

Earth Dance Farm



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Quote for the Week

All the art of living lies in a fine mingling of letting go and holding on.

Henry Ellis

This week:

Apples
Eggplant
Peas
Edamame
Summer squash
Peppers
Acorn squash
Bibb lettuce
Onions
Radishes
Sweet corn
Spinach
Raspberries(as available)

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

CSA Viability: Part 1

We've had some interesting conversations here on the farm during the course of the last week. The catalyst came from the Land Stewardship CSA Listserv, where several CSAs from the Twin Cities Area lamented the conditions of the past couple of growing seasons. In particular, one CSA owner shared her decision to terminate her business due to difficult weather, a couple of unreasonable members and the inability to generate a livelihood. Other CSA managers chimed in regarding the challenge to successfully negotiate this sort of business while assuming numerous risks and still turn some sort of profit that allows one to earn a living.

Joni and Kevin, who are interning with us this fall, are interested in starting up a CSA of their own and so were active in our conversation. How does one create community and advocate for "member ownership" while maintaining good boundaries in

Farmer's Notes:

As you read this, we have gone 26 days without a stich of rain. We have made the rounds over the last couple of weeks, and now are beginning a second time. Thankfully, the mornings offer heavy dew and the warm days are less intense in the fall. Many crops just sit here holding out, and take off immediately after a drink. The drier weather also allows more insects to damage some crops. You will notice some worms in this

order to efficiently manage a business? What is the best way to offer fresh locally grown produce that demands intense labor at a price that members can afford while providing a livelihood for the farm family? These are not easy questions and ones Laurie and I continue to ponder.

I will discuss one of the issues this week, and continue next week with the rest.

Farmers have always had a love-hate relationship with the weather. As we all know, they can't talk enough about it: the temp, the rain, the amount of sun, the severity of storms, the length of a season, all dramatically affect the amount of insects, the degree of weed pressure, and the health of the crops. It is exactly this intense relationship that draws folks like us to farm. It pulls us into the cycle of the seasons.

succession of sweet corn and some small aphids on the soybeans. Wash everything well, or cut off parts that may have some damage.

The apples are Harolson which are primarily a baking apple. They make a great pie, crisp or sauce. We have enjoyed the edamame few times this week and I hope you have also. Just steam them and pop them out of the pod. The peas are super sugar snap and you can eat the whole pod. This is the last of the summer squash for the 2009 season. The winter squash is a

It connects us to nature in the deepest sense. Weather is uncertain, it is an immeasurable gift, and it can be ruthlessly cruel. This season we registered the 2nd coldest July on record and the driest start to any Sept on the books. And we had no tomatoes this year. Yet, life goes on and we are grateful for how wondrously nature has blessed us with abundant and delicious crops. We have been surprised that we have not even missed tomatoes amidst all the other produce. Almost every late afternoon you can see one of us roaming the gardens, gathering our supper. We continue to learn that hard work, planning and knowledge only go so far and then one is left with nature and faith and just standing in awe and gratitude for what is.

new mini acorn called Honey Bear. It has exceptional taste and should be eaten within the next 2 - 3 months, but can be eaten pronto. The Bibb lettuce and spinach should make a delicious salad that you haven't had in the last couple deliveries. We are beginning to deliver raspberries again, as they mature. So some boxes will have them in each week until everyone has received them, and then we will start again if our last batch survive the dry weather.

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

Recipes

Eggplant Supper Soup

1 tablespoon vegetable oil
1 medium onion, chopped
1 pound ground beef
1 clove garlic, crushed
1 pound eggplant, diced
3/4 cup sliced carrots
3/4 cup sliced celery
2 (14.5 ounce) cans Italian
diced tomatoes, drained
2 (14 ounce) cans beef broth
1 teaspoon sugar
1/2 teaspoon ground nutmeg
1 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 cup dry macaroni
2 teaspoons chopped fresh
parsley
1/2 cup grated Parmesan
cheese

Heat the oil in a skillet over medium heat, and cook the onion, beef, and garlic until beef is evenly brown. Drain grease, and mix in eggplant, carrots, celery, and tomatoes. Pour in beef broth. Mix in sugar, and season with nutmeg, salt, and pepper. Cook and stir until heated through.

Mix macaroni into the soup, and continue cooking 12 minutes, or until macaroni is al dente. Mix in parsley. Top with Parmesan cheese to serve.

Apple Maple Crumble Pie

5 apples - peeled, cored and sliced
2/3 cup maple syrup
1/2 cup butter
1/2 cup brown sugar
3/4 cup all-purpose flour
1 pinch salt
3/4 cup rolled oats

Preheat oven to 375 degrees F (190 degrees C).

Place the apples in an 8x8 inch baking dish. Pour the maple syrup over the apples. In a bowl, cream together the butter and brown sugar. Stir in the flour, salt and oats. Sprinkle the oat mixture over the apples.

Bake in preheated oven 35 minutes, until golden and bubbly and apples are tender.

Fiery Fish Tacos with Crunchy Corn Salsa

1 cup corn
1/2 cup diced onion
1/2 cup diced red bell pepper
1 cup fresh cilantro leaves, finely chopped
1 lime, zested and juiced
2 tablespoons sour cream
2 tablespoons cayenne pepper
1 tablespoon ground black pepper
2 tablespoons salt
6 (4 ounce) fillets tilapia
2 tablespoons olive oil
12 corn tortillas, warmed

Preheat grill for high heat.

In a medium bowl, mix together corn, red onion,

jalapeno, red bell pepper, and cilantro. Stir in lime juice and zest.

In a small bowl, combine cayenne pepper, ground black pepper, and salt. Brush each fillet with olive oil, and sprinkle with spices.

Arrange fillets on grill grate, and cook for 3 minutes per side. For each fiery fish taco, top two corn tortillas with fish, sour cream, and corn salsa.

Apple Peanut Spinach Salad

12 oz fresh spinach
1 medium apple, chopped
1/4 cup raisins
2 tablespoons chopped peanuts
2 tablespoons olive oil
1 tablespoon sugar
1 tablespoon cider vinegar
1 tablespoon chutney (can substitute apple sauce)
3/4 teaspoon curry powder
1/4 teaspoon salt

In a large bowl, combine the spinach, apple, raisins and peanuts. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat. (I made this tonight and everyone gobbled it up. I just cut the spinach in ribbons since it is larger.)