

Earth Dance Farm



Newsletter 7/16/07
Volume 2, Issue 5

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

Quote for the Week

*I am not afraid of tomorrow,
for I have seen yesterday
and I love today.*

William Allen White

This week:

Green Beans
Red New Potatoes
Cauliflower
Sugar Snap Peas
Summer Squash
Beets
Lettuce
Cucumber
Parsley
Kale
Garlic Scapes
Cabbage
Kohlrabi
Green Pepper

Notes:

Wash vegetables before eating them.

Please put boxes and ice packs out by Monday morning. (Also, egg cartons)

The list of the upcoming week's vegetables will be available on the website by Friday evening. I will be adding recipes and copies of the newsletter soon. Email us with any good recipes that you would like to share.

Abundance...

As different crops come into being there is somewhat of a frenzy to harvest, pack, store and deliver or use the veggies or fruit. Like our cherry tree, which we didn't know that we had, all of a sudden it was filled with cherries that had to be picked "now". So I came home to a bowl full of cherries that I had to do something with "now", after all, the tree had provided me with its gift. So we shifted gears for the day and set to the task of pitting the cherries and making some cherry jam. When the strawberry season was in full motion, it was strawberries on cereal, strawberries on ice cream, strawberries on yogurt - you get the picture. Now we are moving on to

the season of summer squash. I found this story in my cookbook, *Simply in Season*, and thought I would share it with you:

Never too much zucchini

"When there's fresh corn, you eat fresh corn. When there's banana, you eat banana." I heard various versions of these statements in the three years that I lived in a poor rural community in Guatemala and each time they went straight to my heart.

My neighbors literally lived off their crops. If disaster struck and crops were destroyed, food was uncertain and large debts were incurred to buy staples of corn and beans. If the year was plentiful, excess could be sold and a different type of

food purchased. Yet always, when it was "su tiempo" (its time), a crop was eaten and eaten and eaten.

Back in the U.S., I strive to eat within the seasons, including many foods from our garden. That means eating what's available in its time. Sometimes that means a certain amount of repetition.

As I look at my overabundant zucchini crop, I remember my former neighbors. It helps me see with gratitude the gift of food that God has given and I can rejoice in the fact that I have the means to prepare my harvest in various ways.

I have learned to say with a thankful heart, "When there's zucchini, you eat zucchini." - Jenn Esbenshade, New Holland, PA

Thoughts from the farmer... Living with Weeds

As you can imagine, lots of time and energy goes into keeping the gardens relatively clean enough to not inhibit the growth and productivity of the vegetables. It's a constant chore, back breaking, and not in the least bit glamorous. I often vacillate in my own emotional response to the task. At times I lower myself to my teenager's succinct generalization "weeding sucks" and other times I attempt to breath in the repetitive motion and earthy smells as a prayer or meditation. The former doesn't motivate or get me very far and the latter, my friends, is only shortly sustained.

Mostly, my German practicality is the best I can do. With around three hundred 100 foot rows of different crops and varieties, and at various stages of growth, I need to evaluate and prioritize the need for weeding given the labor time available. Some crops, like kale, rarely need weeding because it grows thickly and quickly with a dense, large canopy to shield out weeds. The cole crops are similar. Peppers, tomatoes and such crops that are in the ground for four months, I mulch with old hay to keep weeds down. Slow growing crops with little canopy, like carrots and onions, need several hard weedings that are tedious

and unrelenting. Squashes and cukes need some weeding early, but once they vine out, they take care of themselves.

It's no piece of artwork here in my fields, no perfectly straight and meticulously maintained rows. Some weeds remain as cover for the soil until they are ready to seed or I'm ready to plant. Others are here and there and threaten little and others are poised to overtake a bed and remain on my "high priority" list. Basically, I try to plant strong healthy crops into freshly tilled soil, mulch as I am able, and weed as much as I can.

Summer Squash...

Summer Squash Bake

6-7 c. summer squash (shredded, remove spongy seedy part)
1 small onion minced
Combine with enough water to cook until tender, 3-4 minutes. Drain.

1 can condensed cream soup
1 c. plain yogurt or sour cream
1 c. carrot (shredded)
Mix together in a separate bowl.

2 tsp dried oregano
1 c. cooked chicken (diced; optional)
1c. cheese (shredded; optional)

Add and mix thoroughly. Stir into squash mixture.

¼ c. butter (melted)
2-3 c. herbed croutons
Mix together in a separate bowl. Put half into the bottom of a 9/13 baking pan or a deep casserole dish. Add the squash mixture and top with the reserved croutons. Bake at 350°F for 30 minutes.

Summer Squash Fritters

1/3 c. flour
½ tsp baking powder
½ tsp salt

1/8 tsp pepper
2 eggs (beaten)
Mix to form a smooth batter.

3 c. summer squash (shredded)
1/3 c. onion (minced) or 2 cloves garlic (minced)
1 tbsp fresh parsley
Add to above and mix gently. Very lightly spray a frypan with oil and heat to medium hot. Drop a large spoonful of batter onto frypan. Fry until golden, turn and cook on second side until done.

(both recipes from Simply in Season)

Kale & Kohlrabi...

Kale Potato Soup

1 large bunch kale (chopped)
Steam and set aside.

1 tbsp butter
1lg onion (chopped)
1 clove garlic minced
Melt butter in soup pot. Add onion and sauté until golden. Add garlic and sauté another minute.

2 large potatoes diced
2 c. hot water or broth
Add, bring to boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if a smooth texture is desired)

3 c. water or broth
½ tsp salt or to taste
Pepper to taste
Add along with additional hot water or milk to preferred consistency.

Heat gently until hot and serve.

(from Simple in Season)

Kale with Bacon

1 large bunch kale
Strip the leaves from the stems, discard the stems, wash well, and coarsely chop.

1-2 slices bacon, diced
Cook in a large skillet until crisp, then remove to paper towels to drain.

Pour off all but 1 tbsp of the drippings, then add to the skillet:
1 tbsp olive oil
1 small onion, chopped
1 clove garlic, chopped
Cook over medium heat until the onions are golden brown, then add as much kale as will fit in the skillet and spring with salt.

When the kale cooks down, add the rest. Cover and cook over medium heat until

the kale is tender, 15 to 20 minutes. Season with salt and pepper to taste.

Toss with the reserved bacon along with 1 tbsp red wine vinegar.

(from Joy of Cooking)

Kohlrabi with Parmesan Cheese

Peel and cut into matchsticks 2 small or 1 large kohlrabi

Cook in boiling water until tender. Drain, then toss with 1 – 2 tbsp butter. Immediately sprinkle with 4 ounces Parmesan cheese, grated and ground black pepper to taste. Serve at once.

(from Joy of Cooking)

We made these for supper tonight and loved them.