

Earth Dance Farm



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

Quote for the Week

I see life as a dance. Does a dance have to have a meaning? You're dancing because you enjoy it.

Jackie Mason

This week:

Summer Squash

Cucumbers

Sun Gold cherry tomatoes

Tomatoes

Bell Peppers

Chile peppers

Jalapeno peppers

Parsley

Corn

Onions

Eggplant or Okra

Romaine or Bibb lettuce

Kale

Notes:

Wash vegetables before eating them.

A failed experiment

I think some of you may be interested in my experiment with the weeds in my melons this season and what a disaster it has been.

Last year I weeded by hand and with a walk behind tiller until the vines began to spread. At that time things looked fine, but the weeds seemed to take off soon after. I was busy on tasks higher on my priority list and before I knew it the weeds were knee high and I could hardly find the vines and small melons trying to grow. In the end, I took 5 young people with me on a very hot day and weeded the whole patch. It was hard work and we damaged many of the plants as they were attached to the

weeds. It is important not to disrupt the vine and growing fruit, but I felt I had no other choice. We managed to eat a few melons ourselves, but that was about the extent of our crop.

This year I was determined to do better. I found some remnant strips of 7 mil poly from Farm Tec that measured 4 ft. by 150 ft. I thought these would work beautifully between the rows of melons. The weeds would be kept at bay and I could still hand weed and drip tape the row itself as needed. The melons would vine up onto the poly and would remain out of the dirt. Nice idea – I wondered why no one else had done this before.

Firstly, the plastic was difficult to lay if there was any kind of wind at all. I made stakes 16" and pounded them into the plastic on the ends and on the west side since the wind usually blows from that direction. The grass and weeds still grew along the edges of the poly thus lifting it up. The wind would catch it and lift it over the stakes or pull the stakes up. So I brought out heavy rocks and cement blocks to hold the poly down. The wind does blow from the east at times so not staking that side was a mistake. So it has been one thing after another. The melons are doing ok but the poly is still all over and the grass has found its way. Now I have poly to roll up, stakes to pull, cement blocks to move etc., etc. Now for next year

Notes from the Farmer:

We still have received no real rain this month and many of the crops are showing it: the dry edges of the kale, the appearance of the cucumbers, the quantity of summer squash. For the most part the irrigation is keeping crops afloat, but I'm tiring of moving drip tape around the fields. Hopefully we will get some moisture in the next 24 hrs.

We have given you many ingredients for salsa making. The basil will come next week, but onions, tomatoes and peppers will abound for some time now.

Tomatoes: All of you will get

some Sun Gold cherry tomatoes. These have a golden taste of sunshine, rain and sweet soil all mixed together. They are sweetest when they are a dark orange but before the split. The yellow are coming to an end. Paragon and Florida 47 are red and the Pink Beauty are starting slowly and are more pink in color. I should have some extras that folks can purchase – ½ bushel (40-60 tomatoes) for \$25. Email us if interested in this.

Peppers: We have several varieties of bells and now chillis and the jalapenos.

The jalapenos are the smallest and the hottest.

Corn: I am happy with the crop even though it has rather small ears. The taste should be excellent and the following succession for next week has larger ears. The third planting should be ready in a month or so. Eat this corn tonight as it is always sweeter the fresher it is.

I wish all of you fine people a fantastic Labor Day weekend before the school year descends upon us once again. Have a great week and happy eating.

Recipes...

Fall Gathering:

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

Mexican Stuffed Peppers

4 bell peppers (any color)
Cut ½ inch off top of peppers and discard seeds. Steam whole peppers in 1 inch boiling water until tender, about 5 – 8 minutes. Remove peppers from water and set aside.

1/3 cup onion (chopped)
2 cloves garlic (minced)
In large frypan sauté in 1 tbsp oil.

2 cups tomatoes (chopped)
1 jalapeno pepper (minced after seeds removed)
2 tbsp fresh parsley (chopped)
1 tsp dried oregano
1 tsp ground cumin

½ tsp salt
1 bay leaf
Add and cook 5 minutes

2 cups corn
1 ½ cups cooked black beans
Add and simmer 10 minutes.
Place peppers in oven – proof dish so that they stand upright, cut ends up. Stuff peppers with vegetable mixture. Any extra filling can be placed in a dish next to peppers.

¼ cup Parmesan cheese (freshly grated)
Sprinkle on top. Bake at 350F to heat through, 20 minutes.

Braised Kale with Cherry Tomatoes

2 tsp extra virgin olive oil
4 cloves garlic, thinly sliced
1 lb kale, tough stems removed and leaves coarsely chopped.
½ cup vegetable stock or broth
1 cup cherry tomatoes, halved
1 tbsp fresh lemon juice
1/8 tsp freshly ground pepper

In a large frying pan, heat the olive oil over medium heat. Add the garlic and sauté until lightly golden, 1 – 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 – 7 minutes longer. Remove from the heat and stir in the lemon juice, salt, and pepper. Serve immediately.

Slow Cooker Enchiladas

1 lb ground beef or turkey
1 cup onion (chopped)
½ cup green pepper (chopped)
Cook together in a large skillet until meat is browned and vegetables are tender. Drain off fat.

2 cups cooked pinto or kidney beans
2 cups cooked black beans
2 cups tomatoes (chopped)
¼ cup water
1 tsp chili powder
½ tsp ground cumin
¼ tsp pepper
1 cup summer squash
1 cup corn
Ground red pepper to taste
Add and bring to a boil. Reduce heat; cover and simmer for 10 minutes

1 cup sharp cheddar cheese (shredded)
1 cup Monterey Jack cheese (shredded)
Combine separately.

7 flour tortillas 6 -7 inches in diameter
In slow cooker layer about

1 cup meat-bean mixture, one tortilla and 1/3 cup cheese. Repeat layers to use all ingredients. Cover and cook on lo for 5 -7 hours or until heated through.

This recipe can be baked in the oven for about 30 minutes at 350F.