

Earth Dance Farm



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Quote for the Week

*Life is a series of collisions
with the future; it is not the
sum of what we have been,
but what we yearn to be.*

Jose Ortega y Gasset

This week:

Cabbage

Cucumbers

Radishes

Kale

Broccoli or Cauliflower

Green Peppers

Leaf lettuce

Parsley

Chives

Okra

Summer squash

Potatoes

Notes:

Wash vegetables before eating them.

Ebb and Flow

As the summer meanders its way towards autumn I am reminded of the continuity of change. The long days of summer slowly shorten, the spring greens give way to the tomatoes and onions, and our minds find their way back to thoughts of school. This happens each year, but I am more aware of it the more deeply I am in touch with the seasons and the earth through farming.

We had the most beautiful day today harvesting veggies. It was cool and cloudy with a tender breeze. I dare say I caught a whisper of fall in the air. Around 1:00 it cleared and topped out around 80

degrees. Shortly after harvest was complete we received a refreshing shower and now the moon shines in a cloudless sky. It seems more natural on days such as these to count my blessings. I feel so small and insignificant in many ways as the ancient cycle of life revolves all around and within me. In a very similar way I feel so connected and an integral part of it all. What I do and how I choose to do them does make a difference to me no matter how many things there are that I can not control. It is so amazing to me how fast the kids are growing, how quickly the CSA season is passing, how

the river keeps on flowing and flowing. But I am on this ride, we are on this journey.

Together we wake up for yet another day and choose our direction as we are able. And when evening falls we reflect on the passing of the day and ask ourselves how our travels have been.

So evening comes upon this day. It has been one of hard work and reflection. I am happy to be here on this land, and grateful to be in partnership with all of you through this CSA venture. I wonder what tomorrow has in store?

Notes from the Farmer:

Last Thursday we received 2 inches of much needed rainfall and 2 small showers since then. The crops are sitting quite nicely at present. The fields themselves have taken on a different look as the tomatoes have all been staked and many of the finished crop beds have been tilled and under a cover crop or have been fertilized and await a fall planting. With much recent emphasis on weeding, we have nearly "caught up" and the earlier bugs have abated.

Vegetable notes:

Cucumbers are in their prime. We have quite a few extras so

if anyone is interested in a ½ bushel for \$15 let me know (more or less 3 for a dollar).

Okra is a new crop for me and it has produced well on my farm. This was the first picking so some of them are a bit too mature, I believe. From now on we will pick them every other day to ensure their tenderness. They do not have a long shelf life so try to use them in the next few days. I'll be interested in your opinion on whether to have them again. Remember, it's cool to learn to like new things.

Kale and chard have been rotated all season so far. These greens have one of the highest vitamin count of any vegetable and are extremely healthy for you. I hope you are not tiring of them.

Summer Squash is finally coming along. I lost 1/3 of my crop to bugs earlier. This really set them back, but they will rebound nicely.

I bet you can just smell the garlic, onions, corn, eggplant and tomatoes.
*** Okra and garlic could slip out the bottom of the box. Any clean grocery bags would be appreciated. Cheers!

Summer Events

Kids Camp registration due this week:

Sat. August 16th.
Registration form online.

Registration needs to be received one week prior to camp.

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

Recipes...

Here is a recipe recommended by one of our members:

Oriental Cabbage Salad

1 head shredded cabbage
2 pkg. Roman noodles, do not boil, break in small pieces
2 carrots, shredded
1 stalk celery, diced sm.
6 green onions, cut up small
½ c. almonds

Italian Dressing:

Mix together: ½ c. oil ½ tsp.
Vinegar 3 tbsp. Sugar Dash salt and pepper Salad Supreme.

Put cabbage and noodles in a large bowl and pour dressing mixture over it. Do the night before you serve it. Before serving add almonds, celery, onions and almonds.

Simplest Potato Gratin

1 large garlic clove, crushed and peeled
1 tbsp unsalted butter
2 lbs potatoes, scrubbed and cut crosswise into 1/8 inch thick rounds
Salt
Freshly ground black pepper
6 ounces Gruyere cheese, shredded (about 1½c)
1 cup heavy cream, warmed

Preheat the oven to 375 degrees

Rub the garlic clove arounds the inside of 9-inch cake pan or gratin dish. Smear the butter around the bottom and sides of the dish. Layer around the bottom and sides of the dish. Layer one quarter of the potato slices into the dish so that the slices overlap slightly. Sprinkle with salt and pepper to taste and ¼ cup

of the cheese. Drizzle ¼ cup of the cream over the potatoes, making sure to coat each potato slice. Repeat two more times. For the fourth and final layer, arrange the remaining potatoes, sprinkle with salt and pepper to taste as well as the remaining ¾ cup cheese. Drizzle the remaining ¼ cup cream over the top.

Bake, uncovered, until the top layer of potatoes is crisp and nicely browned, about 50 minutes. Let settle for several minutes, then cut into small wedges and serve immediately.

Grilled Okra

To minimize the sticky texture, trim the thin stem leaving the cap intact so the seeds and juicy inner flesh don't escape.

1 pound small okra, stems removed
2 tbsp extra-virgin olive oil
Salt
Freshly ground black pepper
Lemon wedges
Light the grill

Toss the okra and oil in a medium bowl. Sprinkle with salt and pepper to taste. Thread the okra crosswise onto two skewers at the same time so that okra will be easy to turn on doubled skewers. You should be able to fit six or seven okra per set of skewers. Grill over a medium-hot fire, turning once, until the exterior blackens and blisters in spots, about 8 minutes. Serve hot or warm with lemon wedges.