

Earth Dance Farm



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Quote for the Week

No problem can be solved with the same level of consciousness that created it.

Albert Einstein

This week:

Broccoli

Winterbor Kale

Cauliflower

Baby Arugula

Head Lettuce: Romaine and Bib

Scallions

Strawberries

Kohlrabi

Radishes

Turnips

Cabbage

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.

What's in a Name...

People have asked about how we came upon the name Earth Dance Farm. For most of a year, our family tossed around different ideas, and when one had at least, an "it's okay" from everyone, we'd look to see if the web name (domain name) was available and that no other CSA was using the name. Adriana came up with Dancing Earth Farm. This got changed to Earth Dance Farm which the adults liked and the kids would endure. Then for lack of more creativity or time to explore, the name stayed. We all like it just fine. It fits our philosophy of the relationship and connection we have with the land and

the energy and joy that comes with that knowledge.

Last summer as we were sorting things out in our move from St. Paul to our farm, I discovered a poem I had written at an earlier time. Evidently, the name had been coalescing in my consciousness for some time. I'll share it with you.

*The earth tilts, rotates, orbits
It brims with abundance
She offers me her dance*

*Then there is my pelvis,
lumbar, hips
They seem so controlled
Restrained and stiff*

*Do I own the courage, the
Maturity and the vitality
To accept my invitation
To enter into Earth's Dance*

*Flesh to Earth, Earth to Flesh
Stand firm upon the soil
Do you feel the connection
Do you know the relationship
Do you have the passion*

To dance with Mother Earth

Well, quite frankly, I'm a lousy dancer...not confident to take a strong lead, even worse at allowing myself to be led. My dance with life, well, I guess I'm here on the land now, trying to open up to the music, breathe more deeply, loosening up my hips...

Notes from the farmer....

We really have enjoyed all the fresh veggies lately. We hope that you all made good use of your first delivery. For the most part, the boxes will just keep getting better. Some personal highlights for me were the juicy crunch of the radishes with my venison sausage sandwich, the colors of the Swiss Chard sautéing in the pan, the taste of the strawberries with vanilla ice cream. I was surprised by the mild taste of the kohlrabi eaten like a carrot and the added flavor of arugula mixed with my salad. The week culminated with our Sat. evening meal. Our 15 yr. old son, Noah, cooks on

Sat and he had already done some planning and shopping. He marinated pork chops that were then slowly grilled. Kale and chard were cut and the chopped stems were sautéed first in olive oil, and the leaves were added later a long with some soy sauce. The pork chop was placed on a bed of rice and topped with the kale and chard and along side this were fresh beets cooked just right. Adriana, our 11 yr old daughter, commented that the plate of food looked so beautiful that she hated to eat it, but of course she did and enjoyed it along with the rest of us. I guess if the farmer doesn't eat well, there's a problem

somewhere.

This weeks produce provides many of the brassicas: kohlrabi, cabbage, broccoli, and cauliflower (a purple variety that looks like broccoli) along with many greens and root veggies. The radishes have a little bite, but the baby arugula is smaller and a little tamer this week.

Usually, each week we'll introduce several new crops along with many from the previous week.

We hope you immensely enjoy this week's veggies and have a great week.

Turnip, a member of the mustard family, is one of the oldest cultivated foods. They can be boiled (add a few in with your potatoes), added to soup or roasted. They are high in vitamin C. Turnip tops are nutritious and often eaten as cooked greens. Store turnips in a plastic bag in the refrigerator.

Our favorite way to eat kale is to just sauté the stems in olive oil and vinegar (or soy sauce) and then add the leaves at the end for a few minutes. For people who haven't eaten much kale, it may take a bit to acquire a taste for it. But it is well worth it, Kale has a ton of nutritional value and your body will appreciate it.

Here are a few other ideas:

1. Sauté kale with fresh garlic and sprinkle with lemon juice and olive oil before serving.

2. Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts.

3. Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.

Turnips...

Ginger-Glazed Young Turnips

½ tsp salt plus a dash
1 bunch young turnips, trimmed
¼ c. sugar or honey
1/8 c. white vinegar
1-2 tsp freshly grated ginger
2 tbsp cornstarch
¼ c. apple or grape cider
½ c. raisins
2 tbsp finely chopped fresh parsley
Optional – finely chopped crystallized ginger

Bring 2 quarts water to a boil in a large pot. Add a

dash of salt and turnips. When the water returns to a boil, cover and reduce heat. Simmer turnips gently until tender but not mushy, 10 – 15 minutes. Remove the pot from heat and transfer turnips to a dish to cool.

Transfer ½ c. hot cooking water to a medium pot. Stir in the sugar or honey, vinegar, and ginger to taste. Add ½ tsp to salt.

Combine cornstarch and cider in small bowl; let stand until dissolved. Slice

turnips.

Place pot with ginger mixture over medium heat. Stir in the cider mixture and simmer. Cook, stirring constantly, until smooth and thickened, 2 – 3 minutes.

Remove from heat, stir in raisins and sliced turnips and continue to stir for 2 minutes, until the mixture reaches a thick, gravylike consistency. Stop stirring and let stand for 2 minutes. Garnish with parsley and crystallized ginger. (Farmer John's Cookbook)

Kale...

Kale with Sausage and Garlic-roasted Potatoes

4 med. Potatoes sliced
2 garlic cloves, minced
2 tbsp extra-virgin olive oil
Salt and pepper
1 lb hot or sweet Italian sausage, removed from its casing
2 c. chicken broth
1 ¼ - 1 ½ lbs kale, stems removed and leaves chopped (about 16 cups)

Preheat oven to 425° F. Brush a large baking sheet with oil.

Combine the potatoes, garlic, and 1 tbsp of the oil in a med. Bowl. Season with a generous sprinkling of salt and a few grinds of pepper and toss to coat well. Spread the potatoes out in a single layer on the prepared baking sheet. Roast for 25 to 30 minutes, turning the potatoes few times to brown evenly.

Heat the remaining 1 tbsp oil in a large Dutch oven

over medium-high heat. Sauté the sausage in the oil until no pink shows and the sausage is cooked through, about 8 minutes.

Stir in the broth and kale. Bring the broth to a boil. Cover and simmer, stirring occasionally, until the kale is wilted and tender but still bright green, 8 – 10 minutes.

Mix in the potatoes. Season with salt and pepper. Serve at once. (The Gardent-Fresh Vegetable Cookbook)

Greens in Peanut Sauce

1 med. Onion, chopped
2-3 cloves garlic, minced

In a large soup pot sauté in 1 tbsp oil.

1 med tomato, diced

Add and simmer 2-4 minutes.

½ tsp ground coriander

½ tsp ground cumin
¼ tsp salt or to taste
1/8 tsp ground cloves

Add, cook, and stir 2 minutes.

1 lb kale (8 cups chopped)
½ c. water

Add and steam until greens are soft but not mushy. Avoid overcooking. Stir occasionally to coat greens with the spices.

2-3 tbsp chunky peanut butter
1-2 tsp hot water

Combine and add to greens at end of cooking time.

(Simply in Season)