

Earth Dance Farm



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Quote for the Week

Experience is one thing you can't get for nothing.

Oscar Wilde

This week:

Kale
Cucumbers
Sweet corn
Cabbage
Sage
Summer squash
Green Peppers
Onions
Zucchini
Beets
Radishes

NOTES:

Wash your produce before eating.

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

Pass on/return any clean paper grocery bags or clean egg cartons. You can leave them with your boxes.

Local challenge

I read an article recently in Mississippi Market's Market Medley newsletter speaking to the challenge to eat local. I have often come across different facts about the petrol and time involved with much of our food getting from the farm to our plate, yet it's always striking to me. Here are six facts stated in the article...

ONE: Ten percent of all fossil fuel energy consumption in the United States is due to food processing, transportation, storage and preparation.

TWO: Processed food in the United States travels more than 1,300 miles on average to reach consumers.

Farmer's Notes:

We are dodging some rain as we bring in the crops today. I do not think we have had to irrigate for about 6 weeks now. During these mid to late summer harvests, we need to pay attention to the weight and amount of produce that we attempt to place in your box. There is only so much space to fill. There is also no ice packs today as the dense crops hold the cold well and the high temp will stay in the 60's, this will also allow a bit more room for the veggies and less weight for the box.

THREE: On average, produce travels more than 1,500 miles from the industrial farm to the plate.

FOUR: On average, an American meal usually consists of ingredients from five different countries.

FIVE: Typically, food spends 7 to 14 days in transit to reach American consumers.

SIX: Smaller family-owned farms typically reinvest more into the local economy by purchasing goods and services available within their region, rather than through large bulk distributors outside the region.

Earth Dance Farm is around 100 miles from most of your homes. The food is harvested

on Tuesday and Wednesday before the Thursday delivery. Obviously there are no dyes, preservative sprays or oils needed to enhance the life or look of the produce. It comes from the soil, gets washed, cooled and arrives for you to wash and consume. It seems pretty simple, pretty natural. It definitely takes work, fuel and time but certainly more reasonable than the facts above. You are part of a good thing-enjoy!

Ted cabbage is a dense storage variety; it is small, compact and tasty. Corn is on the verge of ripeness – some could use a coupe more days in the field. We should have excellent sweet corn for the next several deliveries. Cucumbers are beginning to wane already with the cool and wet summer down here. We're finally beginning to enjoy some eggplant and cauliflower for our evening meals.

Fall Harvest Gathering: Saturday, October 3rd in the afternoon and evening.

Fall Share Offering

In our survey last fall I solicited interest in the possibility of a fall produce share, out of 27 returns there were 18 “yes, I would be interested.” And 6 “possibly, depends on what is offered.” I have planted for 25 fall produce shares. It will be 3 deliveries for \$125. Dates of deliveries will be Thursday October 29, Thursday November 12 and Monday November 23. This will be first come first receive. Please email with any questions or to sign up. Produce will include:

Every Delivery	Some Deliveries	Maybe some deliveries
Winter squash/Pumpkin	Spinach	Cabbage
Onions	Garlic	Turnips
Potatoes	Rutabaga	Radish
Carrots	Brussel sprouts	Honey
Beets	Parsnips	Asian greens
Kale	Sage	
Apples	Parsley	

Recipes

Beet Chocolate Cake

- 1 cup butter or margarine, softened, divided
- 1 1/2 cups packed dark brown sugar
- 3 eggs
- 4 (1 ounce) squares semisweet chocolate
- 2 cups pureed cooked beets
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- confectioners' sugar

In a mixing bowl, cream 3/4 cup butter and brown sugar. Add eggs; mix well. Melt chocolate with remaining butter; stir until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture (mixture will appear separated). Combine flour, baking soda and salt; add to the creamed mixture and mix well. Pour into a greased and floured 10-in. fluted tube pan. Bake at 375 degrees F for 45-55 minutes or until a

toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack. Cool completely. Before serving, dust with confectioners' sugar.

Summer Squash Pickles

- 1 sm. onion, thinly sliced & separated into rings
 - 8 whole peppercorns
 - 1 lg. clove garlic, cut into quarters (opt.)
 - 1 c. white wine vinegar
 - 2/3 c. sugar
 - 2 tsp. pickling salt
 - 1/4 tsp. celery seed
 - 1/4 tsp. mustard seed
- In medium mixing bowl, mix squash, red pepper and onion. Divide mixture and pack evenly into 2 sterilized 1-pint jars. Place 4 peppercorns and 2 garlic quarters in each jar. Set aside. Combine remaining ingredients in 2-cup measure. Microwave on

high 2 to 5 minutes or until mixture boils, stirring once to dissolve sugar and salt. Pour mixture evenly into jars. Cover and refrigerate at least 5 days before serving. Store in refrigerator no longer than 1 month. makes 2 (1-pint) jars.