

# Earth Dance Farm



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## Quote for the Week

*My calling is as great as snail  
or star, neither more nor less.*

*From my shell my glory  
blazes, bright and far, and  
my love-light slithers humbly  
through God's grass.*

*Andrea de Torres,  
Guatemala*

## This week:

Summer Squash

Cucumbers

Sun Gold cherry tomatoes

Tomatoes

Bell Peppers

Potatoes

Basil

Onions

Eggplant

Chives

Fennel

Corn

**Mark Sat. October 4<sup>th</sup> on your  
calendar for the Earth Dance  
Farm fall gathering.  
Celebrate the season, enjoy  
hobo dinners cooked on the  
fire, play with the animals,  
explore the farm...and more!**

I am hoping that everyone's C.S.A. experience is turning out to be a rewarding one. Part of it is the local food, of course, but also the logistics of receiving it and using the produce. If any of you have helpful comments on the cleaning, packing, delivery process etc. please feel free to pass it along to me.

Part of our mission here at Earth Dance Farm, besides providing food for families, is to encourage folks to strengthen their neighborhoods and enrich their lives through this food. I'm sure many of you are sharing recipes, stories or experiences that become an important part

## Farmer's Notes:

Since my last note we have received an inch of rain and hopefully something tomorrow. Jack Frost came for a near record visit early Tues. morning. Noah and I we out before bed the night before putting row cover over 12 beds of crops. Even with the cover the basil was damaged. We delivered it anyway, but some of it has black frost burn on it. I hope that those lower temps stay away now for a few weeks. We can definitely see the effect of the shorter days and cooler temps on the

of the season. I want to also invite anyone who wishes to come down for a visit to feel cordially welcome. Tues., Fri. or some weekends usually work. And I hope to see some of you at our fall gathering on Oct. 4<sup>th</sup>.

That's all I can muster up for tonight. I hope the kids are all back into the school routine now – boy that first week is a dousy. Take care.

gardens here. The cukes are all but washed up for this season, and the summer squash, eggplant, okra and the like are very slow to put on new fruit. There are loads of peppers and tomatoes on so the hope is always for a warmer and longer fall. We'll see.

Corn is the final delivery and is a mix of the gleanings from the first two plantings. I am afraid to say that the 3<sup>rd</sup> planting will not have enough heat this season to produce.

Fennel is new for us this year. To be quite honest I'm not sure I have ever eaten the stuff. I didn't thin it

adequately so it is not too large.

Tomatoes are primarily the Pink Beauty and the Paragon. We will continue to have some extra at \$25 a ½ buschel. Let us know if you would like any.

I hope you are enjoying the SunGold tomatoes. I am thrilled to continue to offer them, but it is getting old picking the buggers..

Potatoes are Cascade – let me know how you like them.

Fall crops like spinach, radishes and lettuces are coming up nicely. Winter squash is behind a couple of weeks and should be seen in the boxes before long

## Recipes...

### Baked Rigatoni with Italian Sausage and Fennel

1 lb hot Italian sausage links  
 1 16oz package rigatoni pasta  
 1- 24oz jar marinara sauce  
 1 bulb fennel, trimmed and thinly sliced  
 1 roasted bell pepper, chopped  
 ½ yellow onion, chopped  
 ¼ cup chopped fresh basil leaves  
 2 cloves garlic, minced  
 Salt and pepper to taste  
 1 cup shredded mozzarella cheese  
 ½ cup grated Parmesan cheese  
 ½ cup grated Asiago cheese

Preheat the oven to 350

degrees. Bring a large pot of lightly salted water to a boil. Add pasta and cook until almost tender, about 10 minutes.

Fry the sausages in a large skillet over medium heat, turning frequently until cooked through, about 15 minutes. Remove from the skillet, cool slightly and slice into rounds. Add the garlic, fennel and onion to the skillet and season with salt and pepper. Cook and stir for about 5 minutes, then add the roasted peppers, basil, sliced sausage and pasta sauce. Heat through over low

heat until warmed.

Combine the pasta with the a sauce and vegetables in 9 X 13 inch baking dish. Spread the mozzarella, Parmesan and Asiago cheeses over the top. Garnish with a few fennel leaves left from the bulb. Cover with aluminum foil.

Bake for 30 minutes in the preheated oven, then remove the aluminum foil. Set the oven to broil, and cook for another 5 minutes or until cheese is browned. (www.allrecipes.com)

### Fresh Corn Saute

3 tbsp butter  
 1 cup green pepper (chopped)  
 Melt butter in frypan. Saute green pepper and onion 2 minutes.

4 cups corn  
 ¼ cup water  
 1 tbsp honey  
 1 tsp salt  
 Pepper to taste  
 2 tbsp sweet pepper (diced; optional)  
 Add and stir well. Cover and cook over medium heat 10-12 minutes.

½ cup cheddar cheese (shredded)  
 4 slices bacon (cooked and crumbled)  
 Sprinkle over corn and serve.

tbsp oil, 2 minutes. Cover and cook until eggplant is soft, about 5 minutes, stirring as needed.

1 tsp dried oregano  
 1 tbsp fresh basil (chopped or 1 tsp dried)  
 Add and salt to taste.

1 small zucchini (sliced)  
 Line bottom and sides of greased 10-inch pie pan with zucchini slices. Spoon eggplant mixture on top.

2 cups mozzarella cheese (shredded)  
 2/3 cup evaporated milk  
 1 egg  
 Combine in a bowl then pour over vegetables. Bake in preheated oven 375F for 30 minutes.

parsley or basil (chopped)  
 2 cups booked black beans (optional)  
 Combine in bowl.

3 tbsp olive oil  
 3 tbsp balsamic vinegar or lime juice  
 1 clove garlic (minced)  
 Whisk together in a separate bowl. Pour over salad. Salt and pepper to taste. Toss gently and serve.

Quinoa variation: Add 2 cups cooked quinoa. Serve with warm flour tortillas.

### Eggplant Cheese Pie

4 ½ cups eggplant (cut into ½-inch cubes)  
 1 medium onion (minced)  
 2 cloves garlic (minced)  
 In large frypan sauté in 1 ½

### Stoplight Salad

2 cups tomatoes (chopped and drained)  
 2 cups corn  
 1 medium green pepper (diced)  
 1 medium red sweet pepper (diced)  
 ¼ cup fresh cilantro,