

Earth Dance Farm



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Quote for the Week

Healthy feet can hear the very heart of Holy Earth.

Chief Sitting Bull

This week:

Strawberries

Spinach

Gourmet Leaf Lettuce

Dill

Thyme

Baby kale

Radishes

Mizuna

Tatsoi

Swiss Chard

NOTES:

Wash your produce before eating.

Please set out boxes and ice packs each week, before the delivery.

Pass on any clean paper grocery bags or clean egg cartons. You can leave them with your boxes.

Intro from an Intern:

As I write this, a strawberry-rhubarb pie bakes in the oven. It is admittedly too hot, too muggy to be using an oven. Even as the sun sets over the far hill, I am uncomfortably warm, holing up in the kitchen rather than relaxing outside. But, I'm sure you'll agree, it is always the right time for a strawberry-rhubarb pie.

So as I await the fruits of our labor, I thought I'd introduce myself to all you readers and eaters. I'm just out of college, an environmental studies grad from Macalester in Saint Paul, and I'm here at the farm for the summer, hoping to learn the ropes of a CSA, spend plenty of hours under the sun, and eat veggies I plant and weed and harvest myself (with the help of the other wonderful interns and workers, of course).

It may come as a surprise to

Farmer's Notes:

It appears that we all survived the first delivery with only a couple minor mishaps. Please communicate via an email if you need anything clarified. Let's see how everything goes this week with the icepack/box returns. Keep the honey bears and reuse or recycle. This week you will receive strawberries in a plastic clamshell container. These also we do not want returned, but rather for you to reuse or recycle. I understand that it is somewhat difficult to recycle these as most places do not accept the # on the container. I will get you a link with more information regarding this. Hopefully with more grassroots encouragement, more local

you, if you like having dirt under your fingernails like we do, that some folks were a little incredulous when they found out my first move after receiving my diploma was to intern at a CSA. The job seems obviously desirable to me, but not so to all. In case you are curious about the reasons a twenty-something would want to be out here at Earthdance, read on.

I want to be out on the farm because I want to know what it's like to work hard with my hands and my back and my whole body. I have spent plenty of hours at desks and computers, cranking out papers and finishing readings. My mind has been exercising these past four years, but I want my body to feel strong too. I sleep better than ever out here. It is a new earned rest.

I want to be here because I

think it's about time we renovated the way our country eats, and where we get all our food. This is something we talked about all the time in my environmental studies classes, and I am here to see it in action. But I am preaching to the choir. Props to you for supporting this family farm!

Lastly, I want to be here because it's a lovely world. Every morning: birdsong and quiet light. Through the day: roots and dark earth; the welcoming arms of trees and their sweet shade; a sun moving all the way across a wide sky as we work beneath it. After dusk: fireflies and the Milky Way.

We bet you'd like it out here too. Come visit!

Yours in veggie love,
Ellie Rogers
(ellie.a.rogers@gmail.com)

co-ops/neighborhoods will begin to accept a greater variety of plastics.

The fields here on our farm are really looking good. We have been blessed with some amount of rainfall one or two times each of the last 3 weeks. You can definitely tell the growth in many of the crops since the recent heat wave. All of our main crops are in save the pumpkins and many fall varieties are planted in the greenhouse. With continued rainfall and no severe weather we should be in for a wonderful season.

I hope you enjoyed some salads over the past week. I made some spinach salad with strawberries, walnuts, and balsamic vinegar and olive oil

that was tasty and also the kale sautéed in olive oil with soy sauce, pine nuts and raisins.

In the box this week are plenty fixings for a variety of salads. See below for descriptions. The spinach is smaller, the lettuce is a seven blend mix, and the mizuna is an Asian "essential salad ingredient" that is actually a mustard green of Japanese origin. It is a bit peppery and should spice up your salad. Radishes are awesome if you like radishes. Tatsoi is another Asian green that is mild for use in a stir fry or a salad mix. Strawberries are just starting out and I think they should be around for several deliveries. Chard can be sautéed or used in a salad. It is summer now, you know, so relax a bit, take in some scenery, and be happy

MEMBER WORK DAYS:

**Saturday, June 27th
Friday, August 14th**

Sign up by sending an email. There will be organized activities for children. Bon fire at the end of the day.

Member "Camp on the Farm" weekend: July 10 – 12

New this year, we will be trying out a hosted camping weekend. Bring your tent, and spend a weekend on the farm. Hiking in the woods, swimming in the creek, learn about the veggies growing on the farm, and enjoy an evening bon fire. Limited number of spots, so if you want to sign up, send us an email.

Fall Harvest Gathering: Saturday, October 3rd in the afternoon and evening.

Cooking tips...

With all the greens in the box this week I'm thinking that you may want some help identifying what is what. I'll start with the easy ones and move on to the more unique varieties:

Gourmet leaf lettuce: a mix of leafy type lettuces, a variety of shades of green. Used for salads.

Spinach: dark green, all the leaves end in a point, a bit like a triangle. Can be eaten fresh or cooked.

Kale: heavier type green, thicker stem. Ruffle like edges. Most cook before eating, but can be eaten fresh.

Swiss chard: Bigger leaves, stems are different colors – red, yellow, green. Can be eaten fresh or cooked.

Mizuna: long white stems, and frilly forked leaves. Light green. Adds flavor to salads.

Tatsoi: dark green, small round leaves. Fresh or add to

stir fry dishes.

Recipes

Easy Greens with Peanuts

½ lb chard or kale, stem and ribs removed

½ cup peanuts

3 tbsp olive oil

Salt and pepper

Steam greens, 5 – 10 minutes for chard and 15 – 20 minutes for kale.

Transfer the greens to a colander and run cold water over them to stop them from cooking. When cool enough to handle gently squeeze out the excess water from the greens and chop coarsely.

Place the peanuts in a plastic zip-top bag and crush them with a rolling pin.

Heat the olive oil in a large skillet over medium heat. Add the greens; sauté, stirring constantly, until thoroughly coated and glossy, about 2 minutes.

Remove the skillet from heat; sprinkle the peanuts over the greens. Season with salt and pepper.

(Farmer John's Cookbook)

Rolled Kale with Feta and Olives

About 8 large kale leaves, washed (could also use chard)

8 ounces feta cheese

2 tbsp olive oil

2 tbsp minced garlic

Salt and pepper

½ cup dry white wine, vegetable stock, or water

1 cup chopped ripe tomato

½ cup chopped kalamata olives

1 small red onion, mined, for garnish

Cut each half of each kale leaf off the stems; reserve the stems. Be careful to keep the leaves intact so you have at least a dozen long, wide kale ribbons. Roughly chop the stems. Cut the feta into sticks about 2 inches long and as thin as you can without crumbling.

Put 2 tbsp of the oil in a deep skillet or casserole with a tight-fitting lid over medium-high heat. Add the garlic and the chopped kale stems and

sprinkle with salt and pepper. Cook, stirring occasionally, until the kale is just beginning to soften, about 5 minutes. Remove from the heat.

Lay out a ribbon of kale, put a pice of cheese on the end, and roll it up loosely. Put in in the pan on top of the garlic and stems. Repeat until all the ribbons and cheese are used, nestling the rolls in next to each other in a single layer. Pour the wine over all and top with the tomatoes and olives. Return the pan to medium-high heat. When the liquid starts to boil, cover and turn the heat down to medium-low.

Cook, undisturbed, for 10 minutes, then check and make sure the kale is tender and the cheese is hot. Garnish with the onion and several grinds of black pepper. To serve, carefully scoop the rolls out and top with some of the bits of vegetables and pan juices. Pass more olive oil at the table for drizzling.

(How to Cook everything vegetarian)