

Earth Dance Farm



Newsletter 10/8/09
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27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net **LAST DELIVERY – October 15**

Quote for the Week

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

Marcel Proust

LAST DELIVERY – October 15

This week:

Apples

Leeks

Lettuce

Brussel sprouts

Red kale

Butternut and sweet
dumpling squash

Onions

Fennel

Kohlrabi

Carrots

Potatoes

Cauliflower

NOTES:

Wash your produce before eating. Please set out boxes and ice packs each week, before the delivery.

The Fall Gathering

I am constantly amazed by how wonderful our members are. I hope you feel this also; this connection to a community of people who are interesting and intelligent and downright kind folks.

We had a nice turn-out of 80 or so people for our 3rd annual fall gathering. About 25% of these were non CSA neighbors and friends. The weather pretty much stunk, but it did not actually rain on us for most of the time. Almost everyone came prepared for the wet, cool day and the chili, cornbread, pumpkin bars and hot cider really hit the spot. It was helpful this year to have the meal catered (with our veggies) which freed Laurie and me up to spend more time with our guests. It was so nice to put a face to a name in many cases and also to visit with old friends.

Farmer's Notes:

Watch your backs with this box. Watch out for the box also. It weighs in at more than 30 pounds. I was surprised, but I guess each of the 12 crops, except the lettuce, are on the heavy side. I even had some peppers to put into this week's share but there was just no more room. I figured most of you have had enough of the peppers for one season anyhow. This was my first time delivering the brussel sprouts. This was the most requested "new crop" from last year's survey, so I hope everyone is pleased with them. We had to cut many of them in half in order to fit them into the boxes. I felt like it was an

This event is truly a celebration of the year of harvest and the wonderful opportunity to share the fruits of this land with you all. I believe everyone had a great time.

Some memories for me: driving the hayrack up to the pumpkin patch as the sun was setting and watching the geese fly up over the woods, greeting MaryLou (who I had never met) and swinging her about, entering the warmth and brightness of the garage to the sight of people eating, laughing and talking, relaxing with a brew around the fire smelling the crackling cedar and chatting. I wish that I didn't have to wait for a whole year to do this again.

If any of you have some digital photos to share from the day,

we would love it if you would send us some. We are hoping to put some photos on our web site this winter.

Keep warm!

extremely interesting box this week with the fennel, the kohlrabi, the leeks, the brussel sprouts and the cauliflower. It has some unique shapes, sizes, and textures for sure. We are in for some very cold weather here after one nice harvest day today that followed a week of nonstop rain. The beans and peppers and lettuce and less hardy crops will definitely be toast, but there will be plenty of hardy greens and root crops and crops already harvested that are in the greenhouse for the next (last) delivery. Once the ground dries I need to bring in the remainder of the potatoes. The apples this week are Regent and are bigger and tastier for eating. They make a very nice sauce as well. The striped squash are

called Sweet Dumpling and are my favorite. They are very sweet right now, but will last many weeks also. This is the last week for the sweet Ailsa Craig onions. Next week will be a yellow Spanish onion that can store for some time. The carrots and red kale are absolutely in their prime. Bon Appetite!

Recipes

Brussel Sprouts with Mushrooms

4 cups Brussels sprouts, trimmed and halved
1/2 pound whole mushrooms
5 tablespoons butter
1/2 cup chopped fresh parsley
salt and pepper to taste
fresh lemon juice

Cook Brussels sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender; strain through a colander, removing as much water as possible. Set aside.

Melt butter in a large skillet over medium high heat. Cook and stir mushrooms until lightly browned. Toss Brussels sprouts with mushrooms, and sprinkle with parsley and lemon juice. Serve immediately.

Leek Potato Mushroom Cheddar Soup

2 leeks, finely chopped (white part only)
1 clove garlic, finely chopped
4 medium potatoes (red or Yukon Gold), chopped
2 tablespoons butter, divided
1 tablespoon olive oil
1 1/2 teaspoons ground mustard
2 tablespoons flour
1/2 cup water
3 cups chicken broth

salt, pepper, and celery salt, to taste
1/2 cup shredded Cheddar cheese
2 tablespoons Parmesan

cheese
1 cup milk
3 ounces chopped portobello mushrooms
croutons for garnish, if desired

In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown. Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour.

Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Cook mushrooms over medium high heat in remaining 1 tablespoon of butter until soft. Add to the soup, and stir. Serve immediately with croutons, if desired.

Carrot Souffle

1 3/4 pounds carrots, peeled and chopped
1 cup white sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons vanilla extract
2 tablespoons all-purpose flour
3 eggs, beaten
1/2 cup butter, softened
2 teaspoons confectioners' sugar

Preheat oven to 350

degrees F (175 degrees C).

In a large pot of boiling water, cook the carrots until very tender. Drain, and transfer to a large mixing bowl.

While carrots are warm, use an electric mixer to beat with sugar, baking powder, and vanilla extract until smooth. Mix in the flour, eggs, and margarine. Transfer to a 2 quart baking dish.

Bake 1 hour in the preheated oven, or until top is golden brown. Sprinkle lightly with confectioners' sugar before serving.