

Earth Dance Farm



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Quote for the Week

Success is a journey not a destination.

Ben Sweetland

This week:

Green Beans
Red New Potatoes
Broccoli
Peas
Summer Squash
Turnips
Romaine and leaf lettuce
Spinach
Arugula
Kale
Garlic Scapes
Cilantro
Chives
Dill

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.

Please have boxes and ice packs set out by the next delivery each week!
Thanks ☺

Young people at the farm...

Part of our vision for moving to the farm is to create an environment where young people (including our own children) can participate in growing and caring for the food that we eat, and connecting with nature. This summer we started our week long work opportunity for children ages 11 – 16. We had several young people join us in June and have more scheduled for July and August. We hope this can be a place of space for kids to work, play, and reflect in an environment of beauty and quiet. Logging labor hours, working with animals, learning organic gardening methods as well as many opportunities to explore and enjoy the surroundings will all

be part of the week. If desired, one can also create and present an evening meal.

This is a journey for us as well as we continue to open our doors and ourselves to build community. We have the gift of this parcel of land we now call our home, but it is ours only to care for in the best way we know how and to share it with other. We see this "partnership" as a cornerstone of Earth Dance Farm.

We will also be having day camps for the younger children in 1st – 4th grade. We are only sending the info to members and friends. If you know people that may be

interested, feel free to pass on the info. The registration form is on our web site now. www.earthdancefarm.net Look under the link titled "Youth". The first camp, "Getting to Know Horses" will be on Sat. July 28th and the second camp, "Exploring Bees" will be on Sat. August 25th. There is quite a bit of interest in the horse camp and there will be limited space for that one so please send in your registration form. Sorry I was so long in getting it up on the web site.

Also, a reminder about our gathering dates: summer celebration will be August 11th, Saturday and the fall gathering will be Saturday, October 13th.

Thoughts from the farmer.... Dogs & Cats

When we purchased this farm in late December of 2005, it came with two barn cats. One a large white and grey tomcat we named Tommy. The other was a female that we only occasionally glimpsed and called Lily. We brought along our own two dogs Tasha, a border collie/Blue Healer, and Hannah, an Australian Shepherd/Collie mix. Being dogs, and on top of that, herding dogs, they loved to harass and chase and scare the cats, but it was the cats response that intrigued me.

Tommy, basically, did not react. He remained low key, stayed outside of the

back door, purred, and even befriended the somewhat befuddled dogs. There was no "chase" here. Lily, by contrast, was stricken with the thought of being seen by the dogs. The dogs took great delight in the slim possibility of finding her outside and pursuing her into hiding. It was a grand game for the dogs and Lily gave them exactly what they wanted. Her livid fear of being seen and chased was only fed by her reaction to the situation. If only she could be like Tommy, stand her ground, relax and ignore the dogs.

As it is, I haven't seen her around for the past couple of months. Maybe she

moved on – to somewhere without dogs.

In watching the animals and nature, I often see patterns that are similar to ones in my own life.

Lily reminds me of how often my fears have prevented me from really moving forward in life. Several times this week a phrase has come to me – "My zest for life must be greater than my fear of losing it". May yours be also.

Garlic and its relatives in the allium family, (leeks, chives, onions) grows underground, where the bulb begins its journey, soft and onion-like. As the bulb gets harder (and more like the garlic we know), a shoot pokes its way through the ground. Chlorophyll- green like a scallion (maybe even greener), the shoot is long and thin and pliable enough to curl into gorgeous tendrils.

This stage of growth is the garlic scape, folks. If left unattended, the scape will harden and transform from green to the familiar opaque white/beige color of garlic peel. Keeping the shoot attached will also curtail further growth of the bulb. So, in an effort to allow the garlic to keep growing, the farmer is getting a two-fer with this edible delectable that cooks are just beginning to discover.

At home, the scape is great fun; try dicing it into scrambled eggs, adding to a veggie sauté or using as garnish for rice. However, the mac-Daddy way to understand the beauty of the scape is to pulverize a bunch into pesto.

Garlic Scape Pesto

1 cup garlic scapes (top flowery part removed, cut into ¼-inch slices)
1/3 cup walnuts
¾ cup olive oil
¼-1/2 cup grated parmigiano
½ teaspoon salt

black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator.

(Excerpt from washingtonpost.com)

New Red Potatoes & Garlic Scapes...

Garlic Potato Salad

6 c. new potatoes(cubed)
Boil in water until tender, about 5 minutes. Drain and set aside.

6 garlic scapes or 3 cloves garlic (minced)
¼ c. green onions (minced)
¼ c. olive oil
2 tbsp balsamic vinegar
2 tsp fresh rosemary (chopped; or 1 tsp dried)
Salt and pepper to taste
Combine in a large bowl. Add cooked potatoes and stir to coat. Chill about 3 hours before serving.

Spinach and Scape Frittata

(adapted from dakotagarlic.com)

3 Tbsp. olive oil
10 eggs
1 cup (1/2 lb.) chopped raw spinach
1/2 c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
1/2 c. finely chopped garlic scapes
salt and pepper to taste

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes

and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

Green Beans...

Hot German Green Bean Salad

1 ½ lbs green beans (cut in 1-inch pieces)
Cook, covered, in boiling water until barely tender. Drain, reserving ¼ c. cooking liquid.

3 slices bacon
Fry until crisp; remove all but 2 tbsp drippings from frypan. Drain bacon and crumble. Set aside.

2 tbsp sugar
1 tbsp lemon juice or white vinegar
½ tsp salt
1 small onion (sliced into rings)
Add to bacon drippings along with reserved cooking liquid.

¼ c. cold water
2 tsp cornstarch
Mix together separately, stirring until dissolved. Stir into frypan. Cook until thick and clear, stirring constantly. Add cooked beans and heat through.

Sprinkle with bacon and serve.
(Simply in Season)

Green Bean Salad

¼ c. coarsely chopped walnuts
1 lb green beans
1 tsp salt plus more to taste
Freshly ground black pepper
1 ½ tbsp freshly squeezed lemon juice
3 tbsp extra virgin olive oil
4 oz parmesan cheese, thinly shaved (about ½ cup)

Toast the walnuts in a dry, heavy skillet over high heat until they start to brown in spots and become fragrant.

Bring a large pot of water to a boil. Add the beans and salt; cook until tender but still firm, 3 – 5 minutes.

Transfer the beans to a colander in the sink and run cold water over them. Trim the beans if necessary.

Toss the beans and walnuts

in a large bowl and season with salt and pepper to taste.

In a small bowl, whisk the lemon juice and olive oil until well combined. Pour this mixture over the beans and toss until well coated. Transfer to salad to a serving platter or to individual plates. Gently scatter the Parmesan shavings on top.
(Farmer John's Cookbook)