

Earth Dance Farm



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Quote for the Week

The past is a bucket of ashes, so live not in your yesterdays, nor just for tomorrow, but in the here and now.

Carl Sandburg

This week:

Eggplant

Red Cabbage

Tomatoes

Carrots

Garlic

Onions

Summer Squash

Beets

Basil

Cucumber

New Potatoes

Notes:

Wash vegetables before eating them.

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

The list of the upcoming week's vegetables will be available on the website by Friday evening. I will be adding recipes and copies of the newsletter soon. Email us with any good recipes that you would like to share.

Summer Gathering this Saturday – anytime after 2:00. RSVP 507-378-4252 or email info@earthdancefarm.net

Oldies but Goodies...

Well, Norm's eggplant story inspired at least one member to give eggplant another try and she discovered that she actually did like it. We usually get about a call a month from people who are studying/writing about CSAs or small farms. As I was sharing some about our experience, with a journalist from 20/20 Minnesota (a new website addressing MN issues), I found myself talking about how CSAs are committed to old veggies that have, for whatever reason, disappeared from the mainstream diet.

You can probably guess which ones I'm referring to,

yes, kale, Swiss chard, kohlrabi, and so on. I don't know about you, but I did not grow up eating any of these vegetables, including eggplant. Norm and I had been slowly broadening our food horizon, but when we became members of Foxtail CSA over a decade ago, we started on a serious journey of change.

Now as we grow these foods, I have come to appreciate them even more. I find myself reading about their history, exploring their nutritional value, and admiring them as they grow. Kale is a beautiful plant whose deep green leaves just keep growing and

growing. You can eat them small or eat them big, and they are filled with so many nutrients. So I wonder why it is that I, like many other people, only knew kale as a garnish that one wouldn't think of eating? Now, I eat it fresh out of the garden. I see how our changes are being passed on to the next generation as our children munch on fresh kohlrabi and enjoy sauted kale and Swiss chard.

I have come to respect the process of change that is part of bringing new foods into our kitchen and learning to cook with them, letting our taste buds grow use to the new and often strange flavors and textures. We are excited to be sharing these oldies, but goodies, with you now.

Notes from the Farmer:

We are sure pressing along through the summer. Strawberries and peas are finished for the year, spinach, broccoli, cabbage, etc. are done till late fall, and now we're into the midsummer crops: peppers (and oh do we have peppers), tomatoes, onions, garlic, melons and corn. Toss in herbs, cukes, potatoes, carrots, beans and some fruit and the horizon looks quite promising. The corn and melons may be on the sparse end, but everything else in plenty. Do make some fresh salsa or pesto this week as the ingredients are pretty much in the box. Needless to say our jalapenos did extremely

well this year. We only distributed about half of the harvest this week so I hope you can freeze some or pass them on to a hothead neighbor.

This is what we have EXTRA of presently in case there is any interest: cucumbers, peppers (bell and jalapenos), tomatoes, eggplant and summer squash – let me know.

TOMATOES

You heard the story of how over half of my tomato plants froze in the field on the morning of May 18th. I then purchased more and planted all of them a couple of weeks later. Now the hybrid yellow Taxis are bearing nicely, the heirloom Black Prince are close and the red hybrid Sunrise are not far off. My Sungold cherry tomatoes all froze and I could not find any

more. I also have a late planting of the heirloom Brandywine that I planted in my greenhouse the day after the freeze – not sure if they will have enough warm days to produce. Hopefully all these will give you enough variety to enjoy. So far the down sides of heirloom varieties are all manifesting in the Black Prince. Seeds are expensive, plants need to be pruned and staked well (indeterminate), and 1 in 15 fruits seem suited for market. They split or discolor or rot or pock or something before they ripen. I hope the ones we salvage are worth the work. Most of you received one in the box. Happy eating to you all.

Recipes...

Warm Potato Salad

1 lb small new potatoes
 1 tbsp Dijon Mustard
 1 tbsp whole-grain mustard
 2 tbsp rice vinegar
 2 tsp red wine vinegar or sherry vinegar
 2 tbsp minced shallot
 4 tsp extra-virgin olive oil
 2 tbsp chopped fresh flat-leaf parsley
 ¼ tsp salt
 ¼ tsp freshly ground pepper

Put the potatoes in a saucepan, add water to cover, and bring to a boil over high heat. Reduce the heat to medium and cook, uncovered, until the potatoes are tender, 15-20

minutes. Drain and let stand until just cool enough to handle. Cut each potato in half (or quarters, if the potatoes are large) and place in a warmed serving dish.

In a small bowl, whisk together the mustards, the vinegars, and the shallot until well blended. While whisking, slowly drizzle in the olive oil to make a thick dressing. Stir in the parsley, salt, and pepper. Pour the dressing over the warm potatoes, mix gently, and serve immediately.

Salsa season is here. Following is a quick recipe from Simply in Season that can be adjusted to suit

your "spicy" taste buds.

Fresh Summer Salsa

6 med. Tomatoes (diced)
 1 med onion (diced)
 1 lg green pepper (diced)
 2-3 hot chili peppers (diced)
 ¼ bunch fresh cilantro (chopped)
 4 cloves garlic (minced)
 3 tbsp fresh basil (chopped)
 2 tbsp lemon juice
 ½ teaspoon salt
 Combine in bowl. Let Stand 30 minutes and serve.

And more...

Cucumber, Beet and Feta Salad

1 lb beets, tops trimmed
 1 ½ lbs cucumbers, unpeeled
 3 tbsp olive oil
 1 tbsp sherry vinegar
 2 tsp minced mixed fresh herbs (chive - tarragon)
 1 tsp minced garlic
 ½ tsp salt
 ¼ lb feta, crumbled

Place the beets in a large saucepan with plenty of water to cover. Bring to a boil and cook at a fast simmer until the beets can be pierced easily with a sharp knife, about 45 minutes. Drain, rinse under cold running water and shake off any excess moisture.

Cut away the ends of the cucumbers and slice them a little less than ¼ inch thick.

In a large bowl, whisk together the oil, vinegar, herbs, garlic and salt,

mixing well. Add the cucumbers and stir to coat well. Remove the cucumbers with a slotted spoon, draining any excess dressing back into the bowl, and arrange on a platter in a broad layer.

Using your fingers, slip the skins of the beets. Slice the beets ¼ inch thick, add them to the leftover dressing and stir to coat well. Remove the beets with a slotted spoon and arrange them in an oblong mound on top of the cucumbers, centering the mound so the cucumbers show around the edge.

Sprinkle the feta over the top and serve.

Smoky Eggplant Bruschetta

2 1-pound eggplants
 2 tsp minced garlic
 1 tsp minced fresh rosemary
 1 tbsp fruity olive oil
 Salt
 2 tsp red wine vinegar
 1 tsp fresh lemon juice
 1 tomato, diced
 1 baguette

2 oz Romano

Heat the oven to 400 degrees. Pierce the eggplants in 2 or 3 places with a sharp knife and place them on a jelly-roll pan or in a baking dish. Bake until the flesh is soft and the eggplants have collapsed, about 1 hour. Remove from the oven and let cool.

When the eggplants are cool enough to handle, peel away the skin and coarsely chop the flesh. Put the flesh in a bowl with the garlic, rosemary and live oil and stir roughly with a wooden spoon so that the eggplant shreds and breaks apart into chunks but does not become a smooth puree. Stir in 1 tsp salt, vinegar and lemon juice. Gently stir in the tomato. Slice the baguette. Toast under broiler. Spoon mixture on and top with Romano. Serve at room temperature. (both recipes are from How to Pick a Peach)