until the Swiss chard is done, adding more water if necessary.

Heat the olive oil in a skillet and add the chopped onion. Crush the garlic cloves with salt, and add these and the chopped celery to the onion. Continue cooking until the vegetables are tender and blended.

Add to the lentil mixture.

Mix the lemon juice with the

flour and stir it into the soup. Cook gently, stirring occasionally, until the soup is rather thick. Taste for seasoning.

Serve chilled with chopped chives in soup bowls, and pass crusty French or Italian bread to sop up the juices.

### **Spinach Squares**

3 eggs  
 1 cup milk  
 1/2 cup whole wheat pastry flour  
 1/2 cup flour  
 1 tsp baking powder

Mix together above ingredients.

2 - 2 1/2 cups cheese (shredded)  
 1/2 pound fresh spinach chopped

Mix in and press into greased square baking pan. Bake in preheated oven at 350F until knife comes out clean, 30 - 35 minutes.

### **Kale Omelette**

2 tablespoons olive oil  
 1 clove of garlic, minced  
 6 leaves of kale (about 4 ounces), chopped  
 5 eggs  
 1/2 teaspoon dried thyme  
 2 ounces Gruyere cheese, shredded

Wash the kale really well, and remove the tough stems. Chop it up into bite-sized pieces. You'll want there to be a little water on the leaves, so don't spin them dry or anything.

Put the olive oil in a pan over medium heat, and cook the garlic for about a minute. Add the damp, chopped kale to the pan, and toss to coat. Then put the lid on the pan and allow the kale to wilt for 3 minutes. In the meantime, mix up the eggs with a fork.

When the kale is good and wilted, lower the heat a little, and add the eggs to the pan. Stir it gently so the kale and eggs are evenly distributed

around the pan. Sprinkle the thyme on top, then add the cheese on top of that. Cover the pan and let it cook until the eggs are firm, about 9-11 minutes. Serve with freshly ground pepper and Dijon mustard if you'd like.

Serves 2-3