

Earth Dance Farm



Newsletter 7/17/08
Volume 3, Issue 5

27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net

Quote for the Week

Animals are such agreeable friends – they ask no questions, they pass no criticisms.

George Eliot

This week:

Basil
Beets
Gourmet leaf lettuce
Romaine lettuce
Radishes
Green beans
Strawberries
Swiss Chard
New red potatoes
Broccoli
Cabbage
Chives

Notes:

Wash vegetables before eating them.

A Girl and her Goat

The girl is me, Laurie, (I would have used woman, but girl had a better ring to it) and the goat is my new goat Ginger.

Ever since we started seriously looking at making a move to the farm, I had this underlying desire to have a goat. I often ponder the meaning of these, often times, illogical desires. With all that I have going on in my life do I really need to bring a goat into the picture? Didn't have to think too hard or long to answer that question with an emphatic NO. So I decided to hold off on adding the new species of farm animal to my life. Yet, life seems to have other plans for us sometimes.

Hence, one day I go to the

Notes from the Farmer:

I am extremely pleased with the box of produce this week and I hope that you are as well. The veggies just seem to be thriving with this hot summer sun. As long as we receive enough rain and not the hail or damaging winds, we should be in fine shape. Lisa's article "Smile, it's strawberry season" has changed to "Smile, thank God the strawberry season is over." They managed to hang on for this delivery, but that is definitely it since we refuse to pick any more. Now we can concentrate our time on the beans and peas. The Spring greens and brassicas are slowly giving way to the veggies of summer: green beans, summer squash,

barn where I take my riding lessons. I bring my horse into the feed stall to give her grain and lo and behold there was a little goat, a CUTE little goat. Of course, my curiosity got the better of me and I came to find out that this little goat needed a home. You see, she has a bit of an identity crisis and thinks that she really belongs to the human family rather than the goat family. Every time they put her in with the goats she escaped and went to find her "true" family. She had been bottle fed as a newborn and bonded with the dispenser of the milk.

So home she came to Earth Dance Farm and my journey into the world of goats began. I can sum up Ginger

in a few words: exuberant, mischievous, demanding, and loud. (My family would add annoying.) I have come to believe that goat and training are not two words that can be put together. Yet, she makes me smile. Ginger bleats at the sound of my voice, and lets me know that she wants to come and spend some time with me. She follows me around as I do chores, getting into trouble along the way. I take her with me as I walk the pastures and if she gets distracted and loses site of me she bleats to find out where I am, and when I call out to her she comes running, in her bouncy goat's way, to find me. I stop, wait for her, and know that a girl and her goat is a good thing.

cukes, tomatoes, peppers, beets, carrots, onions, corn, potatoes, etc. These crops and others will dominate the boxes for the next 6-8 weeks before we turn again to the cooler weather greens and brassicas and late season crops such as winter squash and parsnips. Crops like carrots, beets, garlic, onions and potatoes continue right through till the end. It is a nice cycle in tune with the temperatures and length of days.

New red potatoes are not cured so eat them right up with some of the chives and butter or sour cream – they are to die for.

Cabbages are busting a gut now so expect them for several weeks.

Beets will also be in the next few boxes. Remember to use the greens as well as the root of these. We had the beet greens in stir fry as well as in salad this week and I thought they were wonderful.

Green beans grew an inch overnight it seemed. I wasn't planning on having them in this delivery, but here you go.

***Raspberries: Some of you will receive raspberries this week, others of you will get them as we get them. We will make sure everyone receives some, but it will never be posted as a crop – instead it will be a little treat. Hope you are having a great week.

Summer Events

Check out the Kids Camp info on the website.

Dates:

Sat. July 19th (FULL)

Sat. August 16th.

Registration form online.

Registration needs to be received one week prior to camp.

Summer Gathering:

Cancelled. Norm's sister died in May and a family gathering has been planned for that same weekend in August. We are sorry to have to cancel, and hope that you know that you are welcome to come down for a visit most any other weekend.

Fall Gathering:

Saturday October 4th
2:00pm until.....

Recipes...

Swiss Chard with Raisins and Pine Nuts

1 bunch Swiss chard
2 tbsp olive oil
3 tbsp minced shallots
Grated zest of 1 lemon
¼ c. raisins
½ c. toasted pine nuts
Coarse salt and freshly ground black pepper

Rinse the chard and cut the ribs off the leaves. Cut the ribs into ½ inch dice and set aside. Stack the leaves and cut them into ½-inch strips. Set the leaves aside separately.

Heat the olive oil over medium heat in a large, heavy pot or large, deep skillet with a tight-fitting lid. Add the shallots and chard ribs and cook, uncovered, until soft, about 5 minutes.

Add the chard leaves and cook, stirring frequently, about 1 minute. Add 2 tbsp of water, most of the lemon zest, and the raisins. Cover the pot and cook, stirring occasionally, until the chard is tender and the water has almost evaporated, 4 – 8 minutes. If the water evaporates before the chard is

tender, add an additional splash of water.

Remove the pot from the heat. Stir in the pine nuts, and season the chard with salt and pepper to taste. Serve immediately garnished with the remaining lemon zest.

Garlicky String Beans

1 lb tender green beans, trimmed
Salt
1 tbsp olive oil
1 tbsp minced fresh garlic
½ red bell pepper (optional) stemmed, seeded, and sliced into thin strips
Freshly ground black pepper

Fill a large bowl of water with ice cubes and set aside.

Bring a large pot of water to a boil over high heat. Add the beans and 1 tsp of salt and cook until the beans are just crisp-tender, about 5 minutes. Immediately drain the beans in a colander, then plunge them into the bowl of ice water to stop the cooking. Drain the beans again in the colander.

Heat the olive oil in a large skillet over medium heat. Add the garlic and bell pepper, if using. Cook, stirring constantly, until the garlic is fragrant, about 2 minutes. Add the drained beans and cook until heated through, about 2 minutes. Season the beans with salt and pepper to taste and serve hot or at room temperature.

Gingered Roasted Beets

4 – 6 medium beets, tops and roots trimmed to 1 inch
1 c. cider vinegar
1 c. water
½ c. sugar
One 2-inch piece fresh ginger, peeled and sliced
2 garlic cloves, sliced
½ tsp salt
Freshly ground black pepper

Preheat oven to 350F.

Wash the beets, but do not peel. Place on a large sheet of heavy-duty aluminum foil and wrap to form a well-sealed packet. Or place in a baking dish and cover.

Roast for about 1 ¼ hours, until tender; adjust the time for larger or smaller beets. The beets are done when they are easily pierced with a fork. Let cool, covered.

Meanwhile, combine the vinegar, water, sugar, ginger, garlic, and salt in a medium-size nonreactive saucepan. Simmer over low heat for about 10 minutes, until syrupy. Pour into a large bowl and let cool.

Peel the beets and cut into thin wedges. Add to the syrup and season with pepper to taste. Stir to coat. Cover and marinate in the refrigerator overnight.

Remove the ginger and garlic, and serve.