

# Earth Dance Farm



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## Quote for the Week:

***"This is the world of light and speech and I shall take leave to tell you that you are very dear."***

- George Elliot

## This week:

Honey

Strawberries

Broccoli Raab

Spinach

Arugula

Romaine Lettuce

Dill

Cilantro

Swiss Chard

## NOTES:

### **Wash your produce before eating.**

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

## Welcome to the 2010 Season!

Hello and welcome one and all. I closed out last season with some personal reflection on how to continue our family's journey towards a healthier lifestyle. This journey is never complete, as you know, just new opportunities for conscientious choices.

We did pretty well during the off-season as we utilized many crops that we had appropriately stored in our underground garage, and ate many frozen and canned goods. Only within the last couple of months have we had to buy potatoes, onions and garlic. I recall a late Jan. morning eating some yogurt topped with frozen raspberries, granola and drizzled honey and thinking, "this life is not half bad." Already this season we have canned many quarts of strawberry jam and frozen plenty, as well. We must do better, though, at making sure that what is available in the

## Farmer's Notes:

The first delivery of produce has been harvested and is, at this moment, being carefully packed into the boxes. Most years I struggle to come up with 7 crops for the 1<sup>st</sup> share, but this year there is no problem coming up with 9. There are always many tasty salad ingredients to start the season and this year is no exception. I am thinking of a spinach and arugula salad with strawberries and balsamic/honey dressing. Strawberries usually show up in boxes 2-4, but there are tons of them early on this year.

We have had a total of 4.5 inches of rain in 10 of the last 12 days. Although the rain is needed, that length of wetness does cause some

problems, namely; the weeds are getting ahead of us, some crops are waiting and waiting to get into the ground, and we have to throw out over 1/2 of the strawberries since they have prolonged water damage. The strawberries we have delivered even taste more watery than normal without the sweet kiss of the sun. Most crops would prefer 1 inch of rain to fall during one night of every week and then have warm sun the rest of the time. And actually, I would also, but we receive what we are given and work towards being ever grateful.

fields is also available in our refrigerator. Our labored trek from a meat based diet continues to progress even with our 4 carnivore interns (they are more our compadres in this venture). Our latest endeavor is to explore the possibility of installing solar panels onto the south roof of our pole barn. There are quite a few things to consider with this, so we will keep you updated. This produce season has been smooth and very enjoyable for the most part. We have some wonderful people working with us here for the summer. You will get to meet them at some point in this section of the newsletter and in person if you visit the farm. Mark, from Chicago via Augsburg, Taylor from St. Paul via St. Kates, Matt from Rochester

via U of WI. La Crosse, and Bushra from Duluth are our energetic young adult interns who live and work with us here on the farm. Riley is a senior at Spring Valley and is back for a second season as a hired hand, and Beverly is a woman from Rochester who volunteers every Wed. I also have my daughter Adriana and son Noah who work here as well as Adriana's friend, Stephanie, on harvest day. We hope that you can taste our hard work, intention, and joy in the fruits and vegetables that we grow for you. Perhaps you can accompany us on Facebook and our upcoming Blog and Bev's linked blog as we move through the season. Know that you are always welcome to call, email, or come down for a visit at your convenience. Thank you for partnering with us for the 2010 produce season -let's make it a good one! ---Norm

Each week we will feature a vegetable that is unknown or misunderstood. This week is Broccoli Raab:

Broccoli Raab originated in

portions of China and areas around the Mediterranean. Broccoli Raab is directly descended from a form of Wild Herb. The name comes from the broccoli-like florets that appear on the top of the raab. Actually, broccoli raab is very closely related to turnips. Although broccoli raab may be new to many members, it is used quite extensively in both Italian and Chinese cooking. If you were just looking to use it by itself and get the full flavor then you would cook it much like you would broccoli. The florets, leaves, and stem can all be cooked together in the manner of your choice, whether that be steaming, boiling, sautéing, or baking. I would recommend using it in a stir fry first to acclimate yourself to the taste, as it can be a little bitter.

**MEMBER WORK DAYS:**

**Friday, June 11<sup>th</sup>**  
**Friday, July 9<sup>th</sup>**  
**Friday, August 13<sup>th</sup>**

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" weekends:** June 25<sup>th</sup>-27<sup>th</sup>, July 23<sup>rd</sup>-25<sup>th</sup>, August 27<sup>th</sup>-29<sup>th</sup>

**Fall Harvest Gathering:** **Saturday, October 2nd** in the afternoon and evening.

## Recipes...

### Maria's Broccoli Rabe

1 pound broccoli rabe, trimmed  
 5 tablespoons extra virgin olive oil  
 1 clove garlic, minced  
 1 tablespoon grated Parmesan cheese

Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the broccoli rabe and place in the boiling water. Cook until tender but still firm, about 5 minutes. Drain.

In a large heavy skillet over medium heat, heat olive oil and saute garlic for 1 to 2 minutes. Stir in the broccoli rabe and saute 10 to 15 minutes, or until desired doneness. Dust with parmesan cheese, if desired.

Source:  
<http://allrecipes.com/Recipe/Marias-Broccoli-Rabe/Detail.aspx>

### Baked Spinach

1 1/4 pounds spinach  
 1/4 cup all-purpose flour  
 3 eggs, beaten  
 3/4 cup shredded Cheddar cheese  
 1/2 cup dried bread crumbs  
 2 tablespoons chopped fresh parsley (optional)  
 1/4 cup butter, melted  
 1 cup milk  
 1/2 teaspoon salt  
 1/8 teaspoon ground black pepper

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish.

Clean spinach thoroughly. Remove all excess water. Chop spinach. Arrange spinach and flour in layers, nestle beaten eggs about midway between the layers.

Combine cheese and bread crumbs. Mix in optional parsley, if desired. Sprinkle over top of spinach. Mix butter or margarine, milk, salt and pepper. Pour over all ingredients. Bake at 350 degrees F (175 degrees C) oven for 50 minutes to one hour.

Source:  
<http://allrecipes.com/Recipe/Baked-Spinach/Detail.aspx>

### Nutty Strawberry Salad

1/4 cup apple cider vinegar  
 1/4 cup sugar  
 1/4 cup vegetable oil  
 1/4 teaspoon paprika  
 1 dash Worcestershire sauce  
 1 tablespoon butter  
 1/2 cup slivered almonds  
 1 quart strawberries  
 2 romaine hearts, chopped into bite size pieces

In a bowl, mix the vinegar, sugar, oil, paprika, and Worcestershire sauce. Cover, and refrigerate at least 6 hours.

Melt butter in a skillet over medium heat. Stir in the almonds, and cook until golden brown. Remove from heat, and cool.

In a bowl, toss the strawberries, romaine, and almonds. Mix with the dressing just before serving.

Source:  
<http://allrecipes.com/Recipe/Nutty-Strawberry-Salad/Detail.aspx>