

Earth Dance Farm



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Quote for the Week

*You must be the change
you wish to see in the world.*

Mahatma Gandhi

This week:

- Summer Squash
- Cucumbers
- Beets
- Potatoes
- Green Peppers
- Tomatoes
- Dill
- Marjoram
- Onions
- Eggplant or Okra
- Romaine lettuce
- Cauliflower

Notes:

Wash vegetables before eating them.

Sustainable and Organic, are they the same thing?

I came across this question and answer in the September Vegetarian Times magazine that I thought may be of interest to our CSA members:

Question: Are the words "sustainable" and "organic" interchangeable?

Answer by Diane Hatz from sustainabletable.org: No. "organic" is really more a standard. "Sustainable" is really more a philosophy.

Organic food can be sustainable, but it might not be. A lot of organic farms are sustainable, but the hot-button issue right now is industrial organics – the big agribusinesses getting into

the market. Many times they monocrop; you can have acres and acres of one kind of lettuce, and still label it organic. But that is not sustainable.

For their part, sustainable farmers aren't necessarily certified organic. Many have given up on certification because the paperwork is so intense, but still, they grow foods with no pesticides whatsoever. They are what we call "beyond organic." We also know sustainable farmers who've lost their certification because they believe sick animals should be treated with antibiotics. It's not like they're participating in the daily low-dose antibiotics

problem – but organic certification has no room for such subtleties.
(end of answer)

I grew up with a farmer father who believed in staying small, rotating crops, using a few chemicals if any, hand weeding whenever feasible, using our own animal's manure for the primary fertilizer etc. This all makes sense to me philosophically as well as instinctually. It requires a greater intentionality and a deeper relationship with the land. It is a real partnership where we care for one another and take care of one another. It is a very real and tangible connection. And each one of you are a part of this connection by your support of local, sustainable agriculture.

Notes from the Farmer:

We have received only 4/10" of rain so far this month, so we have been irrigating non stop and hoping for some relief soon. Most of the crops are well rooted and seem to be doing fine. The flea beetles love the hot, dry weather and totally devoured my latest radish crop. I need to use row cover on many plantings now to prevent this from happening again.

Produce news:

Tomatoes have been the early yellow Taxi. Nothing special about these except that they fill a spot before the bigger red

ones are ready. They are low in acidity and have a fine flavor. Florida 47 and Paragon should be in for next week.

Beets are now Red Ace and are just beautiful and sweet.

Green peppers are plentiful. We are passing on a few that have a small hole in them because we think they are good and do not want to waste.

Majoram is a new herb for us that I started in my house in early Feb. Just hang it to dry if you can't use it soon.

This is the last dill for this season. It's just a small bunch but sufficient with creamed cucumbers and such.

Onions are just the beginning. You should receive 2 or 3 each of the remaining weeks.

There is never enough okra to go around so it is always a farmer's choice with another veggie. I hope you get a chance to try it.

We have 2 types of eggplant with the 2nd variety next time.

This is the last of the cauliflower – it may be a bit "buggy".

Recipes...

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

Dilly Mashed Potatoes

5 large potatoes (chopped)
4 large carrots (thinly sliced)
Boil together until soft. Drain,
mash, and set aside.

2 tbsp butter
¼ c. onions (thinly sliced)
1 ½ tbsp. fresh dill (chopped)
Melt butter in frypan and lightly
sauté onions and dill. Add to
potatoes.

½ c. plain yogurt or sour cream
½ tsp. Salt
¼ tsp pepper
Stir into potatoes. Mix well and
transfer to a greased 2 1/2 quart
casserole dish

Simplest Broiled Tomatoes with Parmesan

4 medium ripe tomatoes (about
2 lbs), cored and halved
crosswise through the equator
1 cup grated Parmesan cheese
½ tsp salt
Freshly ground black pepper

Adjust the oven rack so that it is
about 6 inches from the broiling
element. Preheat the broiler.
Place the tomatoes on a lightly
oiled rimmed baking sheet and
set aside briefly.

Combine the cheese and salt
and pepper to taste in a small
bowl. Sprinkle the cheese
mixture over the tops of the
tomatoes.

Broil the tomatoes, watching
them carefully to make sure
they are not burning, just until
the tomatoes soften a bit and
the tops become nicely
browned, 5 to 6 minutes. Serve
hot or warm.

Summer Squash – potato Frittata

1 med. Yellow squash, sliced
Salt
4 – 5 tbsp extra-virgin olive oil,
or more as needed

½ c cheddar cheese
(shredded)
Sprinkle on top. Bake
uncovered at 350F for 30
minutes. May be frozen
before baking. If baking from
frozen, bake 1 hour covered,
then 20 minutes uncovered.

Using Majoram

Sweet majoram has a slightly
milder flavor than oregano and
is used in Italian cooking. Use
to flavor carrots, cucumbers,
green salads, cottage and
cream cheese, omelets,
soups, fish, chicken, lamb,
and veal. Add towards the
end of cooking to make sure

the flavor isn't lost. Only
stores well for 3 days. It can
be frozen or dried.

1 ½ lbs potatoes, thinly
sliced
1 large onion, halved and
thinly sliced
¼ lb smoked Canadian
bacon or ham, diced
6 eggs
Freshly ground black
pepper
1 cup grated Cheddar

Combine the summer
squash and 1 tsp salt in a
colander and toss well. Set
aside to drain for 30
minutes.

Heat 3 tbsp of the oil over
medium-high heat in a
large, well-seasoned cast-
iron skillet or ovenproof
nonstick skillet. Add the
potatoes and onion, reduce
the heat to medium-low,
and cook, flipping and
stirring occasionally, until
the potatoes are soft, about
20 minutes. Increase heat
to med-high and continue
cooking, tossing
occasionally, until the
potatoes are brown, about
5 minutes. Remove the
potatoes with a slotted
spoon but keep the skillet
on the burner.

Transfer the squash to a

clean kitchen towel and pat
dry. Add the squash and
the bacon to the skillet and
sauté over med-high heat,
until squash is tender, about
4 minutes. Remove the
squash and bacon with a
slotted spoon. Keep the
skillet over the heat.

Beat the eggs and pepper to
taste in a med. Bowl until
well blended. Fold in the
potatoes, squash and bacon,
and cheese.

Preheat the oven to 350F.
Add 1 to 2 tbsp of the
remaining oil to the skillet
as needed to lightly coat the
bottom. Pour in the egg
mixture, reduce the heat to
med-low, and cook without
stirring until the bottom is
set, about 10 minutes.

Transfer the skillet to the
oven and bake until the top
is set, 5 to 15 minutes,
checking every 5 minutes.

Place a serving plate on top
of the skillet and carefully
invert. The frittata should
fall out of the pan. Cut into
wedges and serve.