

# Earth Dance Farm



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27842 141<sup>st</sup> Ave. Spring Valley, MN 55975 (507) 378-4252 [www.earthdancefarm.net](http://www.earthdancefarm.net) **LAST DELIVERY**

## Quote for the Week

Action and reaction, ebb and flow, trial and error, change - this is the rhythm of living. Out of our over-confidence, fear; out of our fear, clearer vision, fresh hope. And out of hope, progress.

**Bruce Barton**

## LAST DELIVERY

### This week:

Leeks

Butternut and sweet  
dumpling squash

Onions

Carrots

Potatoes

Rutabaga

Parsnip

Turnips

Garlic

Sage

Pie pumpkin

Red cabbage

### NOTES:

**Wash your produce before eating.**

## Where do we go from here?

We ask this question to ourselves as a family here on the farm. It is a question that should always be on the tip of our tongue as we ponder our lives and the choices we make. We are constantly reminded of our pitfalls as we are bombarded with the health care debate, the explosion of diabetes and obesity, our love affair with cheap food and grains. Just yesterday: Our exchange student from Kyrgastan said "Most people think that Americans almost always eat at McDonalds", my neighbor who convinced me to send some beautiful peppers with him to a food auction handed me a \$20 bill for 4 bushels, during a Monday trip to the cities I had a difficult time 'giving' away produce. It is no secret that our society has chosen some unhealthy paths in regards to food. This should give us pause since food is that which nourishes and sustains our bodies and gives us energy to live and breathe. As Laurie's brother said (also yesterday) "You know what is best for you, you need to just go for it."

We all know that this is easier said

### Farmer's Notes:

This is the 18<sup>th</sup> and final delivery for the 2009 produce season. I hope it was a positive, healthy experience for all of you. I will need to return next Th. Oct. 22<sup>nd</sup> to pick up the last of the boxes and stragglng ice packs. Please rummage around to make sure any CSA materials are returned to me then.

Thank you so much for partnering up with Earth Dance Farm for this season. We will send out a farm survey towards the end of the year along with some info regarding the 2010 season. Have a wonderful and warm off

than done, but the point is true enough. Most times our body will tell us what it needs, and there is loads of information that tell us that a diet based on fruits and veggies is best, so what prevents us from moving forward?

For our family, we try to move in steps towards a healthier lifestyle. We do need to be more intentional about where we have been, how far we have come, and what our plan is to continue our journey. This past season it has become obvious to us that our meals do not need to be centered around meat. With 3 vegetarian interns all summer, none of whom were too shabby in the kitchen, we became accustomed to and enjoyed many vegetarian meals. Adriana, our 14 yr old, is mainly vegetarian now. This has been a long process to be weaned of my dependence on meat. Change takes time for most of us unless it is thrust upon us.

Presently our conversation is how can we use more of the

season and let's not be strangers.

In the box: We are ready for the season to be over after the last couple of weeks in the cold rain and then the colder snow. The soil is very "pasty" and does not want to wash off of all the root crops. We are delivering parsnips and rutabagas this week which are both a first time crop for us. They grew just fine and taste great after the couple of hard freezes this last week. These will store for a long time in a cool dark place and are hardy soup ingredients. Below Laurie will have some recipes using these crops. The sage can hang to dry and be used later in

crops we have to feed our family during the coming winter/spring months. Storage, canning, preserving, and freezing all take some know how, time, energy, space - a system to efficiently accomplish. Who will create and manage this system? It seems like a great opportunity for a family experience of brain storming, info gathering and working together. "You know what is best for you, just go for it."

What are your challenges? What is your journey? How can you be intentional about moving forward with your value of creating a healthy lifestyle for you and your family. We will be opening a blog and facebook page this winter and would love to hear from you. We are all in this journey together and our stories create the connection our hearts long for.

the winter. The pumpkin is small and cute, but also will make a delicious pie. I wanted to give beets again with so many still in the field, but decided on turnips instead since you have only received them 1 time so far this year.

Memories for 2009 include: a fallen tomato crop, nearly 4 months of mending a broken finger, the incredible bounty of the earth with its variety and beauty, the outstanding interns whose hard work and humor made the weeks fly by, our members who make it all possible. Shalom!

## Recipes

### Mashed Potato, Rutabaga, Parsnip Casserole with Caramelized Onions

7 cups low-sodium chicken broth  
 3 pounds baking potatoes, peeled and cubed  
 1 1/2 pounds rutabagas, peeled and cubed  
 1 1/4 pounds parsnips, peeled and cubed  
 8 cloves garlic  
 1 bay leaf  
 1 teaspoon dried thyme  
 3/4 cup butter, softened  
 3 onions, thinly sliced  
 salt and ground black pepper to taste

Combine chicken broth, potatoes, rutabagas, parsnips, garlic, bay leaf, and thyme in a large pot. Bring to a boil. Reduce heat, and cover partially. Simmer until vegetables are very tender, about 30 minutes. Drain.

Transfer vegetables to large bowl. Add 1/2 cup butter or margarine. Use an electric mixer, beat mixture until mashed but still chunky. Season with salt and pepper. Transfer mashed vegetables to a buttered 13 x 9 x 2 inch baking dish.

Melt remaining 1/4 cup butter or margarine in a heavy large skillet over medium-high heat. Add sliced onions. Saute until beginning to brown, about 5 minutes. Reduce heat to medium-low. Saute until onions are tender and golden brown, about 15 minutes. Season with salt and pepper. Spread onions evenly over mashed vegetables. Casserole can be prepared up to 1 day

ahead. Cover and refrigerate.

Preheat oven to 375 degrees F (190 degrees C). Bake, uncovered, for 25 minutes, or until heated through and top begins to crisp.

### Cheesy Turnips and Carrots

3 cups diced peeled turnips  
 2 cups sliced carrots  
 1/4 teaspoon ground ginger  
 3/4 cup water  
 1 teaspoon salt, divided  
 1/2 cup chopped onion  
 1/2 cup diced celery  
 3 tablespoons butter or margarine  
 3 tablespoons all-purpose flour  
 1/4 teaspoon pepper  
 1 1/2 cups milk  
 1 cup shredded Cheddar cheese

In a saucepan, combine turnips, carrots, ginger, water and 1/2 teaspoon salt. Cover and cook over medium-high heat for 10-15 minutes or until vegetables are tender; drain and reserve liquid. Set vegetables aside. In a skillet, saute onion and celery in butter until tender; stir in flour, pepper and remaining salt. Add milk and the vegetable liquid; bring to a boil. Cook and stir until thickened and bubbly. Stir in cheese until melted; stir in the vegetables and heat through.

### Butternut Squash Supreme

3 pounds butternut squash, peeled and cubed  
 2 eggs, beaten  
 1 cup shredded Cheddar cheese  
 1 medium onion, chopped  
 3/4 cup milk  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1/2 cup crushed butter-flavored crackers  
 2 tablespoons butter or margarine

Place squash in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until very tender. Drain well and place in a large bowl; mash. In another bowl, combine the eggs, cheese, onion, milk, salt and pepper; add to the mashed squash and mix well.

Transfer to a greased 2-qt. baking dish. Sprinkle with cracker crumbs. Dot with butter. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a knife comes out clean.