

Earth Dance Farm



Newsletter 8/27/09
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Quote for the Week

Humility like darkness reveals the heavenly lights.

Henry David Thoreau

This week:

Sweet corn

Cucumbers

Eggplant

Romaine lettuce

Green beans

Summer squash/Zucchini

Green Peppers

Chili peppers

Jalapeno peppers

Red cabbage or cauliflower

Onions

Beets

Radishes

Plum or Raspberry or
Cantaloupe (farmers
choice)

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

The Labyrinth

On Monday I was in the Twin Cities and took some time to walk the labyrinth at St Catherine's college. I have done this quite a few times in the past, but not for most of the last year. A labyrinth is a designed route of meandering toward a center point, and then retracing your steps out again.

It is always a challenge for me to slow down, to walk intentionally, to quiet my mind. My mind is usually processing information and evaluating order and efficiency. Most of you can probably relate. After about 15 minutes of slowly walking I reached the center. Part of me wanted to be done, and I pondered the significance of slowly backtracking my way

Farmer's Notes:

We are continuing to experience transitions here on the farm as we end out the summer. This is Tom's last week with us. He has worked tirelessly since mid May and always with a great attitude. We will surely miss his presence around this place. Kevin and Joni have 2 weeks under their belt already and are fitting in wonderfully. I feel very fortunate to have such excellent help to carry on the workload into the fall.

You are receiving a jam-packed box this week full

out. And yet I felt a tinge of sadness as I neared the exit. This was sacred, precious time – quiet and peaceful. I found myself thinking of all the pilgrims who had entered this labyrinth over the past 20 years with all sorts of personal angst. All these folks walked the same path as I had done, and 30 minutes later exited with more calm and serenity. There was some sort of connection and gratitude to all of these unknown human beings.

This whole 30-minute experience made me realize that this is the idea of Earth Dance Farm. If people can participate in various forms (be a

of goodies. There is a fruit farmer's choice of plums, cantaloupe, or raspberries. There is also a farmer's choice with cauliflower or red cabbage. The corn is always best when eaten as soon as possible. The beets are a mix of the Red Ace or Bull's Blood. The burgundy leaves of the Bull's Blood are especially tasty in salads. We will give you a little break from beets and radishes now. The onions are again huge, sweet and should be eaten in the next week or so. I believe we will have to say goodbye to the cucumbers for this season.

member, and enjoy the produce, visit the farm, read our news letter with us and this land, and because of that experience feel a bit more connected and at peace - this is our vision for this place and for this business. Namaste!

The eggplant is just beginning and should stay with us for a few more deliveries. The green beans have returned for an encore with the sugar snap peas nipping at their heels. Ya'll have a fantastic week now.

If you are interested in a Fall Share, send us an email. We still have a few available. See details in last week's newsletter.

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

Recipes

Country Green Beans

1 pound fresh green
beans, trimmed
1/4 cup chopped onion
1/4 cup chopped
cooked ham
1/4 cup butter or
margarine
1/4 cup water
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper

In a saucepan, combine
all ingredients. Cover
and simmer for 15-20
minutes or until beans
are tender.

Pork and Pepper Stew

1/4 cup bacon grease or oil
2 pounds pork tenderloin, cut
into 1/2 inch strips
1/4 cup butter
3 onions, thinly sliced
2 tablespoons all-purpose
flour
3 tablespoons paprika
1 green bell pepper, cut into
strips
1 red bell pepper, cut into
strips
1 yellow bell pepper, cut into
strips
2 fresh jalapeno peppers,
sliced into rings
1 cup beef stock
3 tablespoons tomato paste
2 large cloves garlic, peeled
and minced
1 teaspoon salt
1 bay leaf

Heat bacon grease in a large
pot over medium heat. Stir in
the pork, and cook until
evenly browned. Remove

pork and liquid from the pot,
and set aside.

In the large pot, melt the
butter over medium heat,
and saute the onions until
tender and lightly browned.
Mix in the flour and paprika,
and, stirring constantly,
cook until thickened.

Mix pork, green bell pepper,
red bell pepper, yellow bell
pepper, and jalapeno
peppers into the pot. Stir in
the beef stock, tomato paste,
garlic, salt, and bay leaf.
Bring the mixture to a boil.
Reduce heat, cover, and
simmer 1 to 1 1/2 hours,
stirring occasionally.

Eggplant Delight

3 tablespoons vegetable oil
1 medium eggplant, sliced
into 1/2 inch rounds
1 medium onion, sliced into
rings
1/2 cup shredded Cheddar
cheese
salt and pepper to taste

Heat oil in a large skillet
over medium-high heat. Add
onion, and saute until
browned. Remove the onion
to a bowl, and place
eggplant slices in the hot
skillet. Fry on both sides
until browned and tender.
Season with salt and pepper.
When the eggplant is tender,
top slices with onion, and
then cover with cheese.
Allow cheese to melt for a
few minutes before placing
on plates and serving. You
can also place it on a cookie
sheet and top with some
bread crumbs, put in the
oven and heat until cheese
melts.