

# Earth Dance Farm



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## Quote for the Week

*We are the living links in a life force that moves and plays around and through us, binding the deepest soils with the farthest stars.*

Alan Chadwick

## This week:

Raspberries

Mesclun lettuce mix

Romaine Lettuce

Basil

Spinach

Dill

Radishes

Kohlrabi

Sage

Cabbage/Broccoli

Scallions

## NOTES:

### Wash your produce before eating.

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

Pass on/return any clean

## "Camp on the Farm" Weekend

We wanted to share with you about the wonderful camping weekend that we experienced here on the farm.

It is easy for me to get wrapped up in the mechanics and production of the produce that I sometimes lose sight of the significance of the farmer/member relationship. From the onset of this CSA endeavor Laurie and I have felt strongly about using this business as a means to build community around the farm and the food that comes from the farm. Part of the community building takes place in your neighborhoods by you members who connect with each other around the produce. It can happen as I visit with some of you as I deliver the boxes. And a sense of connection can flow from time spent together here where

### Farmer's Notes:

I am hoping for a little rainfall tonight as I heard there is a "good chance", and we spent the most of the afternoon (8 of us) planting fall crops from the greenhouse. Beets, chard, broccoli, cauliflower, cabbage and brussel sprouts all went into the ground. I usually try to plan it where mother nature can do the first watering – seems like the plants prefer it that way as well. We ended up with 1 1/2 inches of rain last week, which primarily fell while we were trying to harvest the crop. We were able to eat some of the carrots and beets this past week and they were soooo delicious. I thought I would give them a

the food is grown.

We have had various camps and gatherings over the last few years and have always been gifted by the folks who have joined us. Last weekend was our first "Camp on the Farm" experience. The weather was fabulous, except for a brief, late night, thunder storm that made more noise than rain. We had four families join us for one or both evenings. We ate breakfast and the evening meals together, toured the fields, gathered food for the evening meal, walked the woods and enjoyed a bonfire, along with some stories about our lives. It was a joy to watch kids ride the miniature ponies, brave the scary chickens to collect the eggs, play in the creek, run up and down the

week or two yet to fill out before putting them into the boxes.

The strawberries have run their course now so I hope you enjoyed them. I think that there will be enough raspberries for everyone to receive a 1/2 pint this week. This is the final delivery of spinach and kohlrabi until the fall. The mesclun mix is a spicy variety of salad greens. It contains arugula, mustard, endive, mizuna, tatsoi, and a base of red lettuces. This is the first try at this so let me know what you think of it. We are giving a farmer's choice of broccoli and cabbage. You will receive one or the other in your box. It is difficult to get the broccoli to head out at the same time and it does not take

hills, and play with the new kittens.

Thank you to the families who joined us. If you have any photos you would like to share, please email them to us. This is definitely a weekend that we will offer again next year.

We still have a couple of farm events this year. A member work day on Friday August 14<sup>th</sup>. Email us if you would like to join us. The fall gathering will be on Saturday, October 3<sup>rd</sup>.

them long to flower. The cabbages are just starting out so most are not quite mature. The basil has been gorgeous this season. We have to harvest it right before nightfall and keep it outside as the cooler is too cold. We put it into the box in the morning opposite the cooler pack. I hope it arrives fresh and flavorful to your home since it is not an easy packer. Please remember to hang any of your unused herbs to dry for later use if you so desire. The sage today is an herb that dries very well. The cucumbers and summer squash have loads of small ones starting, but not a sufficient supply to make this delivery. Have a great week everyone.

## MEMBER WORK DAY:

Friday, August 14<sup>th</sup>

Sign up by sending an email. There will be organized activities for children. Bon fire at the end of the day.

**Fall Harvest Gathering:**  
Saturday, October 3<sup>rd</sup> in the afternoon and evening.

## Cooking tips...

**Drying Herbs:**

Sage, basil and dill are all great herbs to dry. If you have more than you can use, then this is one way to save them to use at a later time. All you have to do is tie a bit of string around the stems and find a dry place to hang them upside down. When they have completely dried, then just crush them and put them in a jar to save.

**Cooking with fresh herbs:**

We have been adding the fresh herbs like basil, dill, and cilantro to salads, noodles, and stir fries. Dill is especially good on fish such as salmon. We just cook the fish with a bit of lemon juice and sprinkle on the fresh dill.

Sage is more of a cooking herb. Great on poultry, and

in soups. A little goes a long way.

**Recipes****Warm Chicken Salad on Mesclun Lettuce**

4 boneless skinless chicken breasts

½ c. soy **sauce**  
1 lemon, juice of  
6 scallions, chopped 1/2 inch thick  
2 tbsp sesame oil  
1 ½ tbsp vegetable oil  
3 tbsp butter  
4-6 c. mesclun

Soak the **chicken** in cold, salted water for 30 minutes to eliminate the "game-y" taste.

Drain, pat dry, and trim off as much fat as possible. Slice the breasts across the grain, cutting the chicken into thin strips.

In a large **glass bowl**, stir together the soy sauce, lemon juice, scallions, and sesame oil. Add the chicken strips and toss to cover well; cover bowl with plastic wrap and refrigerate at least 1 hour, or as long as 4 hours—the longer it marinates, the better the flavor. Drain the chicken, reserving the marinade.

Heat the vegetable oil in a wok; when it gets quite hot, add the chicken and stir-fry until tender, about 3 minutes.

Remove the chicken and keep it warm.

Add the reserved marinade to the wok; if there seems to be a surplus, **cook** to reduce it a bit. Then add the butter gradually, stirring it into the sauce.

Taste for **seasoning**; if it seems too bland, add some chopped ginger, more scallions, etc.

Return the chicken to the wok and cook for 3 minutes to warm it; make sure the chicken is no longer pink in the center.

Divide the mesclun among 4 plates and spoon the chicken and sauce over the lettuce. Serve hot.

\*\*For a slightly "heavier" main-dish salad, place a large spoonful of hot white rice over the **lettuce**; top with the chicken and sauce and serve hot.

**Parmesan and Basil Chicken Salad**

2 whole skinless, boneless chicken breasts  
salt and pepper to taste  
1 cup mayonnaise  
1 cup chopped fresh basil

2 cloves crushed garlic  
3 stalks celery, chopped  
2/3 cup grated Parmesan cheese

Season chicken with salt and pepper. Roast at 375 degrees F (190 degrees C) for 35 minutes, or until juices run clear. Let cool, and chop into chunks.

In a food processor, puree the mayonnaise, basil, garlic, and celery. Combine the chunked chicken, pureed mixture, and Parmesan cheese; toss. Refrigerate, and serve on Romaine lettuce. Garnish with sliced hard boiled eggs.

**Creamy Dill Dipping Sauce**

½ cup sour cream  
¼ cup mayonnaise  
2 tbsp chopped fresh dill  
1 tsp lemon juice  
Salt and pepper to taste

In a small mixing bowl, combine all ingredients. Cover and refrigerate 1 to 2 hours before serving.