

Earth Dance Farm



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Quote for the Week

May all things move and be moved in me, and know and be known in me

May all creation dance for joy within me.

Chinook Psalter

This week:

Summer Squash

Swiss Chard

Sun Gold cherry tomatoes

Tomatoes

Bell Peppers

Beets

Chili peppers/Jalapenos

Potatoes

Parsley

Onions

Eggplant

Tatsoi (asian green)

Edamame (soy beans)

Mark Sat. October 4th 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!

Once the school year begins

So I have backed myself into a corner of sorts. I had imagined that my kids would be available to assist around the farm to a greater degree once school began than they are able too. They are involved in music and sports, as are their friends, and my help has all but dried up. This is something that I obviously should have reasonably guessed would be the case. Laurie had the suggestion of going to the local school in Spring Valley to try to find a farm kid who can drive and would like to make some money after school and on weekends. This is a good option, but I hesitate because "there is only one month of the

Farmer's Notes:

WOW what a gorgeous week, huh? The summer veggies should keep on coming for a couple of more weeks. I had a unique experience the other day. I was sitting down for a 1:30 lunch and could not decide which portion to enjoy first. On the pitchers mound sat leftover shish-ka-bobs from the grill the night before (steak, sun-golds, peppers, onions and summer squash). At first base was a bowl of fresh peaches with yogurt and a drizzle of honey. In left center was home made salsa with chips

season left" and "I would have to train him/her and deal with the schedule" etc. When I get backed into a corner like this I sometimes respond in like fashion; meaning, I'll get the work done, but the family all pays for it. The saving grace is that many crops like potatoes, garlic, and onions can all be harvested in one fall swoop and be ready for packing. As the weather cools many crops like carrots, beets, radishes etc. can also be harvested a few days before delivery and they keep fine in the cooler. I've

and, finally, at third base waited my hot toast with fresh raspberry jam. I went for the chips and salsa, but the choice was noteworthy. I felt a little guilty at the quality of my lunch, but that was short lived in light of the work that made this food possible. I was and am terribly grateful for the kind of grub that this life allows me and my family to enjoy for most of the year. Some of you have commented about missing the veggies once the season is over and the possibility of a fall share. Personally we miss the fresh stuff straight out of the garden also come winter, but I am plum tuckered out

done an unorthodox thing this week as I have given you the entire soybean plant. I thought that the kids especially would enjoy seeing how the pods grew on the plant and could pick them off before supper. This also saved me a fair amount of work. So I hope it is a win/win situation - let me know if you vehemently oppose. We usually just wash the pods, steam them and enjoy shelling them at the table with the meal and popping them in our mouths. I couldn't stop Adriana from eating them raw from the field. She almost drove the lawn tractor into a tree while

by the time the season wraps up to think about extending the season. This could obviously happen somewhere down the line as I develop this business further and manage the work load etc.

Produce:

Tatsoi is a new crop this year for us so I hope you like it. It is wonderful in stir fries in salad. It is standard in most braising and mesclun mixes.

Herbs we will be giving yet this season will be usually in larger quantities to dry and use all winter. Sage, thyme and majoram are coming still. Enjoy these beautiful days!

Recipes...

Sweet and Sour Swiss Chard

1lb Swiss Chard
Rinse, pat dry, and remove stems. Chop stems diagonally into small pieces. Stack leaves, roll up, and slice in 1-inch strips; keep separate from stems. Set aside.

1 medium onion (diced)
In deep frypan sauté in 2 tsp olive oil over medium over medium heat until softened, 5 minutes.

¼ c. dried cranberries or raisins
2 cloves garlic (minced)
3 tbsp white or cider vinegar
1 ½ teaspoons sugar

Beet Biscuits

These ruby-red biscuits are denser than regular biscuits and not as high. They will be sizzling when removed from the oven because of fat and moisture. Let them sit; they will absorb the butter. Serve them with cream cheese.

Dough left over after cutting the first round of biscuits can be patted again to cut a second round, which will not be as tender as the first.

3 small beets, trimmed and scrubbed
¼ cup buttermilk
2 cups all purpose flour, plus additional for flouring the board
1 tsp kosher salt
½ tsp baking soda
8 tbsp cold unsalted butter, cut into small cubes

In a medium saucepan, cover the beets with water by 2 inches. Bring to a boil, then lower the heat and simmer until a knife slips easily into the flesh, 30 – 45 minutes. Drain and cool 10 minutes. Rub off the skins and quarter.

In a food processor, puree the beets; there should be 1 cup

Salt and pepper to taste
Add along with chard stems, cover and cook for 8 minutes. Place chopped leaves on tops of the mixture (do not stir in), cover and cook another 2 minutes. Remove from heat, stir, and serve.

Tatsoi Vegetarian Feast

Tatsoi is one of the most attractive vegetables. It grows close to the ground, a rosette of crinkly dark green leaves about eight inches in diameter. This growing habit means that it must be carefully washed, since it is liable to retain dirt. Usually the leaves are torn off and added to stir-fries or used like spinach. I like to use it whole

as a base for steaming other vegetables – an edible dish. Generally, enough cut-up vegetables can be laid on top of it to serve four. It can be put on a plate, mounded with the vegetables and cooked in a bamboo or other steamer. As the tatsoi takes only about 10 minutes to cook, vegetables that take longer can be briefly stir fried or steamed on their own before adding.

Don't overseason. Let the vegetables sing. Serve rice on the side.

(Vegetable Love by Barbara Kafka)

puree. Transfer to a bowl. Whisk in the buttermilk.

Place a rack in the center of the oven. Preheat the oven to 500F.

Sift the dry ingredients into a medium mixing bowl. Cut in the butter until the largest pieces are the size of small peas. Place in the freezer or refrigerator until the butter is hard, 10 to 15 minutes.

Scrape the puree into the flour mixture and stir with a wooden spoon just until the dough comes together around the spoon. This will be a very moist, sticky dough; there should still be whole pieces of butter visible in the dough.

Turn the dough out onto a well-floured surface. Knead about 10 times, incorporating enough flour so the dough no longer sticks to hands. Keep board well floured.

Pat the dough out ½ inch thick. Using a biscuit cutter or a glass, cut into 2-inch rounds. Place on an ungreased air-cushioned cookie sheet or a heavy baking sheet, preferably black. Bake for 9 to 11

minutes, or until cooked through. Let sit for a few minutes, then serve.

(Vegetable Love by Barbara Kafka)