

Earth Dance Farm



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Quote for the Week

*O Thou who art at home
Deep in my heart
Enable me to join you
Deep in my heart.*

The Talmud

This week:

Winter squash
Tomatoes
Bell Peppers
Green beans or peas
Carrots
Radishes
Sage
Onions
Garlic
Red Kale
Potatoes
Eggplant

Farm gathering this Saturday – 2:00 – rsvp by email if coming –see details in last week’s newsletter

SLOW FOOD

Many of you have probably heard of the Slow Food movement. It has always reminded me of how we grew up on our farm in Iowa. Pretty much everything at our table we either raised or grew except salt, sugar and flour. The only part we missed out on was the eating slow part. When there are 13 kids I was thinking “Give me those mashed potatoes before the bowl is licked clean.” It was a far cry from the monks calling us to taste the sun and rain in each chew of our food.

Slow Food is an anti-fast-food, anti-industrial-agricultural movement launched in 1986 by an Italian journalist. It

advocates health through eating local organic produce from small sustainable farms. Most CSAs fall under such a heading. I would also say this movement speaks to the planning and preparation of the food and of enjoying it in the company of friends and family. It is a conscious form of acquiring, preparing and consuming food. Knowing where your food comes from and the farmer who works the land changes the way we see food. This relationship, along with the high nutritional content of

such food, is a healthy choice indeed. The article on Slow Food in a recent Time magazine article raised the question of the responsibility to feed the growing world population. Since chemicals and fertilizers and genetics all help produce more yield per acre, organics is not the approach best suited to meet this problem. I guess we need to look a little farther down the road to see that protecting our land and feeding our children healthy, nutritional food is, in fact, a very viable approach. Happy eating!

Farmer’s Notes:

I am happy to say that we are finished with irrigation for the season. Now it is just enjoying the harvest and cleaning up the fields. Oh, there is garlic to plant and strawberries to mulch and manure to spread, but no more weeding or watering.

Winter Squash is Sweet Dumpling, a buttercup. We also have Acorn and Butternut to follow. I am letting them in the field to ripen until a hard frost since the season had such a late start. Many times winter squash will “sweeten” as

they sit for a month or more in your garage or basement.

Sage is a big bundle to hang to dry for winter use.

I will probably not cover the tomatoes or peppers if a freeze comes. There are more to be had if the frost holds off.

Sorry I loaded you with eggplant this week. I will not deliver these any more now.

Red Kale is baby so it should be very tasty and tender.

I should tell you that our Plum and Apple trees did not bare much this year. Actually, they

didn’t really even have many blooms on in the spring. I’m figuring that they are taking a sabbatical year since they have been so productive the last few years. I will expect a bumper crop next season.

My brassicas have really taken off since our ½ inch of rain, so I hope they are ready for the last delivery. We will see.

There are always loads of veggies still in the field after the final delivery. If any of you want to venture down the latter half of Oct. you can harvest whatever is here for yourselves. Just let me know when you are coming.

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! Send an email and let us know if you are coming

Recipes...

Glazed Coin Carrots

1 ½ lb carrots, sliced into ½ inch thick rounds
2 tbsp butter, melted
3 tbsp freshly squeezed orange juice
1 tbsp pure maple syrup
2 tsp peeled and grated fresh ginger
Pinch of nutmeg
Salt and freshly ground black pepper

Preheat the oven to 425F. Lightly oil a baking pan just large enough to hold the carrots in a single layer

Transfer the carrots to the pan.

Drizzle the butter over the carrots and toss to coat. Arrange in a single layer.

Roast for about 10 minutes. Meanwhile, combine the orange juice, maple syrup, ginger, nutmeg, and salt and pepper to taste in a small bowl.

Remove the carrots from the oven and pour the glaze over them. With a metal spatula, turn the carrots over. Roast for another 15 minutes, until the carrots are lightly browned and easily pierced with a fork. Stir with the spatula to coat the carrots

with the glaze on the bottom of the pan.

Serve hot.

(The Roasted Vegetable by Andrea Chesman)

Slow Roasted Rice-Stuffed Tomatoes

8 medium-size ripe tomatoes
12 large basil leaves
4 garlic cloves, peeled but left whole
½ cup Arborio rice
Salt and freshly ground black pepper
2 Tbsp extra virgin olive oil

Preheat the oven to 400F. Lightly oil an 8-inch baking dish.

Remove a ½-inch-thick slice from the stem end of each tomato and reserve. Using a small spoon, carefully scoop the pulp from each tomato into a medium-size bowl; take care to avoid puncturing the walls of the tomato.

Arrange the tomatoes hollow side up in the baking dish.

Combine the tomato pulp, basil, and garlic in a food processor and process until mostly smooth. Return to the bowl and mix in the rice. Season generously with salt and pepper. Spoon the filling into the tomatoes. Place the reserved slices on top. Drizzle the oil over the tomatoes.

Roast for about 50 minutes, until the rice is cooked through and the tomatoes are tender

and well browned.

Let stand for at least 15 minutes.

Serve warm or at room temperature.

(The Roasted Vegetable by Andrea Chesman)

Creamy Tomato Soup

3 tbsp butter
1 med onion, coarsely chopped
2 tbsp flour

2 cups water or vegetable or chicken stock
4 lbs tomatoes
2 tbsp light brown sugar
6 whole cloves
1 cup half and half
½ tsp cream
Freshly ground pepper
1/3 cup sliced basil (optional)

Melt the butter in a large stainless steel pot over medium high heat. Add the onion; cook, stirring constantly, until tender, 5 to 7 minutes. Reduce the heat to medium. Sprinkle the flour over the onions and cook, stirring constantly, until the mixture foams. Pour the

water or stock into the mixture and bring to a boil.

Pell the tomatoes and remove the stems. Cut them in half, squeeze out the seeds, and chop. Set aside ¾ cup of the chopped tomatoes.

Add the remaining tomatoes, brown sugar, and cloves to the pot. Leave uncovered and reduce the heat so that the mixture continues at a gentle simmer. Cook, uncovered, stirring occasionally, for 30 minutes.

Remove the pot from the heat and set it aside to cool slightly. Remove and discard the cloves.

Transfer the soup to a blender or a food processor and process to a smooth puree.

Return the soup to the pot, place over low heat, and add the reserved chopped tomato. Stir in the half and half and add the salt and pepper to taste. Heat the soup, stirring constantly, until very warm (avoid boiling). Turn off the heat; stir in the basil if desired.

(Farmer John's Cookbook by John Peterson)