

Earth Dance Farm



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Quote for the Week

Unknowingly, we plough the dust of stars, blown about us by the wind, and drink the universe in a glass of rain.

Ihab Hassan

This week:

Raspberries

Cabbage

Cucumbers

Basil

Majoram

Green Beans

Kale

Carrots

Snow peas

Broccoli

Summer squash

Bibb lettuce

Cilantro

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.

Slow Food

I often wonder how much time we spend on average eating? Between getting the food, preparing the food and then cleaning up, oh, and then the extra duties of keeping the fridge cleaned up (seems I'm always removing some unintended science experiments as I try to bring some order to the fridge), it sure seems like a good portion of our time is spent on feeding ourselves.

Being a librarian by trade, I decided to find out bit more.

Wikianswers.com says " it was in the London Times that the average person spends 6 years and ten months eating in his or her 70 year life time."

According to the American Time Use Survey, activities related to eating are part of 3 categories. So for the eating

Farmer's Notes:

This week we have officially transitioned into the "hearty" veggie season. The rain last week and a weekend of sunshine were just what was needed. The cucumbers are growing like crazy so everyone got 8 in the box this week. Norm was planning on green beans next week but when we walked the gardens on Sunday, there they were, all ready to be picked. So we enjoyed our first meal of fresh beans that night and they ended up in the box this week and the beets will be coming next week. The list we put up on Monday may change in the case when another veggie needs to be harvested and delivered.

category, it shows that the average time is 1.18 hours on weekdays and 1.35 hours on the weekend. The food preparation shows .93 hours on weekdays and 1.16 hours on weekends. The food purchasing, shows .72 for weekdays and .82 on weekends. So if we add it all up, for the primary preparers and purchasers of food, we spend an average of 2.83 hours a day on weekdays and 3.33 on the weekends on food related activities. (I just had to calculate it out, and sure enough, it supports the London Times). So basically, 10% of our life is spent on food.

It is understandable that we are tempted to find ways to save some time which makes "fast food" and eating out in general an attractive option in our busy lives. Our family's journey over the last 10 years to eating better has brought us instead to the concept of "slow food" and probably adds a bit

A note about the Bibb lettuce, it is the last of the crop, and has a bit of brown on the outer edges, but otherwise is good. The leaf lettuce was too bitter so we aren't delivering it this week. This will be the last of the basil and broccoli for awhile. We were excited to have enough raspberries to do another delivery this week, but that will be it.

You are probably wondering why I am writing the farmer's notes this week, well, unfortunately, Norm is down to one hand for awhile. He smashed his little finger a couple of weeks ago and didn't think too much about it. But it wasn't healing so he went into the doctor and found out it was

more time on to the average, but I wonder how it may lead to living a longer life, so in the end, we will have more time? I might have to do a little more digging to find out an answer to that one. Or maybe the answer is yet to be revealed.

If you have not heard of the term "slow food", there is a web site for the US group: www.slowfoodusa.org. You may enjoy reading about the movement.

broken. After an X-ray, they determined he needed surgery. He had the surgery done yesterday, a couple of pins were put in his finger, and he is sporting a cast up to his elbow for a few weeks. Our son, Noah, will be delivering with Norm tomorrow.

So things will be a bit more interesting around here over the next few weeks.

We are looking for a home for an adorable yellow kitten. One of our barn cats had a litter of 5, we have found homes for all but 1. It is a cute, yellow female, already using the liter box. She is ready for her new home, so let us know 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.

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

Roasting vegetables:

I have a great cookbook that has me hooked on roasted vegetables. Our first summer on the farm, we were running out of new ways to fix our abundant veggies and so I was looking for cookbooks with a new twist, with easy being one of the key requirements. That is how I came upon *The Roasted Vegetable* by Andrea Chesman. She opened my eyes and our palettes to the yummy taste of roasted vegetables. So Sunday when we picked our first green beans, everyone agreed that roasting them would be the best. So we snipped the stems, tossed them in some olive oil, sprinkled some kosher salt on them and threw them in the oven. And, yes, they were very yummy.

Since you probably don't have

Recipes**Cucumber Salad**

3 large cucumbers, peeled, thinly sliced
1 cup white vinegar
3/4 cup water
3/4 cup sugar
1 teaspoon salt
dash ground cayenne pepper
dash dried parsley flakes
1/8 teaspoon black pepper
dash dried leaf basil

Combine all ingredients except cucumbers; heat until sugar melts. Pour warm mixture over cucumbers. Store covered in refrigerator.

the cookbook, I found a web site with some helpful tips: <http://www.culinate.com/mix/challenge/the-vegetable-challenge/tips-for-roasting-vegetables>

Singles or pairs? Mostly, we roast one vegetable at a time, since it's hard for more than one kind to finish cooking at the same time.

Heat the oven: Roasting temperatures vary. While 200 degrees is perfect for slow-roasting tomatoes, high temperatures like 400, 425, and even 500 degrees are more typical.

Same size: While the oven preheats, prep the vegetables. Wash and trim them first, cutting off stems and tails, removing any blemishes, and removing skins. Then cut them into pieces roughly the same size. The smaller the pieces, the quicker the vegetables will

roast; the larger, the longer.

Coat evenly: Toss the cut vegetables with olive oil in a bowl, really getting in there with a spatula or even your hands, making sure the pieces are coated on all sides. Save the über-expensive, extra-virgin oils for salad dressings and drizzles. For roasting, any good-quality oil will do. I allow a tablespoon of oil per pound of vegetables; it's plenty, but sometimes I splurge on a couple of tablespoons. Using more oil will shorten the cooking time.

See the web site for additional tips. This week the green beans, summer squash, carrots, cabbage, and broccoli would be great for roasting

Vegetable Orzo

1 cup orzo pasta
2 tablespoons extra virgin olive oil
1/2 red onion, chopped
2 cloves garlic, minced
1 cup chopped carrot
1 small zucchini, quartered and sliced
2 tablespoons balsamic vinegar
salt and pepper to taste
1 lemon, juiced

Bring a large pot of lightly salted water to boil. Add orzo, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Meanwhile, warm olive oil in a large skillet over medium heat. Stir in onion, garlic, and carrot,

and cook for 2 minutes. Stir in zucchini, and cook for 2 minutes more. Pour in 1 tablespoon balsamic vinegar, and deglaze pan. Reduce heat to medium low, and season with salt and pepper. Add orzo to skillet, then stir in remaining 1 tablespoon balsamic vinegar and lemon juice.

