

Earth Dance Farm



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Quote for the Week

It is not the mountain that we conquer but ourselves.

Sir Edmund Hillary

This week:

Raspberries

Cabbage

Cucumbers

Scallions

Dill

Radishes

Kale

Swiss chard

Snow peas

Broccoli

Summer squash

Bibb lettuce

NOTES:

Wash your produce before eating.

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

Pass on/return any clean paper grocery bags or clean egg cartons. You can leave them with your boxes.

A Case for Chemicals?

One exciting aspect of moving back to the country a few years back was the prospect of having land, pasture and hay ground for our horses. We have had anywhere from 4 to 9 horses – from miniature horses to Friesians to a draft sport horse. Boarding them at stables was not sustainable. The thought of having them running in our pastures and riding them in our own arena would be a dream come true (actually, it is mainly Laurie and Adriana who ride). And it 's a fact that even I love to see them grazing and running the hills, gracing our horizons with an idyllic picture of serenity and untamed possibilities.

It is truly an amazing amount of work to care for such large animals ... maybe I should say large, unpredictable animals. From pens to paddocks to pastures, to vaccinations, to injuries, to what type of grain,

Farmer's Notes:

We received one half inch of rain last evening which was incredibly welcome. We had not gotten any moisture in about two weeks and had been watering constantly of late. It particularly helped more recent plantings and crops with a shallow root system. The rain made for a somewhat dirty harvest today and the scallions and peas are a little dirtier than I would like.

I would like to comment on the cool and dry summer that we have been experiencing. The lettuces and brassicas and some of the root crops seem to be loving it, but the hot weather bad boys are definitely

to what type of hay, to halters and bridles and cinches and bits and lunge lines, to vets and farriers and the other million things I am forgetting or, perhaps, don't even know. All this is what also makes owning and riding horses so fascinating and challenging.

OK, so in 2007 we had an outdoor arena built on the top of our tillable land surrounded by a rope fence. There are gorgeous views of the surrounding hills and the Bear Creek valley. The 2 inches of sand seems to be a magnet for every weed seed that decides to sail on over. We spend more time dragging the sand to disrupt growth or actual manual pulling of weeds than any sort of groundwork or riding with the horses. This year, with high hopes, we purchased the Red Dragon flame weeder. It sounded like just the thing to torch our intruders to high hell. Laurie and I were eager to try out our new killing machine and spent 3 hours and a tank of propane throwing flames. It

inching along. The peppers, tomatoes and eggplant seem to be a couple weeks out yet and the cukes are starting albeit slowly. The sweet corn will be a month or so yet. There is really not a lot to do about this situation except to wait and to enjoy what we have.

This will be the last of the dill for this year and the scallions may make a return in the late fall. The summer squash looks like it has finally busted loose so plan on using lots of it in the next few weeks. There are 4 different varieties and we will try to pass on some interesting recipes. The bibb lettuce does not have the hardy field and refrigerator life of the romaine, but should make a nice salad. Broccoli

seemed to have worked, but within a few days the quack grass was rising from the ashes greener and stronger than ever. I'm sure the ash was good nutrients for good growing. My neighbor shook his head and once again assured me that a little spray could take care of my problem. "You are not going to grow any food on that sand anyway, so no harm done."

Many times it is a tempting proposition to spray chemicals in order to do away with plants that we see as unnecessary or harmful. I'm sure that you have found yourself in a similar situation. I am not positive what the answer to our arena problem is, but I am certain that it is not chemicals. We will continue to investigate options, and in the meantime, we will hoe and pull and drag and burn and do whatever else to keep the grass and weeds from getting worse. And hopefully, there will be an hour or two on a given day left over for the girls to ride.

and cabbage are in excellent condition and should be around for another week. There is a full delivery of raspberries yet this week and then we'll have to pick up where we left off with the partial deliveries. The raspberries will also be delivered in the fall.

The tomatoes are all trellised, the greenhouse is empty, and the fields are generally weeded, and bug free. I hope things are going as well for all of you this summer. I have heard of some folks forgetting to pick up their boxes. Please be diligent about picking up on delivery day and to always return your box/ice pack. I will also reuse the paper bags if they are clean. Thanks!

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.

Fall Harvest Gathering:
Saturday, October 3rd in
the afternoon and
evening.

Stir Fry Season:

Now that we are starting to move beyond the lettuces, it is time to experiment with different stir fry combinations. Following are 10 steps to better stir fry that I found on a blog. (<http://www.tigersandstrawberries.com/2006/01/16/stir-fry-technique-ten-steps-to-better-wok-cookery/>)

ONE: Cut your ingredients into equivalent-sized and shape pieces.

TWO: Marinate your meat or tofu in a mixture that includes cornstarch.

THREE: Have all your ingredients ready and lined up by the wok before you heat the wok.

Recipes**Stir-fried Kale and Broccoli Florets**

1/8 cup extra virgin olive oil
7 cloves garlic, sliced
1 chile pepper, chopped (optional)
1 head fresh broccoli, chopped
1 bunch kale, stems removed and chopped
1/4 cup sun-dried tomatoes, cut in thin strips
juice of 2 limes
salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

FOUR: Heat your wok until it begins to smoke, then add your oil and heat until it nearly smokes.

FIVE: Add your aromatic ingredients, in the order specified in the recipe and cook for a minute or two until they are fragrant and cooked to the point specified in the recipe.

SIX: Add the meat, settle it into a single layer in the bottom of the wok and leave it there for about a minute or so to begin to brown deeply on the surface touching the wok.

SEVEN: Add soy sauce, wine or some combination of

the two to the wok and deglaze the cornstarch marinade, and toss the meat to season it.

EIGHT: Add vegetables, in the order of how long they will take to cook, and stir fry.

NINE: Add broth, any other sauce ingredients such as oyster sauce, hoisin or vinegar, stir fry until sauce thickens and clings to the pieces of food in the wok.

TEN: Add garnishes, and any last minute flavoring items like spices or sesame oil, put into a warmed serving plate and serve.

Snow pea and Cabbage Slaw

1/2 pound snow peas
1 1/2 pounds shredded cabbage
2 carrots, shredded
1 green bell pepper, thinly sliced
3 green onions, chopped
1 tablespoon lemon juice
1 tablespoon rice wine vinegar
3 tablespoons olive oil

In a large pot of boiling water, blanch snow peas 15 seconds, strain and transfer to a bowl of cold water to chill. Drain and slice thin.

In a large bowl, combine the snow peas, cabbage, carrots, bell pepper, green onions, lemon juice, vinegar and olive oil. Add salt and pepper to taste; toss and serve chilled.

Summer Squash Bread

3 eggs, beaten
2 cups white sugar
1 cup vegetable oil
2 teaspoons vanilla extract
3 cups all-purpose flour
3 teaspoons baking powder
2 teaspoons ground cinnamon
2 teaspoons ground nutmeg
2 cups shredded summer squash

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.

In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking powder, cinnamon, and nutmeg. Fold in the squash. Transfer to the prepared baking dish.

Bake 45 minutes in the preheated oven, until a knife

