

# Earth Dance Farm



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## Quote for the Week

*It is a wholesome and necessary thing for us to turn again to the earth and in the contemplation of her beauties to know of wonder and humility.*

Juan Formoza

## This week:

Dill

Cilantro

Leaf lettuce

Radishes

Scallions

Strawberries

Spinach

Kohlrabi or Broccoli

Garlic scapes

Swiss chard

Winterbor kale

## 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.

## Smile... It's Strawberry Season!

Hi, my name's Lisa and I'm the new intern at Earth Dance this summer. I'm currently a Junior majoring in Environmental Studies at Macalester College and have always wanted to work on a farm. I've really enjoyed the family and atmosphere here and love being outside most of the day doing various tasks. As much as I love setting up drip tape and mulching tomatoes, working with the strawberries is one of my favorite activities.

Out of all the food Norm and Laurie grow, strawberries have simply made me smile and laugh the most. I tend to give

## Notes from the Farmer:

It appears that strawberries rule the day. I have many fond memories of strawberry picking (ok, not always fond) and eating from my childhood. I have 12 siblings and grew up on a family farm in west central Iowa. We kids had the responsibility of picking the berries while Mom cut them up and froze them. We would eat them at birthdays with angel food cake and ice cream or with only ice cream after Mass as dessert at Sunday's main midday meal. During the heart of winter their taste was always a reminder of the sweetness of summer. We have been eating quite a lot of them recently here on the farm: with cereal or yogurt or ice cream. Noah made a

food a personality, and these juicy fruits take on many of them. Some of them look like cute buttons playing hide-and-seek with me, and I can almost hear them giggling when I finally pick them. Others have a sense of humor and take on silly shapes, looking like legs or a man with a crooked nose. (One of you lucky families will be getting a perfect flower-shaped one)! And my last category would be the huge, almost intimidating strawberry that proclaims, "What now?"

Though picking and eating (some) strawberries has definitely been a highlight, I also truly appreciate being a part of the strawberry care

before they even ripened. At first my relationship with the patch seemed like a never-ending weeding fest, and somehow I would always get the song, "Strawberry Fields Forever" playing in my head. But without their watering and weeding, a good chunk of those strawberries wouldn't even be there. This is true for any crop, but being part of the process rather than just the result is very satisfying to your spirit and your taste buds.

I hope you all enjoy the strawberries' peak season and have a Happy July 4<sup>th</sup>!

strawberry soufflé this week which turned out fantastic. (see recipe below) We've had one jelly session and plan to have a couple of more. Many of you have chosen to buy additional from us and more will be available this coming week if anyone wants some at 5qts/\$20.

We purchased and planted these 1500 strawberry plants in the spring of 2006 before we were even moved down here, along with our apple trees and raspberries. They have and do require lots of work weeding, watering, yes PICKING, and then mulching with straw before the winter.

These plants are in their prime now so next year we need to plant a new bed for the coming years.

## Produce notes:

Dill and scapes are the only new veggies in the box. Next week we should have peas, beets, cabbage and basil. The cukes and summer squash are late like most other crops, but they are coming.

\*\*\* Thank You, Thank You for a spectacular job of returning boxes and ice packs last week - all but one accounted for. . . lets keep this up!

\*\* Other likely EXTRA produce for sale this season may include: cucumbers, tomatoes, eggplant, peppers, corn, summer squash, beans - - we'll keep you posted.

## 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 2<sup>nd</sup>

**Fall Gathering:**  
Saturday October 4th

## Recipes...

### Spinach with Currants and Nuts

¼ c. dried currants or raisins  
1 lb spinach, well washed and trimmed of large stems  
¼ c. extra virgin olive oil  
1 tsp minced garlic  
¼ c. broken walnuts or pine nuts, briefly toasted  
Salt and pepper

Soak the currants or raisins in warm water for about 10 minutes while you clean and

### Strawberry Brunch Souffle

3 c. strawberries or other fresh fruit sliced  
2 tbsp sugar

Sprinkle sugar on fruit, toss gently and set aside.

2 tbsp butter  
Preheat oven to 375F.  
While oven heats, place butter in 9 inch pie pan and place in oven to melt. Swirl pan to grease bottom and sides.

3 eggs  
1 ½ c. milk

Beat together with mixer or in blender.

¾ c. flour  
1/3 c. sugar  
¼ tsp salt  
¼ tsp vanilla

Add and beat until smooth. Pour batter into pie pan and bake until edges are golden brown and center is set, 25 – 30 minutes. Spoon berries on top and serve immediately, cut into wedges. Pass sour cream or plain yogurt and brown sugar to sprinkle on top. (we put a little whip cream on top)

cook the spinach. Steam or parboil the spinach until tender, less than 5 minutes.

When the spinach is cool enough to handle squeeze all the excess moisture from it; chop it roughly. Put the olive oil in a large skillet over medium heat. When hot, add the garlic and cook, stirring occasionally, until golden brown, about 3 minutes. Drain the currants and add them, along with the nuts.

Reduce the heat to medium and cook, stirring occasionally, for another 3 or 4 minutes, until everything glistens. Sprinkle with salt and pepper and serve hot or at room temperature.

### Garlic scape pesto/hummus Dip

#### INGREDIENTS

1-2 cups of garlic scapes  
1-1 1/2 lemons  
1 can chickpeas, drained.  
1/8 - 1/4 teaspoon cayenne pepper  
1-2 cups extra virgin olive oil  
1-2 teaspoons salt  
2-3 cups "tender" greens such as spinach, arugula, spicy greens mix  
2-3 tablespoons sesame tahini  
1 cup or more finely grated parmesan or romano cheese  
1 cup pine nuts

#### PROCEDURE

Remove tops from 1-2 cups of scapes and reserve as decorations; cut in 2 in. lengths. Process with 1/2 - 1 cup olive oil in food processor for 2-3 min. until finely chopped.

Add drained chickpeas.  
Add 2-3 tablespoons sesame tahini.  
Add juice of 1 - 1 1/2 lemons, seeds removed.  
Add 1/8 - 1/4 teaspoon cayenne pepper, to taste. You (I) want it to have an edge, but not to be overtly "Hot."  
Add 1-2 teaspoons salt - I use kosher, but any will do. Salt to taste, not too much.  
Process until chickpeas are finely ground.

You may want to taste at this point to see if more cayenne is needed. Note that the sauce will "heat up"

### Strawberry Bread

1 c. flour  
½ c. whole wheat flour  
1 ¼ c. strawberries mashed  
¾ c. sugar  
2/3 c. oil  
2 eggs  
2 tsp ground cinnamon  
½ tsp salt  
½ tsp baking soda

Mix together in a large bowl, stirring until just combined. Pur into greased 8-inch loaf pan and bake in preheated oven at 350F until toothpick inserted in center comes out clean, 1 hour.

as it sits.

Add 2-3 cups spinach or spicy greens or arugula, whatever you have, for more green color and to lighten the hummus. Process until finely ground and well integrated in sauce.

You can add 1 cup finely grated parmesan and a cup or so of pine nuts, also all ground in for another minute or two.

You want the sauce to be smooth for dipping. The raw scapes resist chopping so they require a good deal of processing. The end result will still have a little texture from the scapes and the pine nuts.