

Earth Dance Farm



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Quote for the Week

He is happiest, be he king or peasant, who finds peace in his home.

Johann Wolfgang von Goethe

This week:

Cabbage

Beets (beet greens)

Snow peas

Green beans

Kale

Romaine lettuce

Kohlrabi or broccoli or cauliflower

Chives

Basil

Sage

Notes:

Wash vegetables before eating them.

Cock-a doodle doo

Our latest batch of chicks that we purchased in mid April are pretty much full size now and should be starting to lay their first eggs in 6 weeks or so.

Today when I let them out at midday I was brought back to a year earlier. That batch had one rooster mixed in with the hens and it is he that this story is about.

From the beginning I told myself, "Self, you should do away with that rooster because it will only cause problems." Our family likes diversity, and all were in favor to keep the rooster and see how things develop. I agreed. It did not take too long before he was strutting his stuff and totally controlling the environment within the coop. Meanwhile, the kids were showing him off to

friends and family and saying how cute he was and all this. By late summer the rooster took to chasing the kids, trying to pick or spur them. We all had to be vigilant as time went on when feeding them, collecting eggs or merely walking the yard. Laurie's Mom received a gash and a bruise after "singing" back to him his gorgeous song. I, now, was the only person who would enter the coop to feed and get the eggs. Just what I needed - another task that only I could do.

Now the question sat before our family again. I was under the belief that the rooster was also keeping the hens from laying by creating such havoc within the coop. Winter was now over and with the plan to move this batch to make room for our new ones, it was agreed upon that

I could kill it. So in mid April of this year I made preparations and grabbed our rooster. He seemed to melt in my arms as if to say "It's been way too long since you've held me." Before guilt could get the better of me I finished the task at hand. Since then I've thought about the rooster a lot. He was right you know. His fierce energy of protection and survival was an instinctual passion for his flock. Our human reaction to this energy was often of fear (kids), aggression (me), or confusion (Mom). Perhaps he only needed a balance of love and touch to contain his fierceness. We, too, often respond with fear and aggression when we encounter such energy from one another. Who is there to hold us - to say that this passion is a good thing?

Notes from the Farmer:

We are having some beautiful weather here at the farm and the veggies and weeds are growing quickly. We have been putting top priority to catching up on the weeds, staking the tomatoes and plantings for the fall. With little rain last week and none in the immediate forecast we are starting the drip lines again for certain crops like peppers, tomatoes, melons eggplant etc.

I was talking to an acquaintance the other day and told him I had purchased a tractor for this season's use. His comment was "Isn't that against organic rules or something?" Perhaps in an ideal world we all would have a small tract of land where we

could grow/raise most of our own food by hand or with horse. But to produce a quantity of crops by a certain time as in a csa I feel that machinery is necessary. A farmer has to make a living, enjoy the work, and have a life outside of the work to make it worth the while. Yet I ponder the fuel used to heat the greenhouse and to transport the vegetables, the pollution from the machinery, the clamshells that are difficult to recycle. I also ponder "extending the season", using irrigation to have a greater harvest or only to save a crop, using any type of herbicide or insecticide even if it is

organic certified. Do I lose a crop to the potato beetle because I refuse to don rubber gloves, a cover-all and a mask in order to spray Dipel? There are some topics I gnaw on as I ramble through my time in the fields. I am mostly a hands off type of guy and believe that nature knows what's best. And I also take my responsibility very seriously to deliver a quantity of a diverse, tasty product on a weekly basis. This is obviously an ongoing conversation as farming continues.

Snow peas are the highlight of this delivery. Several of last year's members requested that I grow them. Cauliflower and sage are new in the boxes. Many of you get Raspberries this week. Peppers and cukes next week. Take care!

Summer Events

Check out the Kids Camp info on the website.

Dates:

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...

Chicken or Tofu Stir-Fry

¾ c. broth
3 tbsp light soy sauce
2 tbsp brown sugar
1 tbsp sesame oil
1 tbsp cornstarch
2 tsp ginger root (peeled and minced)
1 ½ tsp garlic (minced)
½ tsp crushed dried chilies or Tabasco sauce (optional)
Whisk together in a small bowl. Set aside.

1 lb. Boneless chicken (cut in cubes or thin strips) or 1 block firm tofu (cubed)

In large frypan over medium-high heat sauté in a small amount of olive oil until meat is cooked through or tofu is lightly browned. Remove tofu.

1 c. snow peas or sugar snap peas (cut in 1 inch pieces)

Add to frypan. Add soy sauce mixture and bring to a boil, stirring. Reduce heat and simmer until sauce thickens, 3 minutes.

12 oz fettuccine, spaghetti, buckwheat soba noodles or rice noodles (cooked)

½ c. green onions (chopped)

Mix in. Top with browned tofu if using and serve immediately.

Feel free to add other vegetables to the mix.

Kielbasa-Cabbage Dijon

1 Tablespoon Mazola Corn Oil
1 Medium Onion -- Sliced
5 Cups Thinly Sliced Cabbage
1 Apple, Cored And Thinly Sliced
¼ Cup Apple Juice
¼ Cup Hellmann's Dijonnaise Creamy Mustard Blend
2 Tablespoons Light Brown Sugar
2 Tablespoons Cider Vinegar
1 Pound Kielbasa -- Sliced

1. In large skillet heat corn oil over medium heat. Add onion; cook, stirring, 5 minutes. Add cabbage and apple; stirring occasionally, cook 10 minutes or until tender.

2. Stir in apple juice, creamy mustard blend, brown sugar and vinegar. Add kielbasa; cover and simmer 5 minutes or until heated through.

Wilted Cabbage

Recipe in Southern Living Cookbook by R. Banghart

4 slices bacon -- chopped
½ cup chopped onion
2 tablespoons sugar
¼ cup vinegar
½ teaspoon salt
⅛ teaspoon pepper
4 cups shredded cabbage

Cook bacon until crisp. Remove bacon and set aside.

To fat in pan, add onion, sugar, vinegar, salt and pepper. Stir.

Add shredded cabbage. Cook on Medium, uncovered for 15 minutes. Stir occasionally.

Sprinkle with bacon.

Braised Kale with Cherry Tomatoes

2 teaspoons extra-virgin olive oil
4 garlic cloves, thinly sliced
1 pound kale, tough stems removed and leaves coarsely chopped
½ cup vegetable stock or broth
1 cup cherry tomatoes, halved
1 tablespoon fresh lemon juice
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper

In a large frying pan, heat the olive oil over medium heat. Add the garlic and saute until lightly golden, 1 to 2 minutes. Stir in the kale and vegetable stock. Cover, reduce the heat to medium-low, and cook until the kale is wilted and some of the liquid has evaporated, about 5 minutes.

Stir in the tomatoes and cook uncovered until the kale is tender, 5 to 7 minutes longer. Remove from the heat and stir in the lemon juice, salt and pepper. Serve immediately.