

# Earth Dance Farm



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## Quote for the Week

*Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a great tree in the midst of them all.*

Achaan Chaa

## This week:

Cabbage  
Beets (beet greens)  
Cucumbers  
Radishes  
Swiss chard  
Broccoli or beans  
Cauliflower  
Thyme  
Parsley  
Basil  
Green peppers  
Salad turnip

## Notes:

Wash vegetables before eating them.

## A Final Reflection

Sadly, the day of leaving my internship here at the farm has arrived. I realize it sounds cliché, but the summer truly has flown by, and I will definitely miss this place and the family. I almost feel that the word "intern" is too distant or too formal to describe my experience, and that I felt more like a welcomed learner and friend. I have gained some valuable insights here and hope that I will continue to be reminded of their importance beyond the farm.

Having patience with others, nature, and myself, has probably been one of the most valuable and difficult of

these lessons. Patience is a skill, so it needs lots of practice, like breathing while you weed and staying calm while untangling large balls of twine. It's true that things need to get done, but being realistic about your goals and consciously being a part of the process will make experiences much more enjoyable.

Feeling the connection between people and food and food and the land has also proved to be important for me. Meeting some of you members has helped me recognize the value of a

community that is built around food. Today it is somewhat difficult to find such transparency and trust that is involved in a family-run, organic CSA. There seems to be more care and meaning put into food that's going to families you've met. It's also been exciting to be so exposed to the origins of our food and to realize what a miracle it is that the veggies survive all their trials and tribulations.

If you have the time, I highly encourage all of you to visit and work a little on the farm. It was nice meeting some of you and I hope you stay faithful Earth Dance members!

## Notes from the Farmer:

I think we can all agree that it is a HOT week. Harvesting went well - we try to harvest certain crops like the leaf vegetables early in the morning before they can absorb much of the field heat. Other root crops and hot weather crops (peppers, cukes, tomatoes, eggplant) can be harvested later, and finally, basil needs to be harvested right before nightfall since it cannot stand the low temperatures of the cooler. After harvest, each crop comes into the shade and is cooled down in a water bath or goes directly into the cooler. Cooler packs go into each box on Th. morning and all the

boxes get stacked into the van. They are covered with an insulated blanket and the AC stays on all day. I try to stack the boxes at drop sites in a way to retain the coolness of the boxes. It helps to have large crops like cauliflower and cabbage that hold in the cold. Hopefully you receive produce that is still cool and fresh even in such weather.

Veggies in the box:

Another week or two of both beets and cabbage.

Cucumbers are starting out strong and should be

bountiful for the next 5 or 6 weeks.

Swiss chard and basil are coming to an end until the next succession.

Broccoli and cauliflower will reappear in October.

Thyme and last week's sage can be dried and used for mid-winter stews.

Only one pepper, but tons on the vine.

\*\*\* My brother - in - law Dan has 2 quarters of grass fed, hormone free angus beef still available. Around 120lbs. at \$5/lb delivered to your door in late Aug. Let me know asap if you are interested.

## Summer Events

### Kids Camp registration due next week

Sat. August 16<sup>th</sup>.  
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 4<sup>th</sup>  
2:00pm until.....

## Recipes...

### Cucumber Sunomo

2 large cucumbers, peeled  
1/3 cup rice vinegar  
4 teaspoons white sugar  
1 teaspoon salt  
1 1/2 teaspoons minced fresh ginger root

Cut cucumbers in half lengthwise and scoop out any large seeds. Slice crosswise into very thin slices.

In a small bowl combine vinegar, sugar, salt and ginger. Mix well. Place cucumbers inside of the bowl,

stir so that cucumbers are coated with the mixture. Refrigerate the bowl of cucumbers for at least 1 hour before serving.

### Beet Salad with Goat Cheese

4 medium beets - scrubbed, trimmed and cut in half  
1/3 cup chopped walnuts  
3 tablespoons maple syrup  
Mixed baby salad greens  
1/2 cup frozen orange juice concentrate  
1/4 cup balsamic vinegar  
1/2 cup extra-virgin olive oil  
2 ounces goat cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to

make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

### Sautéed Swiss Chard with Parmesan Cheese

2 tablespoons butter  
2 tablespoons olive oil  
1 tablespoon minced garlic  
1/2 small red onion, diced  
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately  
1/2 cup dry white wine  
1 tablespoon fresh lemon juice, or to taste  
2 tablespoons freshly grated Parmesan cheese  
salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.