

Earth Dance Farm



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Quote for the Week:

"How often could things be remedied by a word. How often is it left unspoken."

- Norman Douglas

This week:

Sage
Carrots
Beets
Turnips
Cabbage/Broccoli (FC)
Kohlrabi
Kale
Cucumbers
Summer Squash
Final Rolling Raspberries
Green Beans
Basil
Zucchini

NOTES:

Wash your produce before eating.

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

It seems like only yesterday when I took my initial tour of Earth Dance Farm. Afterward, Norm walked me to my car and instructed me to bring several items to begin my internship the following week. "Good gardening gloves. Something to keep the sun off. And," he added as an afterthought, "Positivity." Unsurprisingly, it was this last item on that laundry list that kept me chugging along for the duration of my internship. My first day on the farm was mainly dedicated to weeding strawberries. The days devoted to weeding strawberries turned to weeks, and before I knew it, the weeks to months. Between weeding and harvesting the strawberry fields, I would say the strawberries occupied the majority of my first couple of months on the farm. The toil was ultimately rewarding, however, when I quite literally saw the fruit of my labor-- vibrant, crimson strawberries hanging from the leaves. As I sampled my first strawberry, I

Farmers Notes:

Well it has certainly been a delightful couple of harvest days this week. And now they are talking about some rain coming tomorrow - how sweet is that? The last of green beans for a spell, but you get a handsome amount of good eatings. Please remember to just hang your sage to dry and use it as you need in the forthcoming months if you can't use it right up. Lots of summer squash as I promised. I stuffed some patty pan last night which was tasty or just use it in stir fry. I am not happy at all with the carrots, but didn't want to just throw them all away. They are a planting from mid April that has just been sitting in wet soil for too long. Believe me that

knew that all of our hard work had paid off. Juicy, sweet, and beyond delicious, it was unlike any other strawberry I had ever eaten. Well worth the effort. My time on the farm was unexpectedly extended when an intern quit after a brief two weeks. I am grateful for this extra time, however, as I was provided the opportunity to see many more of the crops I had planted flourish and harvest a wider variety of vegetables. I also got to know the other interns and the family a great deal more than I would have otherwise. Norm and his family have a wonderful, very solid family unit, and it was awesome to experience it for a longer time period. When the other intern quit, I also realized that the role of an organic farming intern is not for everyone, and that I could now wield this title proudly. Positivity. Although I have been jokingly coined "the optimist" on the farm, in reality, optimism is a trait that everyone here must all channel at times. Beyond physical stamina, it is

there will be 4 deliveries yet of much better ones. Beets are the last of this planting and are a bit smaller but every bit as delicious. The farmer's choice this week means you will either receive cabbage, broccoli or radicchio in your box. We have most of the tomatoes pruned and trellised and they (along with the peppers, corn and eggplant) are loving this warm sunshine. You'll notice that the box is missing the greens this week - except for kale. Next week we'll be back with romaine, baby red kale and arugula.

Veggie Highlights:

So, the featured veggie this week is Kale. I know that it has been in a couple of boxes before this week, but it isn't that common of a vegetable, so I think it is about time we told you a little bit about

really this positivity that gets us through the workday. Whether it was when chucking out rotten strawberries one by one after a week of heavy rainfall, or every Wednesday, when we have to carry loads of the finished boxes under the sweltering sun, we have to keep trudging along. Generally, I've found that when you focus on the negative in life, you miss out on some of the positive. It would be easy to look ahead at the seemingly endless rows of crops to weed and to think about how the weeds will only sprout again in a matter of weeks. Instead, I have learned to appreciate the breeze, the birdcalls, and the unbelievable beauty in this small town in Southeastern Minnesota. Although my time spent on the farm wrapped up in a mere three months, it will be an experience I carry with me for the rest of my life.

Peace and love,
Bushra

it. Kale is a member of the Brassica family, which includes Brussels sprouts, cabbage, broccoli, and many other plants that are part of the much larger Mustard Family. Kale itself is a very hardy, green, leafy vegetable. It actually gets sweeter with a little bit of frost, and that makes it an ideal fall veggie. Now when it comes down to nutritional value Kale is quite good. It is a very good source of a couple of key vitamins, including Vitamin C, Vitamin A, and Vitamin K. It is also a good source of protein and is a very good anti-inflammatory. If you want further information on the nutritional value of Kale, please visit the following: <http://nutritiondata.self.com/acts/vegetables-and-vegetable-products/2462/2>

MEMBER WORK DAYS:

Friday, August 13th

Sign up by sending an email. There will be activities for children. Bon fire and meal at the end of the day.

Member "Camp on the Farm" weekends:

August 27th – 29th

Sign up by sending an email by August 20th.

Fall Harvest Gathering:

Saturday, October 2nd in the afternoon and evening.

Recipes

Kale and Banana Smoothie

1 banana
2 cups chopped kale
1/2 cup light unsweetened soy milk
1 tablespoon flax seeds
1 teaspoon maple syrup

Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender. Cover, and puree until smooth. Serve over ice.

<http://allrecipes.com/Recipe/Kale-and-Banana-Smoothie/Detail.aspx>

Honey Cashew Green Beans

1/2 pound fresh green beans, trimmed
2 tablespoons coarsely chopped cashews
4 1/2 teaspoons butter or margarine
1 tablespoon honey

Place beans in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 8-10 minutes or until crisp tender. Meanwhile, in a small skillet, saute cashews in butter for about 2 minutes or until golden brown. Stir in honey; heat through. Transfer beans to a serving bowl; toss to coat. Serve immediately.

<http://allrecipes.com/Recipe/Honey-Cashew-Green-Beans/Detail.aspx>

Beet Bundt Cake

1 cup butter or margarine, softened, divided
1 1/2 cups packed dark brown sugar
3 eggs
4 (1 ounce) squares semisweet chocolate
2 cups pureed cooked beets
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
1/4 teaspoon salt
confectioners' sugar

In a mixing bowl, cream 3/4 cup butter and brown sugar. Add eggs; mix well. Melt chocolate with remaining butter; stir until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture (mixture will appear separated). Combine flour, baking soda and salt; add to the creamed mixture and mix well. Pour into a greased and floured 10-in. fluted tube pan. Bake at 375 degrees F for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack. Cool completely. Before serving, dust with confectioners' sugar.

<http://allrecipes.com/Recipe/Beet-Bundt-Cake/Detail.aspx>