

Earth Dance Farm



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Quote for the Week

If we could see the miracle of a single flower clearly, our whole life would change.

The Buddha

This week:

Red Kale
Cilantro
Leaf lettuce
Radishes
Scallions
Romaine lettuce
Strawberries
Arugula
Kohlrabi or Broccoli Raab
Broccoli

Notes:

Wash vegetables before eating them.

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

Greens, Greens and more Greens!

So I guess we are off and running with the new season. It was sure a pleasure to meet with a bunch of you for the first time last week as I delivered the boxes. Make sure you email me if I am not delivering to the appropriate spot at your place.

Here on the farm it has been hot this past week and no rain now for more than 2 weeks. We have been keeping the drip tape flowing lately to keep adequate moisture on most crops. We are hoping for some rainfall yet this week.

Some of you are receiving broccoli raab and others kohlrabi this week.

Notes from the Farmer:

I wanted to comment on Broccoli Raab since it is not a very common vegetable here in the U.S. It has its origins in the Mediterranean and also in China and is known as Rapini, Italian turnip as well as other names. It is used extensively in Italian and Chinese cooking and is gaining in popularity here as well. It is high in potassium and vitamins A, K, and C.

The stem (not the most bottom), leaves and head/flower are all edible and can be sauted in olive oil and garlic, steamed or used in stir fry. We will probably have a 2nd delivery for everyone, so I hope you are able to try it.

This is called a "farmer's choice" and is used when there is not enough of one or the other for a full delivery, but together they can count as a crop in the box. I may have to use this a few times during the season as quite a few of the early plantings were affected by the cool spring and the 2 weeks of intense rains and many of the other crops had delayed planting dates.

Red kale is baby and should be very tender and tasty.

Cilantro is a nice bunch – hopefully it will hold out for another delivery next week.

Radishes were a little on the

hot side last week. I think this succession will be more mild.

Scallions are getting bigger and we hope for one more delivery of these in box #3.

Strawberries are in full season now for a couple of weeks so enjoy.

Arugula is a mildly spicy green for salads or soups. It is somewhat eaten by flea beetles but still tastes good.

The broccoli is small and is already starting to bolt. You get two smaller heads today instead of one larger head for two consecutive deliveries.

One aspect of the C.S.A. is receiving vegetables that are unique to your experience. It allows you to experiment with new crops and recipes and, hopefully, enhance your palate. I do realize that it also takes intention, time and energy to do this, so we try to provide some recipes for new and unusual produce that you may find in the box. If you are part of a group drop site, perhaps there may be an opportunity to share some ideas on cooking with some of these veggies. We received some suggestions last year to include a picture of the vegetables in

any given box as a reference. I feel that the internet could be a valuable tool if needed in this respect.

*** My brother in law, Dan, has a farm in Knapp, Wis. and raises grass fed, zero antibiotic Angus beef. There are 6 quarters available for this fall at a first come, first serve basis. He is also interested in taking orders for 2009 as he would have to breed accordingly, etc. Please email me if you want more info. on poundage, cuts, price etc. I can forward you an introduction from Dan, a website on the benefits of grass fed beef and some pertinent numbers.

I get lots of questions about the possibility of providing an array of local, sustainable food. I am happy to do what I can.

Summer Events

Check out the Kids Camp info on the website.
Dates: Sat. July 19th and Sat. August 16th.
Registration form online.

Summer Gathering:
Saturday August 2nd

Fall Gathering:
Saturday October 4th

Recipes...

Pasta with Broccoli or Broccoli Raab

Salt
About 1 lb broccoli or broccoli raab trimmed and cut into pieces
¼ c. extra virgin olive oil, or more as needed
1 tbsp chopped garlic
1 lb penne or other cut pasta
Freshly ground black pepper

(Note: Use the same water for the broccoli/broccoli raab as you do for the pasta. May need

to add more oil for moisture.)

Bring a large pot of water to a boil and salt it. Boil the vegetable until it's fairly tender, 5 or 10 minutes, depending on the type and the size of your chunks. Meanwhile, put the oil in a large skillet over medium-low heat. When hot, add the garlic and cook until it begins to sizzle, about a minute; keep warm. Scoop out of the broccoli (raab) with a slotted spoon or strainer.

Put the broccoli (raab) in the skillet and turn the heat up to medium-high; cook, stirring and mashing the broccoli (raab),

until it is hot and quite soft.

Meanwhile, cook the pasta. When the pasta is not quite done, drain it, reserving about a cup of the cooking liquid. Add the pasta to the skillet with the broccoli (raab) and a couple tbsp of the reserved cooking water; toss with a large spoon until well combined. Sprinkle with salt and pepper, along with some of the pasta water to keep the mixture from drying out. Serve immediately.

Balsamic Strawberries with Arugula

3 c. strawberries, hulled and halved or quartered
1 tbsp balsamic vinegar, or more to taste
Freshly ground black pepper
4 c. arugula leaves
Salt 1 tbsp

Toss the strawberries with the vinegar and black pepper in a large salad bowl and let sit for 10 minutes.

Add the arugula, sprinkle with salt, and toss again. Drizzle with olive oil and toss gently one last time. Taste, adjust the seasoning, and serve.

Optional: before the final toss in the previous step, crumble 4 ounces of goat cheese over the salad.

Free Style Cooking

Over the years I have been developing my skills to do what I have termed "Free Style Cooking". It basically means looking to see what I have and exploring ways of creating something with the ingredients. I have found this to be quite fun and rewarding.

For example, tonight I made what I could call a "Garden Chili".

I sautéed some onion, garlic, spinach, kale, and broccoli raab with some already cooked kidney beans. Browned some hamburger, added some canned diced tomatoes, tossed in a few seasonings and added the sautéed veggies. I served the chili with chopped cilantro, grated cheese and sour cream. I made a vegetarian version for our intern Lisa by pulling out some of the sautéed veggies and just adding the beans and sauce without the hamburger.

We all enjoyed the meal. So

have fun exploring ways to use the veggies in your box this season.