

# Earth Dance Farm



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## Quote for the Week

*Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.*

*Thich Nhat Hanh*

## This week:

Summer Squash  
Spinach  
Sun Gold cherry tomatoes  
Tomatoes  
Bell Peppers  
Green beans  
Carrots  
Radishes  
Cilantro  
Onions  
Garlic  
Peas

**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!**

## THE OCTOBER 4<sup>TH</sup> GATHERING

I thought I would ramble on a bit about the CSA farm gathering that we are hosting as it is coming up quickly. We have had this every year as a celebration of the wonderful season of produce. It is also an opportunity for folks to meet us, if they haven't already, and walk the fields that produced the crops all year. There are also animals to see, take a stroll through our 35 acres of woods, or just relax by the bonfire and visit with other CSA members.

We'll get the party started at 2:00 but you can arrive whenever it fits your schedule. I'll already have the fire going so that there is a nice bed of

## Farmer's Notes:

I didn't receive any lashes for sending the whole soybean plant so I did it again this week - that's all for them now. I'm sure some of you have been asking yourselves, "I wonder why we haven't received any carrots yet. Can't they grow any carrots at Earth Dance? I sure have a hankerin for some tasty carrots. We better get some real soon." Well, Lady Luck is on your side as you will get them for the remainder of the season. Speaking of which - the last delivery is Oct. 16<sup>th</sup> so there are 3 deliveries after this one.

coals for the hobo dinners at around 5 o'clock. We will supply the hamburger and vegetables for the hobos as well as beverages for adults and kids. You can bring chips, snacks or a dessert to share. We will also have the makings for smores. We have a big lawn for kids to run or play games. We will have hayrides for whoever is interested and pumpkin picking for as long as the pumpkins hold out. We haven't arranged for any live music this year so I guess it will have to be old George Jones on the radio.

You should see onions, garlic, winter squash, potatoes and spinach in your remaining boxes as well.

It's probably the end of the Sungolds for the year. They seem to be splitting more easily as there are no leaves to shade the sun. Regular tomatoes should be around for 2 more weeks if it doesn't freeze hard.

I am very happy with the peas and beans in the late season. The peas are Sugar Snap so you eat the whole pod. Not sure if there will be enough for another delivery, but there are more beans for sure.

PLEASE...

Anyway, I hope many of you can make it. It is 1.5 hours from West St. Paul and more like 2 from Mpls. Directions are on the website. Try to carpool if at all possible. Please try to rsvp to our email so we have an idea of how many to plan for. If you do not rsvp and can still make it that day, by all means come on down. You know, the more the merrier. I know that it is a haul and that schedules are tight, but in all honesty, we would love to spend some time with you.

I hope that you have been enjoying the raspberries from time to time. Most of you have received a 1/2 pint in three different boxes. I'm not sure how many more will be available if any.

I have cabbage, broccoli and kohlrabi coming up nicely. It is difficult to say if they will make the last delivery or not. We remain dry here. We are over 5 inches below normal since June 1<sup>st</sup>. Seems like the rains pass us by with only a couple tenths to show for it.

Remember to smile and share the love.

## Recipes...

### Pasta with Garden Vegetables and Tarragon

3 ripe tomatoes  
 3 carrots, peeled and thinly sliced into rounds  
 4 sm. Summer squash, thinly sliced or cubed  
 ½ c. peas (or a handful of sugar snap peas or cut green beans)  
 1 sm. Onion, quartered then thinly sliced crosswise  
 1 bell pepper, quartered then thinly sliced crosswise  
 2 clove garlic, peeled and minced  
 2-3 T. chopped fresh tarragon  
 Salt, to taste  
 Fresh ground pepper to taste  
 12 oz penne or corkscrew-

shaped pasta

Bring a large pot of water to a boil. Blanch the tomatoes for about 10 seconds, then peel, seed and dice them. Put them in a large bowl. Blanch the carrots and summer squash for about 2 minutes adding peas after 1 minute. (If using snap peas or green beans, add them along with the carrots and squash). As the vegetables finish cooking, scoop them out with a strainer, shake off the excess water and add them to the tomatoes along with the onion, bell pepper, garlic, and tarragon. Add salt

to the remaining water and cook the pasta until it is just tender. Drain it and add it to the vegetables. Toss well, taste for salt, season with pepper and serve. (Vegetarian Cooking for Everyone)

### Spinach Salad

1 ½ lb fresh spinach  
 2 peeled, sectioned oranges  
 ¼ c. chopped red onion  
 2 tomatoes, quartered  
 ½ lb fresh mushrooms, sliced  
 ¾ c. cashews

Wash and drain spinach, remove tough stems. In a large bowl, combine spinach with oranges, onion, tomatoes, mushrooms, and cashews. Combine dressing ingredients and pour over salad, tossing gently to mix well.

#### Dressing

6 T. oil  
 2 T. vinegar  
 2 T. honey  
 2 T. mustard  
 2 T. sesame seeds, toasted  
 1 clove garlic, minced  
 ½ tsp. Pepper

(Pomme de Terre Foods Community Cookbook)

### Carrot Salad with Currants and Almonds

½ c. dried currants  
 ¼ c. red wine vinegar  
 1 pound carrots, peeled, trimmed and coarsely grated (about 4 cups)  
 ¼ cup slivered almonds  
 1 tbsp honey  
 ¼ cup plain whole-milk yogurt

Place the currants in a small bowl. Combine the vinegar, ¼ cup water and ¼ teaspoon salt in a small saucepan. Bring to a boil. Pour over the currants. Allow to soak for 20 minutes.

Drain the currants; reserve the liquid. Put the currants, carrots and almonds in a bowl. Whisk together the reserved soaking liquid, the honey and yogurt until smooth. Pour over the carrot mixture and toss until combined. Add the remaining ½ teaspoon salt. Toss until thoroughly mixed.

(Vegetable Love by Barbara Kafka)