

Earth Dance Farm



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Quote for the Week

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

Sir Winston Churchill

This week:

Basil
Beet greens
Gourmet leaf lettuce
Baby bib leaf lettuce
Radishes
Scallions
Strawberries
Peas
Kohlrabi
Garlic scapes or broccoli
Broccoli rabe

Notes:

Wash vegetables before eating them.

Please return boxes, we were missing a bunch last week. Also, carefully unfold them so they don't get torn.

ONE DAY AT A TIME

We are in the middle of a wild and crazy harvest day here at Earth Dance Farm. It is actually a picture perfect summer day for about anything – I hope that you are all having a wonderful summer. One thing that is a constant challenge for me, personally, is to remain centered and conscious of the beauty of the present moment that I find myself in. Today we were short two workers and the lettuces and peas were taking forever to harvest. Can I work physically in high gear, but keep my mind at peace and very clear? Stress is present even here on this idyllic little farm we have.

Notes from the Farmer:

Things are really looking up here in the fields with the warm summer sun and the recent much needed rainfall. I have not had the variety in the boxes so far this year as many crops have been so slow in maturing. In a normal year we would have cucumbers and summer squash and cabbage by now with peppers and new potatoes just around the bend. This year it seems most crops are a couple of weeks behind. No worries as all will come as nature allows. I do hope you have been enjoying things so far. I would think many of you have had enough greens, radishes and scallions for one lifetime already. We will take a break from many of these as other crops begin to ripen.

Registration for July 19th kids camp due this Saturday.

The work load so far this summer has been heavy, but for the most part enjoyable. We are incredibly fortunate to have Lisa as our intern until the end of July. Her work ethic and the joy she finds in life is truly inspiring. The small compact tractor I have this season is also helping tremendously with the tilling, planting and cultivation. I also have a neighbor who helps out full time and some other part time help for our harvest day. Lately our time has been inordinately spent on two things: 1. Irrigation – After heavy rains in early June we had no rain for nearly a month. Thank heaven that we received an inch last

Monday to give everything a drink. Watering helps, but does not take the place of rain. 2. Strawberries – These have been a tremendous asset to our early deliveries this year. They do take an incredible amount of time to harvest which has taken most of our effort outside of the regular harvesting. We currently find ourselves particularly behind in the weeding part of this endeavor. The cultivator can get between the rows but the "in row" weeding still needs to be done by hand or hoe. We have most of the peppers and tomatoes mulched which certainly helps. So, a weeding we will go.

In the Box:
Broccoli continues to mature irradically so some of you will receive this and others garlic scapes.

This will be the last of the scallions until Oct.

Basil is a healthy bunch. The smell and taste is just intoxicating.

Peas are the shelling type where you do not eat the pod. The snow peas and sugar snap are coming later on.

Kohlrabi for everyone this week. Laurie sliced them like French fries and baked them last evening with

some spices and they were fabulous.

Broccoli Raab for everyone also to experiment with. No more of these this season.

Lots of tasty leaf lettuce for salads. We will be back to romaine next week.

Beet greens are from an heirloom Bull's Blood variety. These are particularly marketed for their excellent greens. I hope they live up to their reputation

Strawberries will be your last – ENJOY!

*** Extra strawberry folks: Please make sure to send payment and return extra boxes – thanks much.

Summer Events

Check out the Kids Camp info on the website.
Dates: Sat. July 19th and Sat. August 16th.
Registration form online.
Registration needs to be received one week prior to camp.

Summer Gathering:
Saturday August 2nd

Fall Gathering:
Saturday October 4th

Recipes...

Risi e bisis

4 c. high quality vegetable or chicken broth
2 tbsp butter
1 tbsp extra-virgin olive oil
1 shallot, diced
¾ c. uncooked medium grain rice
Salt
2 c. fresh shelled peas
½ c. freshly grated parmesan
Freshly ground black pepper

Heat the broth to simmering in a saucepan on top of the stove or in a heatproof container in the microwave.

In a large saucepan, heat the butter

and olive oil over medium heat. Add the shallot and sauté for 2 minutes. Add the hot broth and rice, stir well, cover, reduce the heat, and simmer until the rice is just tender, 15 minutes.

Taste and add salt if desired. Stir in the peas and cook gently until the peas are done enough to suit you, about 5 minutes fresh peas. Stir in the Parmesan and season with pepper. Serve at once.

Roasted Kohlrabi

Kohlrabi
Extra virgin olive oil
Salt and pepper
Parmesan cheese

Preheat oven to 425F. Lightly oil a large shallow roasting or half sheet pan.

Trim and peel the kohlrabi. Cut into matchsticks. Transfer to a large bowl, add the oil, and toss to coat. Arrange in a single layer in the pan.

Roast for about 15 minutes, until the kohlrabi is tender and lightly browned.

Transfer to a serving plate or bowl. Sprinkle with salt, pepper and parmesan cheese. Serve hot.

Broccoli Rabe with Toasted Garlic

1 lb broccoli rabe, tough ends trimmed
1 ½ tbsp extra-virgin olive oil
6 cloves garlic, thinly sliced
¼ tsp salt
1/8 tsp freshly ground pepper
1 tbsp red wine vinegar

Cut broccoli rabe stems into ½ inch pieces. Coarsely chop the leaves; leave the small florets whole.

In a large nonstick sauté or frying pan, heat the olive oil over medium heat. Add the garlic and sauté until lightly golden, 1 – 2 minutes. Using a slotted spoon, transfer the garlic to a small bowl and set aside.

Add the broccoli rabe stems to the pan and sauté until the stems are slightly softened, about 3 minutes. Stir in 1/8 tsp of the salt. Add the leaves and florets and sauté until the leaves wilt and the florets are tender-crisp, 3 – 4 minutes. Stir in the remaining 1/8 tsp salt, the pepper, and the sautéed garlic. Drizzle with the vinegar and toss to mix. Serve immediately.

Braised and glazed radishes

2 tbsp butter or extra virgin olive oil
1 lb radishes, trimmed
½ c. or more vegetable stock, white wine, or water
Salt and ground black pepper
Freshly squeezed lemon juice
Chopped parsley leaves for garnish

Combine the butter, radishes, and stock in a saucepan, spring with salt and pepper, and bring to a boil. Cover and adjust the heat so the mixture simmers; cook until the radishes are tender, 15 to 20 minutes, checking once or twice and adding additional liquid as needed.

Uncover and raise the heat to boil off almost all the liquid, so that the vegetable becomes glazed in the combination of butter and pan juices; this will take 5 to 10 minutes. Taste and adjust the seasoning, add a little lemon juice if you like, garnish and serve.