

Earth Dance Farm



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Quote for the Week

If we have no peace, it is because we have forgotten that we belong to each other.

Mother Teresa

This week:

Arugula

Cucumbers

Gourmet Leaf lettuce

New red potatoes

Radichio or Broccoli

Summer squash

Green Peppers

Onions

Zucchini

Beets

Radishes

Cilantro

Turnips

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:

I thought I would share a few more of my thoughts and feelings about our failed tomato crop. It is often better for me to sit with a situation for a couple of weeks in order to more clearly frame my comments. Firstly, I feel badly for you, the members, who will not be receiving tomatoes from our farm this season. It isn't so much that one of my 47 crops didn't make it, it's that it was the tomato crop. Tomatoes rank up there with sweet corn and berries as seasonal favorites, I know.

Secondly, this is farming. There are many risks involved in this venture. I practice organic methods without using synthetic fertilizers, pesticides, or fungicides.

Farmer's Notes:

This nice warm weather this week after last weekend's 2.5 inches of rain, has been wonderful for the crops. We may even have some sweet corn for next week's delivery.

The potatoes and onions are straight from the soil and therefore not cured. Go ahead and eat them up this week or they will not "store" well.

Enjoy a wonderful salad with the arugula and gourmet leaf lettuce.

I received a question this week concerning the storing of the veggies, or "which of the crops do I need to consume first and which

On a rare occasion I may use organic pesticide or fungicide when an entire crop or family of crops is at stake. Even this was not an option with our tomatoes this year, once they got the blight no fungicide would help. I will not use even organically certified chemicals to help prevent the possibility of a disease or infestation.

As I mentioned in a previous article, CSA members assume risk with me, the farmer. You purchase a share that includes 8 – 12 different vegetables/herb/fruits for 18 weeks. You have been receiving 12 to 13 in your box for the last 6 weeks. This will continue. When weather is not ideal for one family of crops, it is great for others. I have had very little trouble

ones will last a week or so." This week I'd eat the salad ingredients first along with the cilantro. Next the squash and onions. Everything else should hold for 5 – 10 days – usually in your refrigerator's crisper. You can always Google search for the info as there is only so much info we can include in the newsletter.

I have the cast removed from my arm now and just have a removable cast on my fingers so I'm gaining a little more mobility with my arm. In a couple of weeks, I should have a full functioning hand again.

This week we have a house full of workers. Laurie's niece and 2 nephews are here helping for

with the cucumber beetles this season and hence the prolific summer squash and cucumbers. The cabbage moths are nonexistent this season and the brassicas are wonderful. The berries have enjoyed the cool weather and you have received more deliveries of these than I ever expected.

All this speaks to the beauty and wisdom of the CSA philosophy. We are in this together. I plant so much quantity and variety of crops, that, given most average weather conditions, I can deliver fresh, seasonal, delicious, chemical-free produce to feed your family.

I will continue to do my best to do just that.

Sincerely,
Norm

the week, and we have a volunteer from Rochester, Matt, who is also helping us. They are hard workers, and fun to have here at the farm. Next week, we will have 2 new people starting, Kevin and Joanie. They will be working the rest of the season. We are so thankful to have them since our other interns are heading back to school.

The summer sure is flying by.

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**Beet Soup**

3 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, chopped
6 medium beets, peeled and chopped
2 cups beef stock
salt and freshly ground pepper
heavy cream

Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.

Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.

In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

Potato Arugula Salad

1 1/2 pounds red potatoes, cubed
3 tablespoons white vinegar
2 cloves garlic, minced (optional)
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup olive oil
1 bunch arugula - rinsed, dried and torn

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, and cool. Transfer to a large bowl.

Meanwhile, mix vinegar, garlic, salt, and pepper in a mixing bowl. Drizzle in olive

oil, whisking until mixture thickens.

Toss potatoes with vinegar and oil mixture and arugula. Serve at room temperature.

Mashed Turnips

1 large turnip, peeled and cubed
3 white potatoes, peeled and cubed
1/4 cup milk
3 tablespoons unsalted butter
1 teaspoon white sugar
3/4 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 375 degrees F (190 degrees C).

Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.

Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.

Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

Amy's Cilantro Cream Sauce

1 (8 ounce) package cream cheese, softened
1 tablespoon sour cream

1 (7 ounce) can tomatillo salsa
1 teaspoon freshly ground black pepper
1 teaspoon celery salt
1/2 teaspoon ground cumin
2 teaspoons garlic powder
1 bunch fresh cilantro, chopped
1 tablespoon fresh lime juice

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

Baked Zucchini Chips

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese
2 egg whites

Preheat the oven to 475 degrees F (245 degrees C).

In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.

Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.