

Earth Dance Farm



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Quote for the Week

When I first open my eyes upon the morning meadows and look out upon the beautiful world, I thank God I am alive.

Ralph Waldo Emerson

This week:

Potatoes

Apples (Fireside)

Winter Squash (3)

Radishes

Peppers

Onions

Carrots

Parsley

Pumpkin

Leaf Lettuce

Kale

Turnips

Cabbage

Sage

Notes:

Wash vegetables before eating them.

Please return any cooler packs and boxes that you may still have. Set them out next week for pick up.

Last Delivery – Please put out box and any left over cooler packs for pick up next week.

The End of a Season

This is the last delivery box of the season. We crammed it full of goodies to last you awhile. Thanks so much for joining our family as we journeyed through the produce season. Here are my top 10 memories of the summer:

- 10.) Poor sweet corn and melons for this year.
- 9.) Incredible eggplant
- 8.) Torrential rains in mid Aug.
- 7.) Late freeze on May 17 kills tomatoes and peppers
- 6.) Billy goes to market
- 5.) Beginning at the Farmer's Market
- 4.) Teenage work weeks
- 3.) Completing a successful year in this business
- 2.) Meeting some wonderful

Notes from the Farmer:

It was a dreary, miserable mess harvesting today. I guess it is mid Oct. and Saturday was gorgeous. We have had a lot of rain the past two months and the farmers are chomping at the bit to bring in the corn and soybeans. With the cooler weather I'm thinking about getting the chain saw running, planting the garlic and cleaning up the gardens.

I have this conundrum with my 4 acres of corn grown organically. I want to use it to make chicken feed since buying organic chicken feed is expensive. The corn is dry enough to pick on the ear, but then I

new families.

1.) Having Mark "Orbiter" O'Leary sign up for a share – I'm checking to see if he reads these!

Since there are many vegetables still in the field, we are inviting any of you to come down and harvest whatever you like. There will be no additional charge for this; it will be like a 19th box. It may be a fun thing for the kids to participate in. It is also an opportunity to come visit the farm at a time that works with your schedule. A list of the vegetables available is printed on the back. We would need to be present at the farm, so some coordination needs to take

would need to shell it before grinding it up and I (or my neighbor) do not have that capability. Combining the corn would mean taking it to the elevator to dry it and then you do not receive YOUR corn back. It would be cool to use my corn and oats to grind and make organic feed, but it is not that simple. I know all of you were just dying to hear this, so there you have it.

Produce:

Sorry but with this cool, wet weather the broccoli, kohlrabi and cauliflower did not quite make the cut. The broccoli and kohlrabi will be ready next week and the cauliflower???????

Potatoes are the Kennebec Turnips are on the small side but should be all the more flavorful Carrots are bigger than earlier ones since they had no weed

place. This invitation is open until Nov. 1. After that I will need to mow and clean up the gardens before a hard freeze and snow. Most evenings and weekends we are around and Wed. and Thurs. are usually good.

Give a call or email if you are planning on coming. Please leave your final box out on your stoop just like normal next week and I will come and pick them up. We will be mailing a survey to solicit any helpful suggestions or comments you may have for us along with some comments about the next year's season. Stay warm, be grateful, and keep sharing your love.

pressure.

Parsley and sage you can hang to dry and use throughout the winter.

Cabbage barely made it and is small but good Peppers are a mix of small bell and chiles

Shitake update:

Last Feb. I inoculated 24 ironwood logs with shitake spores and recently we had our first meal of them. We fried them in olive oil and butter upon serving. They were incredibly tasty. I'm not sure I could, or would produce enough for a csa delivery, but it is fun on the side.

Live long and prosper!

**Members:
Vegetables
available for pick
your own until the
end of October:**

Kale
Swiss Chard
Broccoli
Lettuce (leaf and head)
Turnips
Radishes
Arugula
Apples (Harrison and Fireside)
Carrots
Parsley
Sage
Thyme
Cilantro
Squash
Pumpkins
Onions
Potatoes
Cabbage
Kohlrabi
Cauliflower?
Peppers/Eggplant till freeze

Recipes...

Nana's Mashed Turnips

1 large turnip, peeled and cubed (or several small ones)
3 white potatoes, peeled and cubed
1/4 cup milk
3 tablespoons unsalted butter
1 teaspoon white sugar
3/4 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 375 degrees F (190 degrees C).

Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from

heat, and drain.

Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.

Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

Grilled Radishes

20 ounces radishes, sliced
2 cloves garlic, minced

2 tablespoons butter, cut into small pieces
1 cube ice
salt and pepper to taste

Preheat the grill for high heat.

Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.

Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.

And more...

Dutch Potatoes

1/4 cup chopped onion
2 teaspoons butter
2 cups peeled, cubed potatoes
1 cup sliced fresh carrots
1/4 cup sour cream
1/4 teaspoon salt
snipped chives

In a small skillet, saute onion in butter for 8-10 minutes or until golden brown. Meanwhile, place potatoes and carrots in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. In a small mixing bowl, mash potatoes and carrots. Beat in onion, sour cream and salt. Sprinkle with chives.

Baked Potato Soup

3 bacon strips, diced
1 small onion, chopped
1 clove garlic, minced
3 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon dried basil
1/2 teaspoon pepper
3 cups chicken broth
2 large baked potatoes, peeled and cubed
1 cup half-and-half cream
1/2 teaspoon hot pepper sauce
Shredded Cheddar cheese
Minced fresh parsley

In a large saucepan, cook bacon until crisp. Drain, reserving 1 tablespoon drippings. Set bacon aside. Saute onion and garlic in the drippings until tender. Stir in flour, salt, basil and pepper; mix well. Gradually add broth. Bring to boil; boil and stir for 2 minutes. Add the potatoes, cream and hot pepper sauce; heat through but do not boil. Garnish with bacon, cheese and parsley.

Carrot Apple Salad

1 (8 ounce) can unsweetened crushed pineapple
2 medium tart apples, diced
3 cups shredded carrots
3 tablespoons raisins
3 tablespoons flaked coconut
1/3 cup fat-free reduced-sugar vanilla yogurt
1/3 cup fat-free plain yogurt
3 tablespoons reduced-fat mayonnaise or salad dressing
1 tablespoon lemon juice

Drain pineapple, reserving juice in a bowl. Add apples to the juice; toss to coat. Let stand for 5 minutes; drain. In a large bowl, combine the pineapple, carrots, raisins, coconut and apples. In a small bowl, combine the remaining ingredients. Pour over carrot mixture and toss to coat. Cover and refrigerate for 3-4 hours or until chilled.