

Earth Dance Farm



Newsletter 8/12/07
Volume 2, Issue 9

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Quote for the Week

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

Hans Hofmann

This week:

Potatoes

Onions

Green Beans

Peppers

Tomatoes

Lettuce

Plums

Eggplant

Carrots

Garlic

Cucumbers

Beets

Notes:

Wash vegetables before eating them.

Please put boxes and ice packs out by Monday morning. (Also, egg cartons)

Do you have a favorite veggie recipe you would like to share? Please send it to info@earthdancefarm.net and I will add it to our newsletter or post it on the web site.

Exploring Bees Day Camp Sat. August 25th – registration form is on the web site.

Chef Talk with Noah...

This is the first issue of the new column *Chef Talk*. As the resident cook of the house I will be sharing some of the insights of cooking along with my thoughts about farm living. First off, I would like to congratulate those of you who use all of your veggies every week. Living on a farm I have more veggies than I can handle most of the time. As a cook you have to get creative with how you use the veggies available. I've often found myself wishing for this or that when it was out of season. Lesson learned; work with whatever you've got. Sometimes substituting or adding ingredients can give a dish interesting and

delicious flavors. For example, marinades are a very good place to start with adding ingredients. Personally, I enjoy putting in red pepper flakes, soy sauce, paprika, garlic, pineapple, and many other things to change the flavor of the traditional olive oil marinade. Another idea for adding taste into a meat dish is baking in a marinade. For those of you who don't know what I'm talking about I'll run through the basics quick. Start with whatever you normally use as a marinade except make additions for more flavors. After marinating the meat, keep the meat in the marinade and bake it. My

favorite glaze is a soy sauce based glaze with enough white vinegar added to make it just a little bit tangy. Bake boneless chicken breast in it and pair it with broccoli, wild rice, and a nice South African Shiraz and you have yourself a nice little meal. The marinade, or "glaze," can differ by what you want for flavor. Take out vinegar and you'll have a salty dish. Maybe add some Tabasco or ground chillies and your dish will have a little bit of kick to it. Add anything you think will work well together; complement each others unique tastes. Learn a little about wine and pair that meal with an appropriate wine and you'll be on your way to first class chef in no time.

Notes from the Farmer:

Wow, we are halfway through the deliveries already. I'm sure the summer is flying by for your family as well. For me as a CSA farmer, I breathe more easily and figure the season is basically complete. Don't get me wrong, there is plenty of weeding and harvesting to do, and some planting in the field, but most everything is in and looking great, any serious weather is pretty much past, and we've received almost 4 inches of rain this month so far. I'm already thinking about which parcel of hay ground to use and where for the winter, ordering garlic

for late fall planting and what to use for mulch for the strawberries. When darkness drives me in doors in the evening it is now before 9 and not 9:30.

We enjoyed a wonderful summer gathering here yesterday. About 40 people joined us to eat, chat and try to "beat the heat." It was wonderful for me to meet several families I did not know. I probably should not admit, but of the 8 or so years we belonged to Foxtail Farm CSA, not once did we partake in their fall gathering. Every year I would put it on the calendar hoping to take the family and it just did not materialize. So I hope no one is feeling too badly about not making it down. On the other hand, we would love if you could join us in

the fall as we celebrate together again.

Potatoes are changing from the red Norland to Yukon Gold and we'll end the season with Kennebec. Beets are the heirloom Bull's Blood – the greens are suppose to be wonderful in salads. Beans are a French variety and are called haricot verts. Thin, long, and tasty. Eggplants are unbelievably prolific. We'll give you a break from them next week. Plums: red ones are courtesy of our storm Sat. night so they may be a bit bruised. Purple ones are not quite ripe and should be left at room temp for a few days. Next week's delivery should be perfect.

Recipes...

Cornmeal Buckle with Plums

A buckle is an old-fashioned American dessert that is somewhere between a crisp and a cake.

Topping
 ½ c. sugar
 6 tbsp all-purpose flour
 ¼ tsp salt
 8 tbsp (1 stick) unsalted butter, cut into 1 tbsp pieces

Cornmeal Buckle
 1 ½ c. all-purpose flour
 ¼ c. yellow cornmeal
 2 sp baking powder
 ½ tsp salt
 8 tbsp unsalted butter,

softened
 1 c. sugar
 1 large egg
 ½ c. milk
 1 lb plums, pitted and cut up

For the topping: In a food processor, pulse together the sugar, flour, salt and butter until the mixture resembles coarse crumbs.

For the buckle: Heat the oven to 350°. Butter a 9-inch glass pie plate. In a large bowl, sift together the dry ingredients.

In another bowl, with an electric mixer, beat the butter with the sugar and egg until the mixture is fluffy, 2 – 3 minutes. Add

half the mild and beat until smooth. Gradually beat in the rest of the milk.

Stir the dry ingredients into the wet ingredients just until well moistened. The mixture will be the texture of cake batter. Fold in the plum pieces. Pour into the pie plate and spread evenly. Scatter the topping mixture evenly over the top. Bake until the top is golden brown and a toothpick inserted in the center comes out clean, about 45 minutes. Serve warm.

(from How to Pick a Peach)

And more...

Fresh Tomato Soup with Crispy Herb Toasts

8 slices whole-grain baguette, ½ thick
 1 tbsp chopped fresh basil
 2 tsp chopped fresh oregano
 4 tsp grated Parmesan cheese
 4 tomatoes
 2 tsp olive oil
 ½ small yellow onion, diced
 1 tbsp tomato paste
 1 ½ c milk
 ½ tsp salt
 1/8 tsp freshly ground pepper

Preheat the broiler. Arrange the baguette slices on a broiler pan and top each slice with a sprinkling of basil, oregano, and cheese. Place about 4 inches from the heat source and broil until the cheese is melted, 45-60 second. Watch carefully to prevent burning. Set aside.

Peel, seed, and dice the tomatoes. In a large, heavy saucepan, heat the

olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the tomatoes and tomato paste and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the soup thickens, 20 – 25 minutes.

In a blender or food processor, puree the soup in batches until smooth and return to the pan. Stir in the milk, salt, and pepper and heat gently. Ladle into individual bowls, garnish each with 2 herb toasts, and serve.

Greek Tomato Salad

8 medium tomatoes (peeled and sliced)
 1 med onion (thinly sliced)
 1 green pepper (chopped)
 1 cucumber (chopped)
 Combine in a dish.

2 tbsp fresh basil, min, or parsley (chopped)
 1 tbsp olive oil
 1 tbsp wine vinegar or balsamic vinegar

1 clove garlic (minced)
 Mix and pour over the vegetables; toss lightly. Salt and pepper to taste. Garnish with ½ c. freshly shredded mozzarella or crumbled feta cheese, Kalamata olives or sprigs of fresh herbs.