

Earth Dance Farm



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Quote for the Week

Take rest; a field that has rested gives a bountiful crop.

Ovid

This week:

Strawberries

Shelling peas

Leaf Lettuce

Basil

Marjoram

Baby Red kale

Radishes

Cilantro

Garlic scapes

Chives

Arugula

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.

What your membership means:

Many of you are joining a CSA for the first time so I thought a few comments on this topic may be enlightening. Community Supported Agriculture originated from a French word that literally meant "to put a face on the farmer". By joining a CSA you: know the people who grow your produce; can visit the farm and see where the produce is grown; support local, sustainable produce; eat a great variety of fresh produce; and create a neighborhood network around food.

There are some standards that most CSAs follow and a few that are more open ended. A share can be 1/2 bushel, a 3/4 bushel, or a full bushel size box. Some call a 1/2 bushel box a half or partial share, while for some CSAs this is a full share. We use the bushel box size. Fairly consistent is to have 7 - 12 different crops in the box on any given week. Deliveries vary from 16 to 22 weeks. We deliver for 18 weeks. Some

Farmer's Notes:

Wow! It is crazy how the weather can change in a week. Last week we were in the fields at 6 and almost sweating immediately and this week we have the hoods up on our sweatshirts. We have started constant irrigation again as we have not received moisture in a week and none is in the forecast. At least we can finally get our hay crop in.

There are quite a few new crops in your box this week. Garlic scapes are cut to help the garlic grow and at the same provide a great

farms offer a variety of separate Fall or Winter share options. Many CSAs also offer a separate meat or fruit share option. We have chosen to keep the berries and fruits that we grow as part of the basic share.

I have both read and heard concern that CSA members want "their full share" and not have some produce offered as an extra for an additional cost. This is a legitimate concern. The CSA idea to offer 7-12 seasonal vegetables, herbs and fruits in quantities that would be a meal for a family of four. It is not really the case that if you are 1 of 100 members that you will receive 1/100th of all the crops in the field. Believe you me, you would not want to be in that situation and delivery would be a nightmare. I try to plant an abundance of most crops to make sure that there is a sufficient supply for delivery even with weather that doesn't always cooperate or insects that may be unrelenting. So

consumable to add to salads and more. Arugula is a spicy green that will liven up your salads. And the peas this week are the shelling kind. We often don't even get a chance to cook ours because they are popped from the shell and consumed before they make it to the stove.

We still have a couple spots for camping weekend on July 10 - 11. We would love to have you. Have a great, safe 4th weekend everyone!

sometimes we end up with extra that is beyond what we can include in the shares. Many farms do the farmers market or directly market to businesses, we do neither as of now so we have decided to offer extras to our members.

Such is the case with the strawberries this season. After picking for the delivery last week, we ended up with a large amount that were ready to be picked again on Friday. So we picked, and we froze, made jam, and ate berries at every meal. We have now picked enough to give everyone a quart and a pint for this week. But since we have to pick strawberries every other day and they do not last very long in the fridge, we are offering them to any members who may want to freeze or make jam. So we are offering extras, on a first come basis, to anyone who is interested, in quantities of 5 quarts for \$20. I will deliver on Mondays or Thursdays. So send an email if you are interested.

MEMBER WORK DAY:

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...

A bit about garlic scapes from the web:

Garlic scapes work well in soups, salads, stews, salsas, dips, guacamole, omelettes, frittatas, souffles, marinades, pesto, salad dressings, and stir-fry. They can also be pickled and added to homemade flavored vinegars. Scapes are also delightful when cooked into sauces.

A simple but wonderful garlic scape spread can be made by chopping some up and mixing them with softened cream cheese (or sour cream) and dill. When added to mayonnaise to make an aioli, the flavor of chopped garlic scapes becomes milder and the savory notes are more apparent. Make a nice garlic scape dressing with sour cream to add to salads, use as

a dip for crackers, Triscuits, toast points, and pork rinds or to spoon over a nice salad.

(<http://knol.google.com/k/> and enter Garlic scapes in the search box to learn more)

Recipes

Arugula & Strawberry Salad

1/2 cup chopped walnuts
4 cups baby arugula or torn arugula leaves
2 cups sliced strawberries (about 10 ounces)
2 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
2 tablespoons aged balsamic vinegar (see Ingredient note)
1 tablespoon extra-virgin olive oil

1. Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.

2. Add arugula, strawberries, Parmesan, pepper and salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.

(<http://www.eatingwell.com>)

Roasted Garlic Scapes Recipe

Take the scapes and put them in a lightly oiled roasting pan, top with salt (kosher or sea salt works best). Put the loaded and covered pan in a hot (425°F) oven for 30 to 45 minutes or until they are beginning to turn brown. serve as a side or main dish. Tastes like roasted garlic but creamier. This is also good drizzled with a light cheese sauce.

Red Kale and Cheese Omelet for Two

(Makes 2 servings, recipe created by Kalyn)

5 eggs, beaten well
 1/2 tsp. [Spike Seasoning](#) (Optional, but Spike is really good in eggs. Use other seasonings as desired if you don't have Spike.)
 2 T chopped onion or red onion
 1-2 tsp. olive oil (or more, depending on your pan)
 3 oz. chopped kale (2 cups chopped kale. You could use other greens like chard, collards, spinach, or broccoli rabe.)
 1/3 cup grated white cheese (I used a low-fat blend called pizza cheese which had Mozzarella, Provolone, Romano, and Parmesan cheese)

Beat eggs with Spike seasoning in small bowl.

Heat olive oil medium high in non-stick 10" frying pan. Add onions and saute about 2 minutes, until soft but not browned. Add kale all at once (it will be above the top of the pan.) Let kale wilt for a minute or two, then use a large turner to turn it over so it wilts evenly and reduces in size by at least half. This will take 2-3 minutes.

Check pan to see if you need more oil before you add the eggs, and add more if needed. Add eggs all at once, then immediately lower heat to low. Let omelet start to cook, and when you see firm edges, gently lift them with the turner and let the uncooked egg run under. Cook about 10 minutes, until eggs are mostly set but still wet looking. Then use turner and gently flip one half of omelet over onto the other half. Cook 1-2 minutes more if needed, then slide omelet out on to serving plate.

Serve topped with fresh parsley if you have parsley in your garden that's begging to be used. This is great served with sour cream on top. (substitute chives)

<http://kalynskitchen.blogspot.com/2008/10/red-kale-and-cheese-omelette-for-two.html>