

# Earth Dance Farm



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## Quote for the Week

*Arrange whatever pieces  
come your way.*

Virginia Wolf

## This week:

Onions

Green Beans

Peppers

Tomatoes

Hot Peppers

Plums

Garlic

Cucumbers

Basil

Carrots

Grapes

Potatoes

Eggplant

## 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](mailto:info@earthdancefarm.net) and I will add it to our newsletter or post it on the web site.

**Fall Gathering: Saturday, October 13<sup>th</sup> 2:00pm - ????**

**Please return Cooler Packs – we are missing a bunch.**

## Comments on compassion

I've been thinking about this all week long and my obvious lack of it has been heavy on my heart. A few summers ago our family spent a week at the home of Thich Naht Hahn at Plum Village in Southern France. He is from Vietnam and a leader in engaged Buddhism. I took a vow at that time to live with compassion and to do whatever I could to encourage and foster all that gives life. In the same manner to never take life or hinder that which supports life in any way. I actually think of this vow every time I kill a fly or put down another human being. This is a good thing for me. Vows are meant to be taken very seriously. Okay, so butchering Billy was

a bit more involved for me than I anticipated. It was easy to separate him from his herd and lure him into the trailer because he knew my name and he trusted me. I felt like I was betraying him and his trust in a way. He seemed confused and anxious in the trailer all by himself, but it did give Adriana and me a chance to bless him and thank him for his companionship and his life. We will certainly think of him every time we eat him. Early in the week I told Laurie that she was driving us all crazy by her animated display of discouragement and frustration. We were all exhausted and even though I realized that this was not a helpful, and certainly not a

compassionate thing to say, I held out for days without broaching the situation. It was not really a question of who was right or wrong, but of making things right in the relationship. I have a habit of waiting for everything to blow over and eventually come back to normal. Let me tell you all – this is a bad approach. My Dad was big on not letting the sun go down on your anger or having us brothers look each other in the eye and shake hands immediately after our fight. These are not easy things, but life isn't that easy. It is hard and constant work to nourish a relationship and to practice compassion in our lives. I need to do better. I can start with having some compassion with myself

## Notes from the Farmer:

Thanks to many of you for your spoken and unspoken concern for us and the farm with all the rain and flooding in our area. It's amazing to see the extent of damaged caused by the powerful water. We feel very fortunate for the minimal damage done to our place. The place is finally feeling back to normal after a gorgeous sunny weekend. We walked back through the woods and saw ample signs of fast moving water and the creek had changed somewhat its flow.

Produce:

We ate the sweet corn

right out of the field and it was magnificent. We ate some ears later in the week that were sitting around for 4 days and the taste was almost non-existent. It was a remarkable difference. I hope you ate yours up right away. Beans are definitely the lemon of the box this week. The rains and saturation affected them greatly. We did a lot of sorting, but still not the best. Next succession will be in a couple of weeks.

Basil is small but good and makes the box smell wonderfully.

Grapes are from a few vines that the previous owner had along the fence. They did not do much last year but this year much better. Some were turning purple earlier so we were waiting for the rest to turn but when they just started disappearing I decided to pick

them. They have some seeds and they are quite sweet and enjoyable. I hope you like them since they were not in our plans to have any. Melons: Like I said there aren't any. I planted 150 of both watermelons and cantaloupe. They grew fine in the greenhouse and also once I transplanted them. I tilled around them and once they started to vine the weeds exploded. The vines and leaves are small compared to squash or pumpkin so did not shade out any weeds. We did major weeding too late and it ended up damaging some of the maturing fruit and vines. The main way to grow these is to use plastic mulch which I do not like because it creates garbage. We'll see.

## Recipes...

### Smothered Pork Chops

2 tbsp extra-virgin olive oil  
4 bell peppers of various colors, cut into thin strips  
2 onions, halved and cut into slivers  
1 fresh chile, seeded and cut into thin strips (optional)  
3 garlic cloves, minced  
6 pork chops  
1 tbsp sherry vinegar

Heat the oil in a large skillet over medium heat. Add the bell peppers, onions, chile, if using, and garlic and sauté until softened, about 8 minutes. Remove from the pan and set aside

Reheat the same skillet over high heat. Add the pork chops, reduce the heat to medium, and let the pork cook until tender,

no longer pink, and the juices run clear, about 30 minutes.

Drizzle in the vinegar and serve, spooning the pepper mixture and pan juices over each chop.

### Spiced Carrot Salad

2 c. julienned carrots  
3 tbsp finely chopped fresh parsley  
2 tbsp finely chopped fresh cilantro  
1 tbsp finely chopped fresh mint  
2 tbsp freshly squeezed lemon juice  
2 cloves garlic minced  
½ tsp ground cumin  
½ tsp ground cinnamon  
½ tsp paprika  
1/8 tsp cayenne pepper  
1 tsp sugar  
1/3 c. olive oil  
Lemon slices

Bring a medium pot of

water to a boil. Add the carrots; boil until barely tender and still brightly colored, 1 to 2 minutes

Drain the carrots and immediately run cold water over them to stop the cooking. Drain well.

Transfer the carrots to a large salad bowl. Add the parsley, cilantro, and mint; toss to combine.

Mix the lemon juice, garlic, cumin, cinnamon, paprika, and cayenne in a small bowl. Stir in the sugar. Slowly pour in the olive oil in a thin stream, whisking constantly, until the dressing is thick and no longer separates.

Pour the dressing over the carrots and toss until well coated. Cover and refrigerate for at least 2 hours.

Let the salad come to room temperature before serving. Top each serving with a lemon slice.

## And more...

### Potato and Green Bean Salad with Green Goddess Dressing

1 ½ lbs new potatoes  
1 tsp salt  
Green Goddess Dressing  
¾ lb green beans

Cut the potatoes into roughly equal pieces about the size of a small walnut. Place them in a steamer basket over boiling water, cover and cook until tender, about 15 minutes. Transfer from the steamer to a large bowl and immediately season with the salt and 2 tbsp of the dressing. Stir well to combine and set aside.

Trim the stem ends of the beans and, if necessary, remove any strings. Steam the beans as you did the potatoes. It will take about 7 minutes for them to become bright green and just barely tender.

Add the beans to the potatoes along with just

enough dressing to coat lightly, about 2 tbsp. Serve at room temperature. If you refrigerate the salad, bring it to room temperature before serving.

### Green Goddess Dressing

Makes about 1 ¾ cups

1 ½ c. mayonnaise  
4 salted anchovy fillets  
2 green onions, green parts only  
2 tbsp chopped fresh tarragon  
2 tbsp snipped fresh chives  
1 ½ tbsp chopped fresh parsley  
2 tbsp tarragon vinegar

Combine the mayonnaise, anchovies, green onions, tarragon, chives, parsley and vinegar in a food processor or blender and process to a rough puree. Or grind with a mortar and pestle. Refrigerate, tightly covered, until ready to use.

(from How to Pick a Peach)