

Earth Dance Farm



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27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net

Quote for the Week

Courage is the most important of all virtues, because without it we can't practice any other virtue with consistency.

Maya Angelou

This week:

Onions

Green Beans

Peppers

Tomatoes

Lettuce

Plums

Corn

Cucumbers

Beets

Summer Squash

Parsley

Kale

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 cancelled due to low registration.

Good Bye to Billy...

Billy is a cow, a steer really and he belongs to us. Our neighbor Joe had him as a calf and he was here on our pasture last year in the spring. Billy had character and spunk and he loved to play. We ended up buying him from Joe during the summer last year and so he stayed on for the winter when Joe took his other cows home. Billy was growing horns by now and was staying with our horses. We would feed him some oats and hay along with the horses at chore time and he sort of became one of the "broader family". We bought Billy to raise for butchering. Grass fed beef is high in omega 3's, lean, and generally quite tasty if

you like beef. I'd casually remind the kids of our intention, but once you name an animal it is hard to eat them. This summer Billy has pretty much exclusively been with the cows out in the pasture and away from us human creatures. This was helpful in letting our family transition from seeing him as a pet, and he enjoyed being with a herd of his kind for the summer. Now this week is the week to take him into town and everyone is fine with it. Noah can't wait to try out the meat with a new recipe or two. Our plan is to load him into Joe's trailer on Wed. eve and feed him grain and hay overnight so he is not all tense and then

take him in on Thurs. morning to our local butcher shop in Spring Valley. Keeping him calm is important for several reasons, one, if he is tense, the meat will be more tough, and two, we have cared for him for over a year now and we don't want him to be stressed.

We buy very little meat from the grocery store, for years we have bought 1/4 beef from farmers that we know, as well as chickens and an occasional hog. This is our first time raising a steer ourselves. We decided that if we can't eat an animal that we have cared for, then maybe we need to consider being vegetarian. I am sad to see him go, and at the same time, grateful for the nourishment he will provide our family.

Notes from the Farmer:

I believe it was in the last newsletter that I was "breathing a little easier" with it being halfway through the delivery season and all. Well, since then we have received just under 7 inches of rain which raises the total for this month of August to almost 11 inches. I always thought that August was a hot, dry month. I guess I am just another farmer going on about the unpredictability of the weather.

It was tough to get the produce harvested this weekend with the near constant rain. Most of the gathering was done today, Sunday, and things were still all wet and muddy. We

can start to see the result of the wet soil with the beans starting to rust at the tips, lettuce heads with rust color climbing up the main vein of the leaves, etc. These vegetables will not keep as long for you this week as they normally would. Several rows of newly seeded rows were totally washed up as well. Surprisingly enough, our farm and gardens faired well with that amount of rain. We will wait and watch to see the effects of the saturated soil on the crops in the ensuing weeks. And there is still more rain in the forecast for the next several days.

It seems to be a recurring theme in farming and probably with life in general that one can not really take things for granted. There is really very little that we have much control over. We try to predict and

plan accordingly and that is a prudent and responsibly thing. Then just always be on your toes, flexible and able to accept and flow with what happens. My challenge is that this does not need to be a stressful reality. I can be very engaged and proactive and then gracefully adapt to all the changes and unknowns that surface.

Produce:

Green beans were wet so eat em up soon.

Plums are more ripe this week so enjoy.

Corn will be one of only two deliveries but it's good.

Eggplant was begging this week to come. Next time.

No melons at all. We are eating some but not enough for all. I'll write more on this later.

Recipes...

Bruschetta with Grilled Bread

1 loaf French bread (sliced)
Grill slices lightly on both sides (or broil in oven on a baking sheet)

2 large yellow tomatoes (diced)
2 large red tomatoes (diced)
½ c. mozzarella cheese (diced)
½ c. green olives (chopped)
½ c olive oil
½ c fresh basil (chopped)
6 cloves garlic (minced)
Salt and pepper to taste
Combine and spoon over grilled bread.

Cheesy Zucchini

2 tbsp extra virgin olive oil
4 large clove garlic, thinly sliced
1 ½ lbs medium-size zucchini or other summer squash, cut in ½-inch-thick slices (about 4 cups)
2 tbsp coarsely chopped fresh flat-leaf parsley
¼ tsp salt
1/3 c freshly grated Parmesan cheese
½ c freshly grated mozzarella cheese

Heat the olive oil in a large nonstick skillet over medium heat. Add the garlic and cook, stirring frequently until softened, 1 to 2 minutes.

Add the squash and stir to

coat it with the garlic-oil mixture. Cover the skillet and cook the squash, stirring occasionally, until it is glossy and crisp-tender, 4 – 6 minutes.

Sprinkle the parsley and salt evenly over the squash and cook, stirring frequently, until the parsley wilts, about 1 minute longer. Stir in the Parmesan cheese and stir constantly until it melts, about 1 minute.

Sprinkle the mozzarella cheese evenly over the squash, cover the skillet again and remove it from the heat. Let the squash sit until the mozzarella cheese melts, 1 to 2 minutes. Serve immediately.

And more...

This summer, for the first time ever, I had several people on different occasions tell me how much they like cooked cucumbers. So here is a recipe from Farmer John's Cookbook so you can give it a try yourself.

Baked Cucumbers in Basil Cream

When cucumbers are baked, their characteristic crispness gives way to a silky succulence. Bathed in a fragrant and creamy sauce, they become almost unrecognizably luxurious. Though you may be afraid that based on cooked cucumber will taste watery, you will find that the marinated slices in this recipe are full of sweetly tangy flavor. Garnish this dish with thin slices of fresh basil for added color and taste.

1 ½ tbsp red wine vinegar
1 tsp salt
¼ tsp sugar

4 – 5 cucumbers, peeled, halved lengthwise, seeds removed, cut into 1-inch slices
2 tbsp unsalted butter, melted
1 scallion, finely chopped
1 c heavy cream
3 tbsp chopped fresh basil leaves
Salt and pepper

Preheat the oven to 375°

Mix the vinegar, salt, and sugar in a medium glass bowl. Add the cucumber slices and toss to combine. Set aside to marinate for 30 minutes.

Drain the cucumber slices in a colander, then pat them dry with a clean dish towel.

Put the cucumber slices in a shallow baking dish. Pour the melted butter over them and add the scallion; toss to combine. Bake the cucumbers, stirring occasionally, until tender, about 45 minutes.

Meanwhile, heat the cream

in a small pot until it comes to a light boil. Continue to cook the cream, stirring frequently, until it is reduced to ½ c up, about 20 minutes. Stir in the basil and turn off the heat; let mixture steep for 2 minutes.

Pour the basil cream sauce over the cooked cucumber slices. Season with salt and pepper to taste.