

Earth Dance Farm



Newsletter 7/30/07
Volume 2, Issue 7

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

Quote for the Week

If there is to be any peace it will come through being, not having.

Henry Miller

This week:

Eggplant

Red Cabbage

Lettuce

Kale

Onions

Summer Squash

Beets

Parsley

Cucumber

Peppers: Bell, Sweet

Pimiento, Chile, Jalapeno

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.

Like I said last week, the eggplant, with its uniqueness and beauty, was once again fuel for my imagination. I hope you enjoy the story. - Norm

A life in a day of an Eggplant

In the province of Patani, in the south of Thailand, in a lush remote hillside hamlet, in a small quaint pristine home lived a burgeoning young lady, our Eggi Plant. With confidence and grace she bloomed, quiet, unpretentious, but full of zest and vigor. Her stature was tall, elegant, yet her demeanor one of warmth and sincerity. But she held her own mind, oh yes, she held her own mind.

Then upon her 18th birthday she calmly declared her intention to travel the area and perhaps the entire world. No one questioned this but rather showered her with blessings and well wishes.

As with most journeys, her heart was both heavy and exploding with anticipation all at once. But this was her destiny – it pulsed through her veins and then quietly resonated through her entire consciousness, she was on her way.

Her travels were not easy. Young women did not often travel alone in these days, in these parts, in this way. Her quiet confidence grew stronger, her passion for life

emerging from deep within. She was a person who would catch your eye, your imagination, and your heart...and perhaps something more. Her arrival in St. Paul was announced, unanticipated, and quite unusual. She rented a small bungalow nestled cozily into a patchwork of flowers, boulders, and a small vegetable garden. No one thought that she would "hunker down", but whose to say a journey ends when one stops moving from place to place.

The neighbors were curious, "she has culture and class and her figure is down right exquisite" but her aura, her presence, her life blood was what people could not name and did not know how to deal with. Her soul energy called forth something from their core that many did not want to examine. They murmured, sulked, then decided to hold a block meeting to discuss the impact of the new comers arrival. The meeting happen to be held at the home of the host for the local CSA drop site. Everyone was present, except Grayson, who could not forgo his CSI Miami. It

was an odd event, little conversation, just small chat. Yet it was not uncomfortable, but rather an air of eager serenity. Then Eggi entered the front door. No one new she had come, except, Grayson, who had caved in to his escalating curiosity. He followed her in, and stood transfixed in the doorway, his head rhythmically swaying to her melody as she proceeded down the hallway. Everyone sensed her presence and felt simultaneously unnerved and deeply rooted. She gently stood to face them. Her deep purple gown delicately draped her shoulders, her amethyst necklace accented the creamy white of her neck, a forest green scarf meandered through her hair. She gazed into their eyes. Her eyes gleamed with love, with purpose, with the promise of all that we can be, together. Then she smiled broadly with a knowing pleasure and friskily exited the back door. The people were in that same moment breathless, relieved, intrigued, empowered, and very much alive. That evening was a beginning, as all turning moments are, as all moments can be, for this community in St. Paul.

Notes from the Farmer:

There are several different types of peppers this week and in weeks to follow. The bell and triangular pimiento are loose in the box and the jalapeno and chiles are together in a plastic bag.

Generally the thinner a pepper is the hotter it is. The smaller jalapenos are by far the hottest and next the chiles. The pimientos seem to taste much like a regular bell. It should provide some interest to your cooking.

I wanted to comment on

Kale. We give it quite frequently partly because it grows well and is available, but mainly because it is very high in vitamins and minerals. It is an anti inflammatory so helps fight off most ailments and diseases. More on this in the next newsletter.

Peppers & More...

Pepper and Cheese Casserole

1 ½ uncooked bulgur
 1 ½ boiling water
 2 tbsp butter
 1 ½ c chopped onion
 4 c minced green onion
 1 ½ c. sliced mushrooms
 1 ½ tbsp tamari
 1 ½ tbsp dry sherry
 1 tsp crushed dried marjoram
 ½ tsp salt
 1 ½ c cottage cheese
 4 eggs beaten lightly salted
 Paprika

Preheat oven to 350 F.
 Coat a 2-quart casserole dish with butter.

Put the bulgur into a sauté

pan and pour the boiling water over it. Cover and let stand for at least 15 minutes.

Melt the butter in a medium skillet. Add the onions, sauté until translucent, about 5 minutes. Add the peppers and mushrooms; continue to cook until peppers are just becoming tender and the mushrooms have released their water, 5 to 7 minutes. Remove from heat and stir in the tamari, sherry, marjoram, salt, and pepper to taste; mix well.

In a small bowl, combine the cottage cheese and feta cheese.

Spread the bulgur in the prepared baking dish. Cover it with the vegetables and then the mixed cheeses. Pour the beaten eggs over everything; let the eggs seep through the casserole dish on the counter a few times. Sprinkle with paprika. Bake, uncovered, for 45 minutes. Let stand for 10 minutes before serving.

(1 cup of cooked sausage can replace 1 cup of green pepper)

(from Farmer John's Cookbook)

& Peppers...

Mexican Stuffed Peppers

4 bell peppers
 Cut ½ inch off top of peppers and discard seeds. Steam whole peppers in 1 inch boiling water until tender, about 5-8 minutes. Remove peppers from water and set aside.

1/3 c. onion (chopped)
 2 cloves garlic
 In large frypan saute in 1 tbsp oil.

2 c. tomatoes (chopped)
 1 jalapeno pepper (minced after seeds removed)
 2 tbsp fresh parsley (chopped)
 1 tbsp fresh oregano (chopped; or 1 tsp dried)
 1 tsp ground cumin
 ½ tsp salt
 1 bay leaf
 Add and cook 5 minutes.

2 c. corn
 1 ½ c. cooked black beans
 Add and simmer 10 minutes. Place peppers in oven-proof dish so that

they stand upright, cut ends up. Stuff peppers with vegetable mixture. Any extra filling can be placed in dish next to peppers.

¼ c. Parmesan Cheese (freshly grated)
 Sprinkle on top. Bake at 350F to heat through, 20 minutes.

(from Simply in Season)

Taco Filling

1 lb ground meat or 2 c. kidney beans (cooked)
 ¾ c. onion (chopped)
 ½ c. green pepper (chopped)
 1 carrot (shredded)
 In large frypan, sauté until onions are clear and meat is browned. If using beans, drain them, reserving the liquid, and set aside.

3 cloves garlic (crushed)
 1 tbsp fresh cilantro (chopped; or 1 tsp dried)
 1 tbsp fresh parsley (chopped; or 1 tsp dried)
 2 tsp chili powder

2 tsp ground cumin
 ½ tsp salt
 Dash of chipotle pepper or other hot chile pepper
 Add and sauté until garlic is cooked. If using beans, add to the mixture with enough liquid so that it can simmer without getting dried out. If using meat, add liquid if needed so that it can stew a little, allowing the flavors to blend.

¾ c. cooked rice
 Add and stir well. Use mixture to top tortilla chips or to fill taco shells or tortillas. Garnish with any of the following: grated sharp cheese, chopped tomatoes, chopped onions, sliced jalapeno peppers, olives, shredded lettuce or spinach, fresh cilantro, chopped avocado, guacamole, salsa, sour cream, or plain yogurt.

(from Simply in Season)