

Earth Dance Farm



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Quote for the Week

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left.

Hubert Humphrey

This week:

Cabbage
Cucumbers
Parsley
Green Beans
Carrots or Broccoli
Summer squash
Peppers
Onions
Zucchini
Beets
Radicchio
Cilantro

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.

Thoughts from an Intern

Well, it finally looks like summer here on the farm. After so many weeks with bizarre temperature fluctuations and random returns to sweater weather, it looks like mother nature has decided to give us some beautiful, breezy summer days. As I'm sure you can tell, this natural boost has given the share some extra "OOMPH." The vegetables are becoming more plentiful and variety is expanding. We're entering the boom season - and it won't stop for over a month!

As harvesting veggies takes up more and more of we interns work days, I feel that it's much easier to stay in the moment and appreciate where we're at, what we're doing and who we're doing it with. Seeing the vegetables roll in in abundance brings an invaluable lighthearted feeling to the work. As corny as it sounds, I feel in tune with the

Farmer's Notes:

We've made it through the second coldest July on record in Minnesota. The highest temp around here was 83 degrees for the month. Because of the successive cool wet nights, our tomatoes fell prey to a fungus called late blight. It is a disease that moves quickly once it is present, first showing signs on Thurs with wilted leaves and by Sunday all the plants were mostly dead. It was a very sad week, pulling up and burning 3000 tomato plants that we cared for since early April. They were all full of fruit and a week away of being ready to start eating. The cool weather is good for some crops and puts others

seasons and I have come to love the company I have here.

These last few months have culminated in a feeling of reward for me. Reward because I stuck it out when sometimes the work was rough and the weather wasn't perfect. Reward because I greatly improved my cooking skills while I was here. (We take turns cooking the evening meal, so Thurs. night was my chance to experiment with some new recipes.) Reward because I watched seedlings grow into full, fruiting plants under my care. Reward because I got to know a wonderful family and some new friends. This experience has been its own reward.

As I make my way back into the city and get ready for school once more, I make way

at risk for disease as well as lengthening the growing time needed. So the end result of the cool weather so far, will be no tomatoes in the boxes this summer.

As I promised last, there are lots of summer squash and cucumbers in your box this week. This will continue for a couple more weeks. This box is also the beginning of many weeks of onions, beets, and bell peppers. The onions and beets are incredibly sweet so I hope you enjoy them.

Radicchio is new to our crop selection this year. It is from the same family as chicory and endive and is a sharp, crispy vegetable with a bitter taste

for a few other great people to share in the joy of farm work and life.

I hope that all of you will feel welcome to come visit during the height of these gorgeous summer months, and especially at the Fall Gathering. I hope to see you there. Until then, bon Voyage!

Katelyn, 2009 Intern

that can be tamed with cooking and smoothed with olive oil. See some cooking ideas below.

This is the last week for two of our summer interns - Katelyn and Ellie. They were wonderful workers and a pleasure to have as part of our family for the last couple of months. Two other people - Kevin and Joanie - will be joining us mid August and will work for the rest of the season.

We are looking forward to a work day on the farm next Friday. Please let us know by email if you plan on joining us. We will send out more details to those who are coming down for the day.

MEMBER WORK**DAY:****Friday, August 14th**

Sign up by sending an email. There will be organized activities for children. Bon fire at the end of the day.

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

Recipes**Vegetarian Quesadillas**

1/2 cup chopped red bell pepper
1/2 cup chopped zucchini
1/2 cup chopped yellow squash
1/2 cup chopped red onion
1/2 cup chopped mushrooms
1 tablespoon olive oil
cooking spray
6 (9 inch) whole wheat tortillas
1 1/4 cups shredded reduced-fat sharp Cheddar cheese

In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Warm Greek Pita Sandwiches With Turkey and Cucumber-Yogurt Sauce

1/2 cup sour cream
1/2 cup plain low-fat yogurt
1/2 cup cucumber, peeled,

grated and squeezed as dry as possible
2 teaspoons red or rice wine vinegar
2 garlic cloves, minced
1/2 teaspoon Salt and pepper, to taste
4 large pitas
2 tablespoons olive oil
1 large onion, peeled, halved and cut into chunky wedges
3 cups leftover roast turkey, pulled into bite-sized pieces
1 teaspoon oregano
1 1/2 cups shredded lettuce (preferably romaine)
1 cup cherry tomatoes, halved and lightly salted

Adjust oven rack to middle position. Heat oven to 300 degrees.

In a small bowl, mix sour cream, yogurt, cucumber, vinegar, 1 minced garlic clove, and salt and pepper to taste; set aside.

Place pitas in oven; bake until warm and pliable, 7 minutes. Cut in half. Meanwhile, heat oil in a large skillet over high heat. Carefully add onion; saute until spotty brown but still crisp, 2 to 3 minutes. Add turkey, oregano and remaining minced garlic; continue to saute until heated through, another 2 minutes.

Serve, letting guests fill their own pitas with lettuce first, followed by turkey, tomatoes and cucumber sauce.

Penne With Caramelized Onions And Radicchio

1 package (16 ounces) penne or ziti pasta
salt
1 large head (8 ounces)

radicchio
2 teaspoons olive oil
1 jumbo onion (1 pound), thinly sliced
1 tablespoon balsamic vinegar
1/4 teaspoon coarsely ground black pepper
1 cup frozen peas, thawed
1/4 cup crumbled ricotta salata or goat cheese

In saucepot, prepare penne as label directs in boiling salted water. Drain penne, reserving 1/4 cup pasta cooking water. Return penne to saucepot.

Meanwhile, cut radicchio lengthwise in half. Remove core, then cut crosswise into 1/2" slices. Set aside. In nonstick 12" skillet, heat olive oil over medium heat until hot. Add onion and cook until browned and soft, about 15 minutes, stirring occasionally. Add vinegar, pepper, and 1/2 teaspoon salt; cook 1 minute longer. Increase heat to medium-high; add radicchio and cook 2 to 3 minutes until wilted.

Add onion mixture, peas, and reserved pasta cooking water to penne; toss to mix well. Serve, sprinkled with cheese.