

# Earth Dance Farm



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## Quote for the Week

"Too many people have decided to do without generosity in order to practice charity."

- Albert Camus

## This week:

Beets  
Carrots  
Shelling Peas/Kohlrabi (FC)  
Basil  
Butterhead Lettuce  
Radish  
Turnips  
Raspberries  
Rolling Raspberries  
Scallions  
Kale

## NOTES:

### Wash your produce before eating.

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

## GMO Golden Moment of Opportunity

There was this article in the Global Business of Time a few weeks back that spoke to the success of Monsanto's genetically modified seed. Over the past 15 years Monsanto has transformed itself from an agricultural chemical company to the leader in biotechnology. In a few words their philosophy is simple and practical: Our world population is exploding and the amount of arable land is shrinking. Monsanto has the responsibility to find ways to produce more food for our hungry people.

This is an interesting perspective but is not as cut and dried as it first appears. I must say that I am a novice on this topic but would like to offer several thoughts. We all need to eat

## Farmer's Notes:

Your box is very full this week partly due to the tops of the carrots, beets and turnips. You can certainly eat these greens in a salad so I hate to just cut and throw them. Some of you get kohlrabi this week while others receive another helping of peas. Beets and carrots are first timers for the season and add some magnificent color to the boxes. The butterhead lettuce was so cute sitting in their water bath and will give you a change from the romaine. Everyone gets raspberries this week and many will receive 2 as I continue the rolling raspberry delivery. Finally, the basil is a 'pesto bunch' and is the last of the first planting.

less, eat more slowly and intentionally, and eat more local seasonal food. People have a responsibility to know where their food comes from and how it is raised/grown. We need to have a relationship with the earth that sustains us in order to participate at an integral level in this problem. Are we really ok with "Monsanto's stranglehold on the planet's food chain." I, personally, feel much more comfortable growing most of my own food instead of leaving it into the hands of a corporate behemoth.

I must also say that I am not one to preach that it is We vs. Them. I will always opt to work together with whomever to utilize one another's strengths in order to achieve a higher good. Throwing stones alone will not accomplish much. The idea of a modified rice grain that can grow with less water

The crops have been growing like crazy. We are slowly beginning to catch up on the weeding aspect of production. Perhaps we will have a few extra hands on Friday's work day to help us along. Today I was able to cultivate all the vine crops one last time as they are ready to take off. The summer squash and cucumbers have many blossoms (and bees) so we should start seeing fruit this week.

Noah will now write about the featured juggernaut veggie.

Turnips! Think of a turnip almost like a potato, because it can be prepared, cooked, and eaten in any manner that a potato can, even mashed if you so choose. The one advantage a turnip has over a potato is that it can also be eaten raw, and the smaller

seems to have incredible potential to alleviate much misery in the world. Yet the scary part is what we still do not know. What are the long-term health effects of consuming GMO crops? What kind of 'super weeds' could evolve that adapt from herbicide-resistant plants? Will we become more distant from our food and more enslaved to the corporations? What about problems that we do not understand enough to even ask the question?

This is definitely a topic worthy of your consideration. Biotech is the most rapidly adopted crop technology in human history. Monsanto's traits are imbedded in 85% of US corn and Roundup-ready soybeans rule the day already. This is not going away anytime soon.

turnips can actually be quite tasty if you cut them into slices and dip them in whatever you choose. Further info on turnips, as well as recipes and cooking advice can be found at: <http://www.vegancoach.com/how-to-cook-a-turnip.html>

As for the nutritional value of the turnip, the turnip is a nutritional juggernaut! The serving size is one cup, which is rather large, but the amount of nutrition you are getting out of that serving size is astounding, even I was surprised. The health benefits of the turnip are too long to list here, so I will link you to a nutritional website that you can browse at your own leisure: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2709/2>. Enjoy your produce!

**MEMBER WORK DAYS:**

This coming Friday, July 9<sup>th</sup>, there is a member work day. Please let us know if you would like to attend. We would love to have you.

Sign up by sending an email. Dinner and bon fire at the end of the day.

**Member "Camp on the Farm" weekend:**

July 23<sup>rd</sup> – July 25<sup>th</sup>

Sign up deadline: July 16<sup>th</sup>.

**Fall Harvest Gathering: Saturday, October 2<sup>nd</sup>** in the afternoon and evening.

## Recipes...

I prepared the following recipes for dinner tonight using veggies that are in this week's delivery.

### Carrot Cheese Souffle

2 lb. carrots, cooked & mashed or pureed (2 cups)  
1 c. cracker or corn flake crumbs  
1 c. milk  
3/4 c. grated sharp cheddar  
3/4 c. soft butter (can use less)  
1/4 c. grated onion  
1 tsp. salt  
1/4 tsp. pepper  
3 eggs

Combine all but eggs. Beat eggs until frothy and fold into carrot mixture. Pour into greased 10 x 6 dish and bake at 350 degrees for 40 to 45 minutes.

(Everyone enjoyed this soufflé recipe, and it is very easy.)

### Italian Turnip and Rice Soup with Parmesan Cheese

2 Tablespoons butter  
1 Tablespoon olive oil  
1 pound of turnips peeled and cut into a 1/2-inch dice  
3 pints of chicken or vegetable stock  
1/2 cup of rice, arborio if you have it  
salt and pepper

Cup fresh grated parmesan cheese  
Garnish: minced parsley and 3 to 4 ounces parmesan cheese.

Melt the butter and oil in a large saucepan and bring to a froth.

Toss in the turnips and saute until brown, about 5 or so minutes.

Pour in the stock, bring to a boil, reduce heat and cook, covered, for about 10 minutes.

Stir in the rice and cook, covered, over medium heat for about 15 minutes.

When ready to serve, stir in salt and pepper to taste, then parsley and 1 to 2 ounces of Parmesan. Ladle into bowls and pass the extra Parmesan separately.

(I added some onions to this and some fresh thyme. I did use the Arborio. A simple soup that was a hit at our table.)

### Roasted Kale with Sea Salt

4 cups firmly-packed kale  
1 Tbsp. extra virgin olive oil  
1 tsp. good-quality sea salt, such as Maldon or Cyprus Flake

Preheat oven to 375 degrees F.

Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off.

Toss with extra virgin olive oil.

Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

(This is a simple way to use up the kale. Be careful not to use too much salt, our's got a bit salty, but we cooked our's with the salt, so I would recommend following the directions and sprinkling it on after removing it from the oven.)