

Earth Dance Farm



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Quote for the Week

Take the time to come home to yourself everyday.

Robin Casarjean

This week:

Potatoes
Apples (Fireside)
Winter Squash (3)
Radishes
Peppers
Onions
Scallions
Rosemary
Pumpkin (2)
Head Lettuce
Swiss Chard
Tomatoes

Notes:

Wash vegetables before eating them.

Please return any cooler packs that you may still have.

Next Week – Last Delivery

After the 10/15 delivery members are welcome to come down and get any extra food left in the gardens. We will provide a list next week.

Farm Gathering

We survived a mid summer – like weekend here in October, the days were a bit warm for fall, but the evenings sure were beautiful. Last year at our fall gathering people were wearing heavy jackets and we stayed huddled by the fire. This year we could have been wearing bathing suits and running through the sprinkler.

We enjoyed the company of around 35 people who came to the farm for fun and food. Some participated in a tour of the gardens, bees, animals, fields and woods. Many groomed and rode horses in our newly excavated arena at the top of our land. For food everyone created their own

hobo packets by cutting up hamburger, vegetables and herbs of their choosing to throw on the hot coals of the campfire.

Abraham Gross provided some atmosphere with instrumental guitar and Patrick Mager and Nick Hiempel played some fiddle music. It seemed to be an evening of relaxing and conversation.

Laurie and I were a bit disappointed by the turnout. Since it is a mission of ours here at Earth Dance Farm to share our space, we try to create ways to invite families and children to the farm. The

summer camps, teenage work weeks, and the farm gatherings are efforts in this direction. We are certainly open to your ideas as we continue to evolve from year to year.

Notes from the Farmer:

We're heading down the final stretch of the season. This is week #17. The next delivery will be the final one. There will still be lots of squashes, brassicas, and root vegetables and greens still in the garden after that for you to come get if you choose. I'll want to bush hog everything down by the end of October or so, but that will give you a week or two to harvest whatever you want.

Enjoy the last of the tomatoes and peppers this week – they hung on quite nicely. Apples are Fireside and are pretty sweet to eat but many have black spots on

the outer skin. I am convinced it is due to being right next to a walnut tree, but not certain. I hope you like them as there will be more next week.

Rosemary is just a sprig so don't miss it in your box. You only need a little to flavor a stew. Lettuce heads are small, but since I have tons of leaf lettuce ready for next week I thought I'd give you these baby heads. Radishes are so pretty – enjoy the crunch.

This is the last bigger pumpkin. Another baby Bear nest week. It's definitely Winter Squash season. My greenhouse is presently full of them curing. Since you are getting one of three different varieties this week you can decide which one is your family's favorite. There is also buttercup, hubbard and many more that I

did not grow. I will certainly have some new things next year like sweet potatoes, leeks, parsnips and raspberries to name a few and some different varieties of crops I already have.

Eat well and be happy.

Recipes...

Salmon and Swiss Chard Quiche

2 tablespoons butter, divided
 1/4 cup plain dried bread crumbs
 2 cups 2% milk
 8 ounces salmon fillets, skin removed
 1/3 cup chopped onion
 1/2 bunch Swiss chard, chopped
 1/2 teaspoon salt
 1/8 teaspoon ground black pepper
 1/2 teaspoon dried marjoram
 1/8 teaspoon ground nutmeg
 3 eggs

Preheat the oven to 350 degrees F (175 degrees C). Butter a 10

inch pie plate using about 1 tablespoon of butter. Sprinkle bread crumbs into the pie dish and shake to coat evenly, discarding excess.

Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork.

Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about one cup of chard and onion.

Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.

Bake for 35 minutes in the preheated oven, or until the center is set. Cool slightly before serving.

And more...

Baked Turkey Tenderloin with Winter Squash

Serves 2 - 3

1/4 cup bread crumbs 1/4 cup grated Parmesan or Romano cheese
 1/2 tablespoons extra virgin olive oil, divided 1/2 tablespoon butter
 1 small yellow onion, cut in half and thinly sliced
 1 medium stalk celery, sliced
 3/4 pound turkey tenderloin, cubed into bite-size pieces
 1 teaspoon dried thyme
 2 cloves minced garlic or 1/2 teaspoons granulated garlic
 sea salt, to taste
 ground pepper, to taste
 2 cups winter squash such as Kabocha (leave the skin on) or Butternut (remove skin), cubed into bite-size pieces

Preheat oven to 375°F.

In a small bowl, mix together bread crumbs, cheese, and one tablespoon of the olive oil. Set aside.

In an oven-proof skillet, heat remaining half tablespoon of olive oil and the butter over medium heat. Sauté the onion and celery for 5 minutes. Add turkey, thyme, garlic, salt and pepper, cooking until the turkey browns. Add the squash and continue to cook for a few more minutes. Sprinkle with bread crumb mixture. Cover the dish and transfer to the hot oven. Bake the casserole for 15-20 minutes or until turkey is completely cooked and squash is tender.

Caramel Apple Bars

1 cup packed brown sugar
 1/2 cup butter, softened
 1/4 cup shortening
 1 3/4 cups all-purpose flour
 1 1/2 cups quick cooking oats
 1 (14 ounce) package individually wrapped caramels, unwrapped
 1 teaspoon salt
 1/2 teaspoon baking soda
 4 1/2 cups apple - peeled, cored and chopped
 1 tablespoon lemon juice
 3 tablespoons all-purpose flour

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, cream together the brown sugar, butter and shortening until smooth. Combine 1 3/4 cups flour, oats, baking soda and salt; stir into the creamed mixture until well blended. Set aside 2 cups of this mixture. Press the remaining mixture into the bottom of an ungreased 9x13 inch baking pan.

In a medium bowl, toss apples with lemon juice, then toss them with the 3 tablespoons of flour. Spread the apple mixture evenly over the prepared crust. In a small saucepan over medium heat, melt caramels, stirring frequently until smooth. Pour the melted caramels evenly over the apples. Sprinkle the reserved oat mixture over the top of the apple layer. Press down lightly.

Bake for 25 to 30 minutes in the preheated oven, until the top is golden brown and the apples are tender. Cut while slightly warm and refrigerate any leftover bars.