

Earth Dance Farm



Newsletter 7/1/10
Volume 5, Issue 3

27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net

Quote for the Week

"None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone."

- Ralph Waldo Emerson

This week:

- Swiss Chard
- Shelling Peas
- Strawberries
- Rolling Raspberries
- Red Kale/Mizuna
- Braising Mix
- Bok Choi
- Lettuce
- Radishes
- Marjoram
- Scallions
- Basil

NOTES:

Wash your produce before eating.

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

We had the unfortunate experience of losing one of our interns this last week. It is vital to an operation such as this, which demands such intense labor, to have a sufficient # of good efficient workers. Of course, one can't have too many or there would be no profit.

I feel like I spend a lot of attentive time in the winter and spring to interview by phone, in person, and have a farm visit to ensure that we end up with interns that are a good fit with who and what Earth Dance Farm is. I was feeling so delighted and quite self-pleased with the caliber and fit of my crew that I was just shocked when one of them went home for the weekend and emailed me that she would not be returning. No one had a clue around here that this was in the works so it took some days to process this together. After my initial panic, I've had an interesting mix of

Farmer's Notes:

We have had a marvelous week to work out in the fields. We have had 4 days in June where it did not rain and now the last 3 days. The crops are looking very healthy, and so are the weeds. There are not enough hours in the week to harvest and keep up on the weeding. We have 26 hours of labor into the peas alone this week

Most of you will get the last of the strawberries for the season and those not receiving any will get a ½ pint of raspberries in their stead (this is called a "farmer's choice." We also did this with the Russian red kale/mizuna for this delivery. We are attempting a new method with the mixed salad greens. We harvested and picked through them and

anger, frustration and bewilderment that has moved into an acceptance and a moving forward. Recently I saw Avatar, and was deeply moved by their intimate greeting "I see you." Their eyes met upon this utterance and they saw one another in a very connected and intentional way. I believe that we can look into one another, as well as into situations, with these eyes to gain clarity and truth. This has helped me to gain balance and perspective in this situation.

Currently, one of my other interns, Bushra, who was committed to work in May and June, has offered to stay on for the month of July. I am eternally grateful to her and it gives me a month to find someone to work full time from Aug.1-Nov.1. Please visit our website if you know of anyone who has interest in filling this position.

immediately bagged and refrigerated them - no washing or spinning. They may wilt faster, but not slime at all. I would recommend washing and eating them right away. And let me know how this method works.

Braising Greens are exactly as titled, they are a mix of greens that are meant to be braised or used in other manners similar to braising. Our mix includes Hon Tsai Tai, Komatsuna, Russian Red Kale, Green Wave Mustard, Red Giant Mustard, and Tatsoi. All of these mixed together make for a wonderful bouquet of greens that are perfect for sautéing, salads, braising, or wilting. The two that people may be unfamiliar with in this bunch of cooking methods are braising and wilting. Wilting is actually

Upon receiving the 'resignation email' I contacted two other CSA farmers that I know and both of them had just had interns give their 2 weeks notice. It seems odd that this seems to be more prevalent this year. I am reminded of how fortunate we are to have our other interns, employees, volunteers and family to make this venture a possibility. Their commitment, hard work, and joy of life is very evident here on the farm. We truly do have a wonderful time living and working together and we are happy to send this positive energy and life with every box of veggies we pack for you.

Have a fantastic and safe July 4th weekend!

---Norm

quite simple, and is one of the recommended techniques for a braising mix. The simple way to wilt this mix is to cover it in a hot dressing. What that will do is slightly wilt the greens while allowing them to keep their individual flavors and coloring. Braising is slightly more complicated, but not all that difficult after you do it a couple of times. Braising greens is very similar to braising meat. What you do is you sear the outside of the greens right away, trapping in the flavor, and then lightly sauté them along with a little bit a stock and some added flavoring (garlic or maybe scallions). These are the two recommended ways to use braising greens, but go ahead and be creative, they are just greens after all.

MEMBER WORK DAY:

July 9th

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" weekends:

July 23rd-July 25th

Fall Harvest Gathering:

Saturday, October 2nd in the afternoon and evening.

Recipes**Sauteed Swiss Chard with Parmesan Cheese**

2 tablespoons butter
 2 tablespoons olive oil
 1 tablespoon minced garlic
 1/2 small onion, diced
 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
 1/2 cup dry white wine
 1 tablespoon fresh lemon juice, or to taste
 2 tablespoons freshly grated Parmesan cheese
 salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

<http://allrecipes.com//Recipe/sauteed-swiss-chard-with-parmesan-cheese/Detail.aspx>

Missy's Candied Walnut Gorgonzola Salad

1/2 cup walnut halves
 1/4 cup sugar
 3 cups mixed greens
 1/2 cup dried cranberries
 1/2 cup crumbled Gorgonzola cheese
 1 tablespoon raspberry vinaigrette
 1 tablespoon white vinegar
 1 tablespoon olive oil

Place walnuts and sugar in a skillet over medium heat, stirring constantly until the sugar dissolves into a light brown liquid and coats the walnuts. Remove walnuts from skillet, and spread them out on a sheet of aluminum foil to cool.

Place in a large salad bowl the mixed greens, cranberries, cheese, vinaigrette, vinegar, and olive oil. Toss gently; add candied walnuts, and toss again.

<http://allrecipes.com/Recipe/Missy-Candied-Walnut-Gorgonzola-Salad/Detail.aspx>

Linguini with Cashews and Scallions

1 (16 ounce) package uncooked linguini pasta
 1/2 cup butter
 1 (9.25 ounce) container cashews
 1/2 cup teriyaki sauce
 1 teaspoon ground ginger
 1 bunch green onions, diced

Bring a large pot of lightly salted water to a boil. Place linguini in the pot, cook 9 to 11 minutes, until al dente, and drain.

Melt the butter in a large pot over medium heat, and saute the cashews 5 minutes, until lightly browned. Mix in the cooked linguini, teriyaki sauce, ginger, and green onion, and continue to cook and stir until heated through.

<http://allrecipes.com/Recipe/Linguini-with-Cashews-and-Scallions/Detail.aspx>