

Earth Dance Farm



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Quote for the Week

Dreams are illustrations...
from the book your soul is
writing about you.

Marsha Norman

This week:

Carrots

Eggplant

Beets

Edamame

Summer squash

Peppers – Chili – Jalapenos

Fennel

Red cabbage or cauliflower

Onions

Potatoes

Sweet corn

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.

This is that time of transition where we, as families, shift from our summer lives and back into the school routines. It never seems to be terribly easy and it always takes us a couple of weeks or more to even out.

This fall was especially poignant for our family as we took our oldest, Noah, to college. I reminisced of those early daycare years at Grandma Minda's house on the West Side. I'd peel his little body away from mine and into Minda's arms and drove away with his cry echoing in my ears. One of you members mentioned earlier this summer that the separation takes most of a year; for

Farmer's Notes:

We are experiencing our longest stretch of rainless days (16) since early April. Our irrigation lines have been very busy for the last week or so. I must admit the weather has been splendid for about everything, though, and we have been soaking it up. This stretch of sun has been excellent for the crops as well, particularly, the winter squash, eggplant, and peppers. You should be able to taste that sunshine in the sweetness of many of the crops in the delivery.

Only a few greens need to be planted into the soil yet this season. Early Sept. is always, somewhat of a

that toddler who is now off to Kindergarten or that teenager breaking out onto his own. And let's not forget that time for us parents to get use to the separation and change.

I really hadn't considered the emotions of it all as we packed his room and made our way down Highway 52 to Decorah and Luther College. We all felt good about this fit for Noah after a year-long search of schools. Noah was excited, engaged and ready to get rolling. It wasn't he who was clinging and crying this

milestone as the planting and weeding is pretty much completed. From here on out is mainly lots of harvesting, cleaning things up, and preparing for winter. All the Fall crops are looking wonderful. We still have room for a few more Fall share members is anyone has interest.

In the box: the fennel and edamame are first timers in the box this year. Please click on their names on our website produce list to find out more about them. The corn is the beginning of our second succession that should run for several weeks. Peppers are red and oh so sweet. Chillis are the banana shaped ones and are

time. At the service before departure I was too exhausted to hold in my emotions. I wasn't the only one groping for Kleenex and it felt good to let it out. It seems like such a mixed bag of letting go, of pride, of sadness, of joy and quite a lot of things I'm not sure of yet.

I think of all of you as another school year is upon us. Our family sends your family blessings and peace as you transition.

Norm

not very hot. The little ones are the Jalapenos, and yes, they are hot. There are many more carrots where these came from so I hope you like them. The summer squash is nearing their end now, but we may squeak another couple of weeks from them. The winter squash should make an appearance from here on out.

I was struck by the beauty of the colors in the boxes this week: the white, the purple, the green, the orange and the red – a feast for the eyes. Eat, drink and by happy.

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

Recipes

Carrot and Fennel Soup

1 teaspoon olive oil
3 carrots, shredded
1 fennel bulb, trimmed and
diced
1/2 teaspoon ground
coriander
1/3 cup heavy cream

Heat the olive oil in a skillet
over medium heat. Stir in the
carrots and fennel, and season
with coriander and fennel
seeds. Cook until lightly
browned. Mix in the heavy
cream, and reduce heat to
low. Simmer about 5 minutes
until the cream has been
absorbed into the carrots and
fennel. Serve hot.

Baked Rigatoni with Italian Sausage and Fennel

1 pound hot Italian sausage
links
1 (16 ounce) package rigatoni
pasta
1 (24 ounce) jar marinara
sauce
1 bulb fennel, trimmed and
thinly sliced
1 roasted red bell pepper,
chopped
1/2 yellow onion, chopped
1/4 cup chopped fresh basil
leaves
2 cloves garlic, minced
salt and pepper to taste
1 cup shredded mozzarella
cheese
1/2 cup grated Parmesan
cheese
1/2 cup grated Asiago cheese

Preheat the oven to 350
degrees F (175 degrees C).
Bring a large pot of lightly
salted water to a boil. Add

pasta and cook until almost
tender, about 10 minutes.

Fry the sausages in a large
skillet over medium heat,
turning frequently until
cooked through, about 15
minutes. Remove from the
skillet, cool slightly and
slice into rounds. Add the
garlic, fennel and onion to
the skillet and season with
salt and pepper. Cook and
stir for about 5 minutes, then
add the roasted red peppers,
basil, sliced sausage and
pasta sauce. Heat through
over low heat until warmed.

Combine the pasta with the
sauce and vegetables in a
9x13 inch baking dish.
Spread the mozzarella,
Parmesan and Asiago
cheeses over the top.
Garnish with a few fennel
leaves left from the bulb.
Cover with aluminum foil.

Bake for 30 minutes in the
preheated oven, then remove
the aluminum foil. Set the
oven to broil, and cook for
another 5 minutes or until
cheese is browned.

Creamy Vegetarian Borscht

3/4 teaspoon minced garlic
3 tablespoons chopped dill
3 tablespoons chopped
chives or scallion
1 tablespoon butter
2 tablespoons olive oil
1 large onion, chopped
3 stalks celery, diced
1/2 large red pepper, diced
10 ounces Yukon gold
potato, diced
3 cups chopped cabbage
1 1/2 pounds beets, peeled
and finely chopped in food
processor
2 small carrots, peeled and

finely chopped in food
processor
1 1/4 cups strained tomatoes
6 cups water
3 tablespoons red wine
vinegar
1 tablespoon kosher salt, or
to taste
1/2 teaspoon black pepper

Mix together Plain Yogurt,
garlic, dill and chives and set
aside until ready to serve
soup. You can make this
ahead of time and store in
the refrigerator until ready to
serve.

In a large 4 quart soup pot,
heat butter and olive oil on
medium-high heat. Add
onion and celery and saute
for 7 to 10 minutes until
vegetables have softened.
Add red pepper and continue
to saute for another 3
minutes. Add potato,
cabbage, beets, carrots,
tomato sauce, water, vinegar,
salt and pepper and bring to
a boil. Turn down heat and
simmer for about 40 minutes
or until vegetables have
softened and liquid has
reduced.

Serve hot or at room
temperature with 4
tablespoons yogurt mixture
stirred into each 1 cup
serving of soup.