

Earth Dance Farm



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Quote for the Week

*To know what you prefer,
instead of humbly saying
Amen to what the world tells
you that you ought to prefer,
is to have kept your soul
alive*

Robert Louis Stevenson

This week:

Cabbage

Broccoli

Peas

Summer Squash

Beets

Romaine and leaf lettuce

Spinach

Strawberries

Swiss Chard

Radishes

Cilantro and Basil

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.

Get with the beet...

I planted and delivered a beet variety last season called Red Ace. It seemed to grow just fine, held up well in the field and the taste was wonderful. We ended up freezing quite a few and enjoyed them off and on throughout the winter. So come Dec. and Jan. when the seed catalogues came, I was planning to, once again, order Red Ace beet seed from Johnnies. I order most of my seed from two local companies (Seed Savers from Decorah and the Albert Lea Seed House) and from Johnnies out of Maine. I also ordered an heirloom variety called Bull's Blood that is known for its tasty greens. You will be

receiving some of those in a few weeks. My seeds begin to arrive a month or so after my Jan. order and around mid to late March the greenhouse plantings begin. The Red Ace were planted on 3/16 and the Bull's Blood on 4/26. Daily watering and keeping the greenhouse properly warmed are the main tasks for 5 to 6 weeks while the plants are growing. The plants are then transplanted out into the freshly tilled soil to continue their journey towards your table. Since beets and chard do not take transplanting very well, some t.l.c. is required to nurse them along for a couple of weeks until the take off on their

own. It is always best to keep them well weeded and watered if needed. This spring the deer were chomping on the beet greens as they grew so I covered them with a row cover. When I removed the cover two weeks ago I discovered that the weeds also enjoyed the protective, warm environment. So the Red Ace are a bit smaller and a bit chewed this year, but the taste should be outstanding. Then after experiencing the pros and cons with the Bull's Blood, I will decide if I want to again stick with the Red Ace, or perhaps try a different variety. And so the saga of the beet will continue.

Notes from the farmer....

We are pretty happy with the box of veg again this week. We could have given 4 or 5 more crops, but the box is only so big and a guy can only take so many scallions. A little hint of summer with the squash and the basil. The strawberries are coming to end so I hope you enjoyed them the last few weeks. The peas this round are the shelling type rather than the Sugar Snap' eat the whole pod' variety. They come a bit later. We discovered we had a cherry tree in our yard that we didn't know about. We've been eating them

right out of the tree - not many but good. Like you all in the Cities, we could use some rain down here. Our clay loam holds the moisture pretty well, but an inch or so at any time now would be most excellent. A few housekeeping items:

Laurie and I have come full circle with the plastic berry containers. Returning, sanitizing, drying and reusing is not time effective. Please recycle them but do not return to us. Thanks.

We deliver a box each week to a particular address. If you will be out of town please arrange for your produce to be picked up and enjoyed by a

neighbor or friend and the box/ice returned for pickup.

Breaking down the box is not so straight forward. If it works better to put the ice pack and/or egg carton inside the box, then that is just fine also.

Lastly, we often have extra quantities of certain crops if anyone has interest in purchasing additional for canning or freezing or eating. Presently it is cabbage, summer squash, radishes and kale. We will keep you posted. And likewise, don't be strangers - let us know how things are. Everyone has a fabulous and safe 4th.

Cabbage is a good source of fiber, carotenoids, B complex, vitamin C, potassium, magnesium and calcium. In 1984, the Food and Agriculture Organization of the United Nations listed cabbage as one of the top 20 vegetables considered an important food source for sustaining the world population.

According to [Nourishing Traditions](#), beets were developed by German gardeners in the Middle Ages. Long valued as a blood tonic, they are rich in calcium, iron, magnesium and phosphorus, as well as carotene, B complex and vitamin C. Beets can be boiled or baked. Baking takes longer but does preserve more of the flavor. Beet greens are delicious, so save them and use them raw in a salad or lightly steamed as a side dish.

Cabbage...

Cabbage Gratin

Preheat oven to 375°. Butter a 2-quart dish. Dust the dish with:
 ½ c. grated parmesan cheese or toasted fresh bread crumbs
 Bring to a rolling boil in a stockpot:
 4 quarts water
 1 ½ tsp salt
 Add and cook for 5 minutes: 6 cups shredded cabbage
 Drain and press out as much water as possible. Whisk together in a large bowl:
 2 large eggs
 1 c. milk or light cream
 ½ c. grated Emmentaler or Gruyere cheese

¼ c. all-purpose flour
 1 tsp. salt
 ½ tsp caraway seeds, toasted
 1/8 tsp cardamom
 Add the drained cabbage, pour into the gratin dish, and cover the top with:
 ¼ c. grated Parmesan or Gruyere cheese
 Bake until golden on top, 40 to 50 minutes
 (Joy of Cooking)

Braised Cabbage with Dill

Bring to a boil in a covered skillet:
 8 oz carrots, peeled and thinly sliced
 1 c. chicken stock or water
 1 tbsp butter
 Reduce the heat and

simmer until the carrots are crisp-tender, about 7-9 minutes. Add:
 1 lb shredded cabbage
 2 tbsp heavy cream (optional)
 1 tbsp fresh dill or 1 tsp dried
 Cook, covered over low heat until the cabbage wilts, about 10 minutes. Uncover, stir well, and cook until the cabbage is tender and the pan juices are reduced to a syrupy consistency, about 10 minutes more. Stir in ¼ c. minced fresh parsley and salt and pepper to taste.
 (Joy of Cooking)

Beets...

Creamy Beet Salad

Toss the salad while the beets are still warm so that they thoroughly absorb the dressing. The recipe can be prepared 3 – 4 hours in advance:

3 to 4 med. Beets, cooked and peeled
 Whisk together in a small bowl:
 2 tsp red wine vinegar
 Salt to taste
 Gradually whisk in until well blended:
 2 tbsp olive oil
 1 tbsp vegetable oil
 Stir in:
 2 tbsp heavy cream
 1 tbsp drained horseradish
 Ground white pepper to taste
 Pour the dressing over the beets and toss to coat evenly. Garnish with:
 Snipped fresh dill (optional)
 (Joy of Cooking)

Sesame Beets

1 lb. beets
 2 tbsp fresh lemon juice

1-2 tsp cider vinegar
 1 tbsp toasted sesame seeds
 2 tbsp minced onions or scallions
 1 tsp sugar
 Salt and ground black pepper to taste

Trim the leaf stems of the beets to about an inch, scrub the beets, and place them in a pot with water to cover. Bring to a boil, then lower the heat, cover, and simmer for about 30 to 40 minutes, until tender and easily pierced with a sharp knife. Drain and rinse with cold water until cool enough to handle. Remove and discard the skins, which should slip off easily, and slice the beets into a bowl. Toss with the lemon juice, vinegar, sesame seeds, onions or scallions, and sugar. Add salt and pepper to taste. Chill thoroughly for about 30 minutes and serve.
 (Moosewood Restaurant Low Fat Favorites)

Potato Beet Salad

4 med beets, scrubbed and leaf stems trimmed to 1 inch.

5 potatoes, peeled and cubed
 ½ c. minced red onions or scallions
 1c. nonfat yogurt
 ¼ c. chopped fresh dill
 2 tsp cider vinegar
 2 small dill pickles, chopped
 2 tsp prepared horseradish (optional)
 1 tsp sugar (optional)
 Salt and pepper to taste.

In covered pot, boil beets until tender, 40 – 60 minutes. In a separate pot, boil the potatoes in lightly salted water for about 20 minutes, until soft. Drain potatoes and set aside to cool. When the beets are easily pierced with a sharp knife, drain them and plunge them in cold water. When they have cooled, peel and chop them into bite-sized pieces. In a serving bowl, mix everything together. Salt & pepper to taste, chill 30 minutes.
 (Moosewood Restaurant Low Fat Favorites)