

Earth Dance Farm



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Quote for the Week

To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.

Samuel Johnson

This week:

Spinach
Kale
Swiss Chard
Bib Lettuce
Romaine Lettuce
Scallions
Strawberries
Kohlrabi
Radishes

Notes:

Wash vegetables before eating them.

Please put boxes and ice packs out by Monday morning. (Also, fruit containers and egg cartons)

The list of the upcoming week's vegetables will be available on the website by Friday evening. I will be adding recipes and copies of the newsletter soon. Email us with any good recipes that you would like to share.

A New Season...

It's been many months since we've talked with you via this newsletter. A lot has happened since our farm gathering last October. In November we planted the garlic and mulched all the strawberries to prepare them for the winter. In late winter we inoculated ironwood logs with Shittake mushroom spores. Soon after, we were hit with a stretch of 20° below zero weather. Minnesota sure does provide us opportunities to toughen up. Caring for the animals in this cold weather sure was a challenge. It is amazing how adaptable the human body can be.

March found us finishing a 12 x 32 foot green house, planting seed, and preparing the 1 ½ acres we now have planted. We also built an 8 x 10 walk in cooler that is in our pole barn. Shortly after May 15th (the supposed last frost date), we planted many of our tomatoes and peppers only to have them freeze with an early morning frost several days later. I had a mix of panic and tears as I gazed out at 1000 plants destroyed. It's a good "experience under my belt" and a lesson to not rush Mother Nature. Also, it was a plain and simple reality of the risk involved in

farming. Next year we will be waiting until Memorial Day has passed before putting in the tomatoes and peppers. May also brought some new additions to our farm. We have 30 new chicks so we can offer more egg shares and Luccia had her foal. This was our first foaling experience and what an incredible experience it was. She had a handsome colt (male) and his name is Zoran. Other projects included fencing, first crop of hay in the barn and lots else to keep us out of trouble. All in all, we feel very blessed and have hopes to see you at the farm during the season.

Notes from the farmer....

You'll find many greens in your box this week. You will probably be hopping around by next weekend.

The delivery season usually begins with primarily faster growing greens, followed closely by the brassicas, then cucumbers, summer squash, peppers, tomatoes and potatoes, and finishes with winter squash and greens again. Most boxes will have between 8 – 12 different vegetables, herbs, and fruits, and the weight of each dependent on the crops in season.

The last week of hot weather resulted in the arugula and spinach being

a bit more mature than we would like. Arugula tends to get a bit more spicy as it matures so we included a recipe for pesto. We also sauted some arugula and spinach in a little olive oil and vinegar, that was pretty tasty.

In the fields here most of the initial crops have been transplanted or seeded by now. We do lots of successive plantings biweekly of lettuce, carrots, beets, radishes etc. The greenhouse is practically empty now, but within a few weeks we'll be planting fall crops like broccoli, scallions, kohlrabi, chard ...

So what's the task at hand you ask: weeding, weeding, weeding. Any helping

hands available? Actually we are keeping on top of things pretty well. I feel fortunate to have a neighbor boy helping out on Wed. and Thurs. and my own kids and some of their friends at times. Seems like a forever list of tasks to do, but some more urgent than others. Does all this sound familiar to your own lives?

Kohlrabi...

Kohlrabi

Kohlrabi means "cabbage turnip" in German and is a Brassica. With the leaf stems removed, it can be stored in the refrigerator for several weeks. It is a good source of Vitamin C and potassium. The outer skin can be eaten or removed and kohlrabi can be cooked or eaten raw. Here is a basic recipe:

Cut kohlrabi into chunks & place in bowl with lemon juice to cover. Sprinkle with salt & pepper; allow to

marinate ½ hour.

Kohlrabi Soup

1 ¼ lb kohlrabi
1 white onion, chopped
4 oz piece of bacon
1 carrot, chopped
3 garlic cloves, chopped
2 large cloves, chopped
2 large potatoes, diced
Salt and pepper

Peel the kohlrabi and dice. Heat 3 tbsp of the oil in a saucepan, add the onion and bacon and cook over a low heat for about 3

minutes until translucent, stirring continuously.

Add the kohlrabi, carrot, garlic, potatoes and about 8 cups of water and bring to a boil.

Cook with the lid on for about 1 hour. Discard the bacon and add salt and pepper to taste. Add the remaining oil and serve immediately.

Arugula...

Arugula Lettuce

With its peppery and slightly bitter flavor, arugula is a terrific green to throw into an otherwise boring salad. It can be gently braised, too. Arugula provides the same flavor impact as onions, but without the aftertaste.

Bib Lettuce & Arugula Salad

Tasty salad with organic bib lettuce, arugula, walnuts, organic Bosc pears, sun dried cherry vinaigrette finished with a Saga blue cheese shower.

1 cup torn organic bib lettuce
1 cup organic arugula
1/4 cup walnuts
1/2 organic Bosc pear, sliced
3 tbs sun dried cherry vinaigrette
2 tbs grated Saga blue cheese
cracked black pepper to taste

Add first two ingredients to bowl.

Toss well with vinaigrette being careful not to damage the lettuce or arugula. Add walnuts and pears the use a grater to shower the very cold cheese on top.

Arugula Pesto

1 bunch arugula, stems removed (about 4 ounces)
2 3/4 teaspoons of coarse or Kosher salt
1/3 cup extra virgin olive oil
Freshly ground pepper to taste

Fill a large bowl with ice and add water, set aside. Fill a medium sized saucepan with water and the 2 1/2 teaspoons of salt, and bring it to a boil. Add the arugula and as soon as the water returns to a boil, remove the arugula with a slotted spoon and place it immediately into the ice water to stop the cooking process.

Transfer the arugula to several layers of paper toweling or clean kitchen

towels and allow to drain. Roll up the towels and squeeze as much moisture as possible from the arugula.

Place the arugula in a blender jar and add the oil, 1/4 teaspoon of salt and the pepper and puree until the mixture looks like thick pesto. There will be a small amount of oil on the surface. Use immediately or transfer the mixture to a jar with a tight fitting lid if you are going to store it. This will keep for at least 5 days, refrigerated. Before using, stir the pesto to incorporate the oil accumulated at the top.

Serve the pesto over some freshly cooked pasta or boiled potatoes.