

# Earth Dance Farm



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## Quote for the Week

"We distrust our heart too much, and our head not enough"

- Joseph Roux

## This week:

Butterhead Lettuce

Swiss Chard

Radicchio

Kohlrabi

Broccoli

Green Beans

Raspberries

Snow Peas/Radishes

Summer squash

New Potatoes

Beets

Chives

## NOTES:

### Wash your produce before eating.

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

I will include my farmer notes in this section since Noah highlighted 2 veggies this week. The beets are again just beautiful so I hope that you enjoy them along with their greens. Only one summer squash per box this week as they are just coming into their own. They are looking outstanding and they will be plentiful for the next month or so. The cukes are really coming on also, but not enough for a delivery until week #6. I am sorry to say that the snow peas did not germ well in the warm late spring soil so only some of you will receive them. As we get into the broccoli, cauliflower and cabbage do not be surprised to find some worms nestled in the crop somewhere. We rinse and soak these veggies to get most of the worms out. Before cooking just soak them for a short time in some salt water and the worms should come forward. New potatoes just

### Veggie Highlights:

One of this weeks featured veggies is Kohlrabi. Kohlrabi is a bulbous looking vegetable that resembles a root veggie although it is not. Kohlrabi grows on the stem of the plant, just above the ground. Generally, it is peeled and eaten raw, and if the leaves are in good shape they can be eaten as well. For preparation ideas and further general information here is the link to a very good website article on Kohlrabi: <http://www.care2.com/green-living/how-to-use-kohlrabi.html#>. As for nutritional value, Kohlrabi is very high in a couple of areas. It is a very good source of Vitamin C as well as Vitamin B6. It has high levels of a few essential minerals,

mean that these are not fully matured yet. The green tops have not yet dried and the potatoes are much smaller. They are incredible tasty just sautéed in kosher salt and butter or roasted. They will not store in the pantry so eat them up right away. Read about Radicchio below. Laurie marinated the core in balsamic and garlic and baked it. We put some parmesan cheese on it and it tasted like something from a \*\*\*\*\* restaurant. It really is expensive to buy and has a high- class taste (whatever that is). Noah simply says, "Why would you plant this crap, Dad." Anyway, I hope you enjoy it or at least the adventure of trying it.

My story of the parsnips: In the spring of 2008 I planted a bed of parsnips as recommended by some members. It takes 3 weeks to germinate, and by this time the grass and weeds were thick

including iron, copper, and manganese. Along with many other veggies, it contains a lot of Dietary Fiber and has a decent amount of protein. Among everything else it is also a minor anti-inflammatory. If you would like any precise figures or more information on Kohlrabi here is a link: <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2466/2>

The second of the featured veggies this week is Radicchio. Now this is a veggie that most of you probably are not familiar with, I myself had not eaten it before until a couple of nights ago. The best way to say it is that this is an interesting vegetable. You will either like it or you will not be able to stand it. Radicchio is part of the chicory family, not

and would bring out the fragile crop if we tried to pull them. It was a hopeless cause so I tilled them in. But it got me thinking so last year after 2 weeks I used a flame weeder to kill all of the weeds and grass which allowed the parsnips to grow unencumbered. I had a bumper crop and was feeling quite pleased with myself. This season I repeated what worked so well last year, only to find no crop emerging. I have determined that either my one year old seed went bad, or the ground temp. was a lot warmer than last year(which it was) and the seed germinated sooner and I torched the crop along with the grass. I immediately planted more seed, but with 110 days till maturity they certainly will be small.

related to lettuce, and was first cultivated in the 15<sup>th</sup> century in Italy. It is quite bitter in taste when cooked, and even more so when included raw in salads. A good idea for places to use radicchio would be in Italian recipes, as this is where radicchio is most commonly used. As for nutritional value, radicchio is somewhat bland. It is a very good source of vitamin K, but doesn't have all that much else for nutritional value. On the plus side, it has no carbs, no cholesterol, and only 2 calories per serving. If you would like further information on nutritional data the link is as follows: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3018/3>

**Member "Camp on the Farm" weekends:**July 23<sup>rd</sup>-July 25<sup>th</sup>Sign up deadline July 17<sup>th</sup>.**Fall Harvest Gathering:**  
**Saturday, October 2<sup>nd</sup>** in the afternoon and evening.**Recipes****Garlic Roasted Radicchio**

8 garlic cloves, finely chopped  
 ¼ cup olive oil  
 1 tbs chopped fresh rosemary leaves  
 ¼ cup balsamic vinegar  
 1 tsp kosher salt  
 ½ tsp black pepper  
 4 large heads radicchio, halved through the root  
 Grated Parmesan cheese, for garnish

Place the garlic, olive oil, rosemary, vinegar, salt, and pepper in a large bowl and mix well. Add the radicchio and gently toss so that it is well coated. Cover and let marinate at room temperature for at least 1 hour.

Preheat the oven to 425 degrees.

Place the radicchio in a baking pan and pour the marinade on top. Place in the oven and roast until the edges of the radicchio are crisp and almost beginning to look burnt, about 20 to 25 minutes.

Serve immediately, with grated Parmesan cheese.

<http://www.seasonalchef.com/recipe17.htm>

**Roasted Beets and Sautéed Beet Greens**

1 bunch beets with greens  
 ¼ cup olive oil, divided  
 2 cloves garlic, minced  
 2 tablespoons chopped onion (optional)  
 salt and pepper to taste  
 1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the

greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

<http://allrecipes.com/Recipe/Roasted-Beets-and-Sauteed-Beet-Greens/Detail.aspx>