

Earth Dance Farm



Newsletter 10/16/08
Volume 3, Issue 18

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Quote for the Week

*Adopt the pace of nature:
her secret is patience*

Ralph Waldo Emerson

This week:

Winter squash

Jalapenos

Spinach

Lettuce

Carrots

Radishes

Majoram

Onions

Garlic

Fennel

Potatoes

Apples

Baby Bear Pumpkin

Raspberries 3x (already delivered)

THIS IS THE LAST DELIVERY FOR 2008

LOOKING TOWARDS FALL

Well, this will wrap it up for another season. I am looking forward to some down time to work on cleaning up the fields of row cover, drip tape, and wooden stakes. Then I can mulch up all of the plants to create more organic matter for the soil. After that we can spread our composted manure over the land which needs the most added nutrients. We received our soil tests for this year and plan to meet with our representative to discuss organic fertility options. I was able to purchase organic garlic for fall planting from a farmer nearby in Preston. It was nice to support local and save the cost of the shipping. I

Farmer's Notes:

I want to take one more opportunity to thank you for accompanying us for the season. All in all it was a wonderful year and we look forward to 2009. I would ask that if anyone knows that they will NOT be joining us next season to let me know so I can kind of get an idea of how many additional members I can take on. We will be expanding some, but probably not a whole lot. Otherwise, you will receive our new 2009 brochure by Feb. 1st and sign up will immediately follow.

will prepare and plant and mulch the garlic sometime in the next two weeks. I contemplated just buying the garlic from this gentleman next year for the boxes, but I enjoy growing all of my own produce, plus I can deliver the garlic scapes this way. I also have the strawberries to mulch before Thanksgiving. I will clean up the fields over the next couple of weeks, but I will leave all viable produce alone in case any of you want to drive down and harvest free stuff. Please let me know if and when you plan to come so I

Produce notes:

Apples - These are Regent and are from a standard tree that was here when we arrived. They are pretty good eating and also tasty as sauce or in crisp/pies. We gave you what we got. I hope you like them.

Majoram can be dried or used as is. It was new this year and interesting for me to grow.

The Raspberry notation is for our own recordkeeping purposes to say that we delivered a 1/2 pint on three different deliveries.

You get a sample of all three of the winter squashes that I grew

can be here or direct you to the appropriate fields. Please look in the left column on page 2 for a list of crops still available. They are listed in order of "most quantity available." This is just another chance for anyone who wanted, but wasn't able, to make it down here this season. Finally, I will return in one week to pick up final boxes and any remaining ice packs. I am also offering a delivery on the 23rd of 12 squash (3 of each kind) (@ 20lbs worth) and 12 long storage Copra onions. This is for \$25 which is a great deal for organic produce delivered. Please email and let me know.

this year. Remember that these cannot freeze, but can stay for up to 2 months in a location that is dry, cool and dark. I cut two Sweet Dumplings in half for supper last night. I put them in our toaster oven with a little water in. After cooking, I poured the water out and added some butter and brown sugar and **Oooohh, so gooooood!**

I hope that you all had a wonderful summer with some new experiences in preparing and eating produce. Please know of our gratitude and our blessings to your families for a restful and enjoyable fall and winter. See you next Spring!!!!

"Pick your own"
Produce List

Parsley
Kale
Onions
Radishes
Scallions
Sage
Spinach
Lettuce
Arugula
Tatsoi
Chard
Cabbage
Kohlrabi
Carrots
Green Beans
Broccoli

Recipes...

Creamy Coleslaw

8 cups shredded green
cabbage
3 carrots, shredded
¼ sweet onion, finely chopped
1 ½ cups buttermilk
3 tbsp cider vinegar
3 tbsp sugar
3 tbsp mayonnaise
½ - ¾ tsp celery seed
Salt and freshly ground black
pepper

Combine the cabbage, carrots,
and onion in a large mixing bowl.

Stir together the buttermilk,
vinegar, sugar, mayonnaise, and

celery seed in a smaller bowl
until well blended. Pour the
buttermilk mixture over the
cabbage mixture and toss to
combine. Season with salt
and pepper. The salad will
be dry, but the longer it
stands, the wetter it will
become.

Refrigerate for at least 1 hour,
up to 8 hours, before serving.

Butternut Sage Orzo

1 cup onion (chopped)
In large frypan saute over
medium heat in 1 tbsp oil until
tender, about 6 minutes

1 clove garlic (minced)
Add and sauté until fragrant,
about 1 minute

4 cups butternut squash
(peeled, seeded, and cut into
½ inch pieces)
Add and stir to coat.

½ cup vegetable or chicken
broth
½ cup white wine or additional
broth
Add and simmer until squash is
almost tender and liquid is
absorbed, about 10 minutes.

4 cups water or broth
1 cup orzo
While squash cooks bring liquid
to a boil in a large saucepan
and add orzo. Boil until tender
but still firm to bite, about 8
minutes. Drain. Transfer to a
large bowl. Stir in squash
mixture.

½ cup Parmesan cheese
(freshly grated)

2 tbsp fresh sage (chopped;
or 1 ½ tsp dried)
Stir in. Salt and pepper to
taste.

Apple Carrot Salad

¼ cup fresh lime or lemon
juice
2 tbsp orange juice
1 tbsp honey
Mix together in a large bowl
until honey is dissolved.

2 cups apple (peeled if
desired)
Grate directly into juice
mixture to prevent apples
from browning.

2 cups carrots (shredded)
1 tbsp fresh mint (chopped)
1/8 tsp salt or to taste
¼ cup raisins (optional)
Toss with apples and serve
immediately.

Maple roasted carrots

1 pound carrots, cut into
thin 3 inch spears
1 tbsp canola oil
Salt

1 tbsp butter
Chopped fresh parsley or
cilantro, for garnish.

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

Put the carrots on the
prepared baking sheet.
Drizzle with the oil and toss to
coat. Arrange in a single
layer.

Roast for about 15 minutes.
Meanwhile, melt the butter in
the maple syrup on top of the
stove or in a microwave.

Drizzle the maple syrup
mixture over the carrots. With
a metal spatula, turn the
carrots over. Roast for
another 5 to 10 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 and transfer to a
serving dish.

Garnish with the parsley.
Serve hot.