

# Earth Dance Farm



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## Quote for the Week

*It's not what you look at that matters, it's what you see.*

Henry David Thoreau

## This week:

Sweet corn

Eggplant or melon

Romaine lettuce

Green beans

Summer squash

Peppers

Basil

Red cabbage or cauliflower

Onions

Potatoes

Romaine lettuce

Garlic

## 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 from a Member

I came in the house last night after spending most of the day walking and bird watching. I was hungry but tired and wanted something easy to make. Having 8 people in the house tends to empty the fridge fast. Nothing in there. The cupboard held a jar of hormel chili but that did not seem like the healthy food I was looking for after a day of hiking. On the table was a bowl of zucchini and summer squash. That's when I got inspired. I put a little olive oil in a frying pan, chopped up the zucchini into bite sized pieces and threw them in the pan with some ground pepper, onions and a few other spices. When all was sauted I put the jar of chili in and Bob and I had a great, healthy, easy supper.

This morning I got home from

## Farmer's Notes:

Wow, it sure is getting dark a lot sooner these days. We always harvest basil in the late evening when it is cool and put it into the boxes in the morning before loading into the van. We use to begin harvest around 8:30 in mid summer, so I figured 7:30 should allow us enough time, but we only were able to band half of the bundles before it was too dark to see. We will have to grab the other half at daybreak tomorrow. You will notice that the near freezing temps the last few nights (two weeks early) have done some damage to the basil despite the fact that I had covered them. It is still as tasty but is spotty and may

church. Everyone was hungry. I pulled a dozen eggs out of the fridge and scrambled them up. Again, I put a little olive oil in the pan, sauted some summer squash then covered it with eggs and cheese. My grandsons loved it.

The thing that makes this unique for our family is that before we were part of the CSA I would have had the chile without the added veggies as well as the eggs. Having fresh veggies in the house on a regular basis has added a dimension of healthy and delicious eating that wasn't there before. In the early summer we eat so many salads with such a variety of veggies that I would never have thought of before. Such

not hold up as long. The corn is still from our first planting. It is the final delivery of this succession and, therefore, somewhat small and incomplete ears. This is very normal, and I would rather deliver these ears since the corn that is on them is very sweet. I hope you agree. We still have our second planting of sweet corn that should begin next week. I am very pleased with the garlic this season. Most of it is nice sized and well cured so it should last for several months. The peppers are beginning to turn red, which means they should be extra sweet. You will receive potatoes in most of your last boxes. Please eat them up within the next week as they will

as, diced kolorabi, radishes, various lettuces a little bit of kale for calcium, and onions all topped with a hard boiled egg and cottage cheese instead of dressing. We also tend to make soups on Thursday when we get the share, especially when we get cabbage, which gives us some healthy snacking for several days and helps us use our share well. We have a few veggies that are not our favorite or sometimes we get more then we can use. Our neighbors are always glad to help us use up the overflow. Being a part of the Earthdance Farm CSA has really improved our family's eating habits. Thanks, Nelsen/Gross family and Earthdance Farm.

The Huber family

not store for long. Some have scab on the skin but this does not affect the taste. We did not have quite enough eggplant to go around so a few of you will receive canteloupe in your boxes. The green beans are finished, and it looks like sugar snap peas for next week. There will also be fennel in the boxes next week so plan ahead for how to put it to good use.

We have really been enjoying the wonderful fall like weather this week. I sure hope all of you are finding some time to enjoy it. Have an enjoyable and safe labor day weekend.

**Fall Harvest  
Gathering:  
Saturday, October  
3<sup>rd</sup>** in the afternoon  
and evening.

## Recipes

### Stuffed Peppers

1 cup water  
1/2 cup uncooked Arborio  
rice  
2 green bell peppers, halved  
and seeded  
1 tablespoon olive oil  
2 green onions, thinly sliced  
1 teaspoon dried basil  
1 teaspoon Italian seasoning  
1 teaspoon salt  
1 pinch ground black pepper  
1 tomato, diced  
1/2 cup crumbled feta cheese

Preheat oven to 400 degrees F  
(200 degrees C). Lightly  
grease a baking sheet.

In a medium saucepan, bring  
water to a boil. Stir in the  
rice. Reduce heat, cover, and  
simmer for 20 minutes.  
Remove from heat, and set  
aside.

Place the peppers cut-side  
down on the prepared baking  
sheet. Roast 25 to 30 minutes  
in the preheated oven, or until  
tender and skin starts to  
brown.

While the peppers are  
roasting, heat oil in a medium  
skillet over medium-high  
heat. Cook the onions, basil,  
Italian seasoning, salt, and  
pepper in oil for 2 to 3  
minutes. Stir in the tomato,  
and cook for 5 minutes.  
Spoon in the cooked rice, and  
stir until heated through.  
Remove from heat, mix in the  
feta cheese, and spoon the  
mixture into the pepper  
halves.

Return to the oven for 5  
minutes. Serve immediately.

### Baked Garlic Green Beans

2 tablespoons olive oil  
1 tablespoon cider vinegar  
2 tbsp minced onion  
2 garlic clove, minced  
1/2 teaspoon salt  
Dash pepper  
3 cups cut green beans  
2 tablespoons dry bread  
crumbs  
2 tablespoons grated  
Parmesan cheese  
2 teaspoons butter, melted

In a small bowl, combine  
the oil, vinegar, onion,  
garlic, salt and pepper. Add  
the beans; toss to coat.  
Transfer to a greased 3-cup  
baking dish. Combine the  
bread crumbs, Parmesan  
cheese and butter; sprinkle  
over beans. Bake,  
uncovered, at 350 degrees F  
for 10-15 minutes or until  
heated through.

### Baked Garlic

2 medium heads garlic  
butter or olive oil

Preheat oven to 350 degrees  
F (175 degrees C).

Cut aluminum foil into 6-  
inch squares (large enough  
to wrap each garlic head).  
Place 2 teaspoons of butter  
or oil in each square of foil  
and place one garlic head  
into each square of foil. Fold  
the packets up, and arrange  
them in a 9 inch pie pan.

Bake for 30 minutes, or until  
the garlic is soft. Spread on  
some warmed up bread.

### Sweet and Spicy Swiss Chard

1 tablespoon olive oil  
1 bunch rainbow chard -  
leaves and stems separated  
and chopped  
1/3 cup chopped yellow  
onion  
2 (1/4 inch thick) slices fresh  
ginger root, peeled and  
julienned  
salt and pepper to taste  
1 tablespoon maple syrup

Heat the oil in a large skillet  
over medium heat. Cook the  
chopped chard stems, onion,  
and ginger in the hot oil until  
they begin to soften; season  
with salt and pepper. Add  
the chopped chard leaves to  
the skillet; reduce heat to  
low. Continue cooking until  
the leaves have wilted, about  
2 minutes more. Drizzle the  
maple syrup over the  
mixture; stir to coat evenly.  
Remove from heat and  
serve.