

# Earth Dance Farm



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## 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

## This week:

Garlic scapes

Strawberries

Bok Choy

Spinach

Radishes

Romaine Lettuce

Dill

Mizuna

Tatsoi

Cilantro

Kale

Raspberries (rolling delivery – everyone will get 1 delivery over the next 3 weeks)

## NOTES:

**Wash your produce before eating.** Please set out boxes and ice packs each week, before the delivery.

## Wild Chicks

In mid April we received our 45 new day-old chicks. They have been growing incredibly fast and are very slowly learning to trust me as someone who actually cares for them.

A couple of weeks ago Riley and Mark fenced in an area so that they could roam around and explore the great outdoors. A few were eager and immediately took off into the unknown, while many have still not ventured outside of the coop.

These timid ones seem to enjoy the possibility of going outside, but the uncertainty of what may lie beyond their known 10' x12' world prevents them from actually experiencing it.

For myself, too, it seems safer at times to stay within my small,

## Farmer's Notes:

This week you have a pretty full box. For anyone receiving eggs, these will most likely be outside of the produce box from now on as there is not enough room for the veggies otherwise. Sorry about the peas. We have been getting so little sun that not enough are filled out to warrant a delivery this week. They should be tasty and abundant in box#3.

I put a Bok Choy in with a beef barley soup last night and it was quite good. It is also often used in stir fries. Noah will give you a little help with the garlic scapes this week, and, perhaps, we can talk more about Bok Choy in next week's newsletter. Tatsoi

comfortable space instead of risking what may be waiting in all the weeds of the unexplored pen. I certainly know that it is healthier and more exciting (life giving) to spread my wings, run in the fresh air and peck into the moist soil of life, but it still seems somewhat scary.

I'm certain that with a few more sunny days and, perhaps, putting the feeder outside, all of the chicks will relish in the freedom of their outdoor pen.

Now the chickens that thrive on thrills, there is nothing that will fence them in. We are constantly looking for the place that they may have gotten out of and trying to find more efficient ways to get them back inside of their pen. I'm beginning to think that they are already flying over the fence.

There is never a dull moment

and mizuna are both salad greens that are often found in many mixed greens. They add extra texture, color and flavor.

We escaped the tornadoes, damaging winds and hail for the most part this past week but continue a June with more days of rain than dry ones. The raspberries are responding to all of this moisture as they are prolific and early. Everyone will receive raspberries in one of the next 3 deliveries (we call this rolling raspberry delivery).

A bit about garlic scapes:

Garlic scapes are a delicacy in that they are only available for a short time in June. It is a shoot

with animals on the farm. And so I leave you with the image of our 6' 2" intern, Mark scurrying around for 15 minutes on a sweltering afternoon attempting to capture 3 escapees to return them to their pen.

In a month or so they will not need a pen at all and can be free to roam the entire farm as they please. .... how frightening (and freeing) is that?

-Norm

that pops out from the garlic bulb underground as it matures. The scapes need to be cut so more energy will go into forming the garlic. There is a recipe below for garlic scape pesto, but they can also be cut up and added to scrambled eggs, tossed in a stir fry dish, or added to just about anything.

Tat Soi: has very dark green, spoon-shaped leaves in a perfect rosette. Provides a pleasant sweet flavor.

Mizuna: Elegant, deep green and saw-toothed leaves have a mild yet tangy flavor. This tender green leaf lettuce makes an excellent mix for salads and soups.

**MEMBER WORK DAYS:**

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:**

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...

### Garlic Scape Pesto

1 cup garlic scapes , cut into ¼-inch slices  
1/3 cup walnuts  
¾ cup olive oil  
¼ - ½ cup grated parmigiano  
½ teaspoon salt  
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator.

For ½ pound short pasta such as penne, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

[http://voices.washingtonpost.com/mighty-appetite/2006/06/my\\_friend\\_the\\_garlic\\_scape\\_1.html](http://voices.washingtonpost.com/mighty-appetite/2006/06/my_friend_the_garlic_scape_1.html)

### Grilled Bok Choy

1 (2 pound) head of bok choy  
1/4 cup melted butter  
1/8 teaspoon garlic powder  
1/8 teaspoon paprika  
1/8 teaspoon ground black pepper  
1 teaspoon seasoned salt (such as LAWRY'S®)  
1 teaspoon ground black pepper

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

In a bowl, mix butter, garlic powder, paprika, and 1/8 teaspoon of black pepper. Slice the bottom off the head of

bok choy, and remove and clean the stalks. Sprinkle seasoned salt and 1 teaspoon of black pepper over both sides of the stalks.

Lay the bok choy stalks on the preheated grill. Brush with seasoned butter mixture, cover the grill, and cook until the bok choy stalks show grill marks and the leaves are crisp at the edges, 3 to 4 minutes. Turn the bok choy, brush with butter mixture, cover, and grill the other sides. Brush with any remaining butter mixture, and remove to a platter to serve.

<http://allrecipes.com/Recipe/Grilled-Bok-Choy/Detail.aspx>

### Sweet and Savory Kale

2 tablespoons olive oil  
1 small onion, diced  
2 cloves garlic, minced  
1 tablespoon Dijon mustard  
4 teaspoons white sugar  
1 tablespoon cider vinegar  
1 1/2 cups chicken broth  
4 cups stemmed, torn and rinsed kale  
1/4 cup dried cranberries  
salt and pepper to taste  
1/4 cup sliced almonds

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 minutes. Stir in the mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat. Stir in the kale, cover, and cook 5 minutes until wilted.

Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 minutes. Season to taste with salt and pepper. Sprinkle with sliced almonds before serving.

<http://allrecipes.com/Recipe/Sweet-and-Savory-Kale/Detail.aspx>