

# Earth Dance Farm



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## Quote for the Week:

"Satisfaction lies in the effort, not in the attainment. Full effort is full victory."

- Mohandas K. Gandhi

## This week:

Cucumbers

Zucchini

Summer Squash

Romaine Lettuce

Radishes

Arugula

Baby Red Kale

Cabbage/Cauliflower

Broccoli

Beans

Basil

## NOTES:

### Wash your produce before eating.

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

I hope that you had a chance to read Bushra's article in last week's newsletter. This is her last week working with us and we will miss her cheerful and hard working ways around the place. She has been living and working here for the last three months and will now spend some time at home in Duluth before heading off to graduate school. We did hire a new intern to take her place and she (Genna) will start on Aug. 9th. I have been extremely blessed this season with delightful and energetic companionship.

I can not let this week pass by without mentioning the name of DANTE. Dante is a 4 yr old and is the son of Laurie's niece. At the present moment he is having a contrived meltdown because he does not want to even say hello to his mother on the phone. As soon as the phone is hung up I hear him

## Farmer's Notes:

It is beginning to become an art to packing the boxes so as to fit all of the produce in. We needed to take some crates of squash, arugula and red kale to the food shelf this afternoon as there is not sufficient room in the bag/box to distribute all of the harvest. I'm hoping that others in the community will enjoy our produce as well. The boxes should continue to put on weight so be careful as you pull and open the boxes to prevent tears. There was a sufficient supply of green beans for a 3<sup>rd</sup> smaller delivery with some of the beans on their 'way out' phase. How about that for a head of Romaine? – enough for many a salad. Most folks

singing and chattering with Noah while doing puzzles. He is quite an amazing boy: charming, intelligent, and quite respectful (his mother may beg to differ). It has been wonderful, and challenging, to have him in our care for this entire week. It has been a few years since we had kids that age, so it has been a reminder to me of the constancy and flexibility one needs in caring for kids. I want to commend and encourage all of you parents for the time, intention and sacrifice that you continually give to your children.

The week has definitely veered from its normal flow. I could no longer take the CSA reigns in my hands and ensure that all was accomplished in an efficient and timely manner. I had to be much more supple and creative with more of my energy going towards relationship and connection

will receive a cabbage this week with 20-30 of you getting cauliflower instead. Next week there should be enough of both for everyone.

We received about an inch of rain last evening after a torturous Tuesday of heat and humidity. We have not had to irrigate since early in June and the crops are looking fantastic. We have nearly kept up with the weeding and before long we will have tomatoes, peppers, eggplant, corn, melons and onions to add to the weekly shares. All of the fall crops are growing nicely as well. We hope that you are enjoying all of the variety in your weekly boxes thus far. This week's featured vegetable is Arugula. Arugula has been in a couple of shares this year, but I'm sure there are those of you who

than to tasks and product. I normally do not spend an hour talking with my neighbor, Joe, who farms our field crops. Dante was enthralled by his big John Deere combine. He wanted to know how the grain got from the hopper into the grain bin and how the combine was operated and well, you know, a hundred zillion other things. So my intended job of bush mowing the thistles in the pasture had to wait until another time and that was just fine. And many of his questions like "How can I help." or "Why can't I do that" are simple and innocent questions but one's I often do not find so simple to answer. Or "Why do you let the horses out into the pasture" and I say the obvious "so they can roll, and play and run and eat the freshly moistened grass all day. But inside I feel calm, reflective, teary and grateful to have a kid by my side.

still do not know what to do with it. Arugula is an aromatic green that dates back to the Roman Empire. It is used in many different Italian recipes and is primarily known as a spicy salad green. My parents like the 'peppery' flavor that it adds to a salad mix. As for using it in recipes, it can be substituted for spinach in most recipes if you would like a little bit more kick from the green. It can also be substituted for Water Cress or Dandelion Greens. As far as greens go, Arugula is quite nutritionally beneficial. It has a decent supply of Protein as well as a good amount of different vitamins. If you would like further information on the nutritional value, the link is as follows: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3025/2>

**MEMBER WORK DAYS:**

Friday, August 13<sup>th</sup>

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 27<sup>th</sup> – 29<sup>th</sup>

Sign up by sending an email by August 20<sup>th</sup>.

**Fall Harvest Gathering:**

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

**Recipes****Arugula Basil Pesto**

4 cups arugula  
1 cup basil  
salt & pepper to taste  
2 Tbsp pine nuts (may also substitute other nuts or even almond meal)  
3 to 4 garlic cloves  
1/3 cup olive oil  
1/4 cup Parmesan cheese, grated

Puree all ingredients together in food processor or blender.

Serve over hot pasts or toasted baguette slices.

Garnish with additional grated Parmesan cheese.

<http://evergreenfarm.typepad.com/recipes/2009/05/arugula-basil-pesto.html>

**Turkey Stuffed Zucchini**

4 medium zucchini  
1 tsp butter  
1/2 small onion, finely diced  
1 shallot, minced  
3 cloves garlic, crushed  
2 tbsp white wine  
1.3 lb (20.8 oz) ground turkey (99% fat free)  
1 large egg white  
1/4 cup grated parmesan cheese  
1 cup fat free chicken broth  
2 tbsp seasoned breadcrumbs  
1 tsp paprika

1 tsp fresh chopped rosemary  
1 tsp garlic powder  
1 tsp marjoram  
1 tsp dried basil  
Salt and fresh pepper

Preheat oven to 400°. Cut zucchini in half lengthwise and using a spoon or melon baller, scoop out flesh, leaving 1/4" thick. Arrange in a baking dish. Chop the scooped out flesh of the zucchini in small pieces.

In a large saute pan, melt butter and add onion, shallot and garlic. Cook on a medium-low flame for about 2-3 minutes, until onions are translucent. Add chopped zucchini and season with a pinch of salt, cook about 2-3 minutes. Add wine and cook until it reduces. Add ground turkey and season with salt and pepper, cooking until turkey is white, breaking up in smaller pieces. Add paprika, garlic powder, marjoram and basil. Mix well and cook another minute.

Place turkey meat in a large mixing bowl and set aside to cool. When cooled, add parmesan cheese and egg white, mix well. Using a spoon, fill hollowed zucchinis with stuffing, pressing firmly and top with bread crumbs. Place chicken broth in bottom of the baking dish and cover tightly with foil. Bake 35 minutes.

<http://www.skinnytaste.com/2009/01/turkey-stuffed-zucchini-4-pts.html>

**Cheese Stuffed Cucumbers**

1 cucumber  
1/2 Boursin or other creamy cheese  
2 oz. chopped arugula  
10 chopped basil leaves  
1 tbsp. chopped chives  
2 tbsp. diced red pepper  
Salt and pepper

Peel and cut the cucumber into 8 equal pieces; hollow them out by three-quarters. Mash the cheese, arugula and basil together with a fork. Season with salt and pepper to taste. Add the peppers and mix well. Stuff the cucumber pieces with the mixture and serve on large basil leaves.

<http://www.theworldwidegourmet.com/recipes/cheese-stuffed-cucumber/>