

Earth Dance Farm



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Quote for the Week

*We are born to make
manifest the glory of God
that is within us. It is not just in
some of us; it is in everyone.*

Nelson Mandela

This week:

Winter squash

Tomatoes

Beets

Lettuce

Carrots

Radishes

Thyme

Onions

Garlic

Arugula

Potatoes

Leeks

Baby Bear Pumpkin

Next week is the last delivery

TOP 10 FOR 2008

I thought I would give you my ten most memorable occurrences for this past season. It helps to put the season into perspective from my vantage point anyway. These are basically chronological as the summer progressed.

1.) A spring that remained cool FOREVER. It was difficult to get crops into the soil on time and then they would germ and grow slowly. I really felt the repercussions of this throughout most of the season.

2.) My membership to the C.S.A. filled up by late March, which was remarkable. It is so nice not having to spend much time or money into marketing.

And thanks to each of you for partnering up with us.

3.) Having my Kubota tractor and the implements that attach to it. This has helped tremendously this season in the gardens and around the farm.

4.) Having an intern to help with the day-to-day work was a necessity. Having Lisa as our intern was a blessing. She was just a part of our family for 2 months.

5.) My "2 boxes for each member" brain freeze comment caused some confusion as the deliveries began.

6.) The strawberries were

incredible this year. They are in their prime and it was a perfect spring for them.

7.) I made a commitment to do more drip irrigation this season. We spent much time moving drip tape since it was really a very dry year after June 1st.

8.) The amount of irrigation seriously assisted with the production of prolific and beautiful tomatoes this season.

9.) The realization that there was no fruit forming on the plum and apple trees this year.

10.) The absolutely excellent day and evening for our fall gathering and the nice time that was shared.

Farmer's Notes:

We had a serious frost (27degrees) last Friday night that took care of many of the summer crops for this year. I could feel it coming, and managed to bring in a sufficient supply of tomatoes for the boxes this week. I am still covering a bed of green beans that is just starting to fruit, but this may all be in vain at this point. I took a good look at the brassicas today and I think that the only one that will be ready for next week's delivery may be the kohlrabi. I am sure you are all thrilled about that one! The cabbage may be

formed enough to give, but for sure not the broccoli. The scallions, too, are a couple weeks out yet. Most crops take a lot longer than the package says when they are growing this late in the season.

Winter squash is Sweet Dumpling and Acorn. More Acorn and Butternut for next week.

Tomatoes are the last and are showing some signs of the cold.

Thyme can be used straight up with the potatoes or hung up in a dark spot and used later.

Arugula has a bit of a spice to its bite, but can work well mixed

with the lettuce in a salad.

Leeks are another new crop for me this season. They are quite small because we did not get around to weeding them early enough. They should still have a lovely flavor in the soup.

The little pumpkins are mostly cute and for show. They are totally edible if you choose. I had regular pumpkins also, but they don't fit well into the boxes. Folks at the gathering took some home with them.

We have some gorgeous fall weather yet ahead of us. I hope you can get out and enjoy all of it.

Recipes...

Leek and Potato Soup

1 ½ lbs potatoes, peeled and cut into 1-inch cubes
 4 medium leeks, white and 1 inch green parts only, cleaned and cut across into ¼ inch lengths
 4 cups chicken broth
 ½ cup heavy cream
 Kosher salt and freshly ground black pepper

In a medium saucepan, bring the potatoes, leeks and stock to a boil. Lower the heat and simmer, covered, for 20 minutes.

In a blender, working in batches of no more than 2 cups, puree the soup; or pass everything

through the fine disk of a food mill.

Return the soup to the pot, stir in the ½ cup cream and heat through. Season with salt and pepper. The soup can be made ahead and refrigerated for up to 2 days. Reheat when ready to eat.

From Vegetable Love by
 Barbara Kafka

Golden Carrot Bake

3 cups carrots (shredded)
 1 ½ water
 2/3 cup uncooked brown rice
 ½ tsp salt
 ¼ tsp pepper
 Combine in a saucepan and bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Do not drain.

1 ½ cups Monterey Jack cheese (shredded)
 1 cup milk
 2 eggs (beaten)
 ¼ cup onion (chopped)
 Pinch of ground nutmeg
 Stir in and transfer into a 1 ½ quart casserole dish. Bake uncovered at 350F for 1 hour.

½ cup Monterey Jack cheese (shredded)
 Sprinkle on top. Return to oven long enough to melt cheese, about 2 minutes.

Both recipes from Simply in Season by Mary Beth Lind.

Winter Squash Bars

2 cups winter squash or pumpkin (cooked, pureed)
 1 ½ cups sugar
 ¾ cup oil
 4 eggs
 1 tsp vanilla
 ½ tsp salt
 Beat together in a mixing bowl.

1 cup flour
 1 cup whole wheat flour
 2 tsp baking powder
 1 tsp baking soda
 1 tsp cinnamon
 Mix in. Pour into lightly greased 11 x 17 inch jelly roll pan. Bake in preheated oven at 350F for 25-30 minutes.