

Earth Dance Farm



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Quote for the Week

I go to nature to be soothed and healed, and to have my senses put in order.

John Burroughs

This week:

Eggplant

Peas

Romaine lettuce

Broccoli

Peppers

Acorn squash

Leaf lettuce

Onions

Radishes

Sweet corn

Carrots

Potatoes

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 2

Last week I began writing about some thoughts and conversation that we were having around the farm regarding the CSA operation. It began through an online discussion of other CSA operators in the Twin Cities area. One owner had decided that she would terminate her business based on three factors. The first factor that I commented on last week is managing, or in many situations, not being able to manage the weather.

The second factor for this owner was having a very unsatisfied and harassing member. We feel blessed here at Earth Dance Farm to have members who understand the philosophy

Farmer's Notes:

*** FALL GATHERING IS ONLY 10 DAYS AWAY ***

Please email us if you plan to join us. The day will proceed something like this:

2-4 Arrive, meet and greet, relax, tour the farm and gardens

4-6 Hayrides to the pumpkin patch, ride miniature ponies in the arena, walk through the woods out to the creek, enjoy your family and one another

5-7 Dinner is served. Chili (Beef, vegetarian), cornbread ,apple cider, and pumpkin bars

and risk inherent in being part of a Community Supported Agriculture. I consider that a member's commitment to support small, diverse, chemical free and local production of food is imperative for the CSA relationship to thrive. We try to create opportunities for members to meet one another through having drop off hosts in neighborhoods and by having events here on the farm. Relationships built around the land and food can be more nourishing than the food itself. We are grateful for your support.

The third factor was the difficulty in making enough money to support her

livelihood. This is a situation that many of us may be asking ourselves these days. Laurie and I moved here in the spring of 2006 with the hope of creating a business that could, over time, sustain us. Currently Laurie works full time in Rochester in order to subsidize the farming. We must continue to build our CSA in such a way that it can be income producing.

We are thrilled to be living so close to the land and warmed by your partnership with us. We would like nothing more than to have you celebrate with us at our harvest party.

7-? Bonfire and merriment

Please bring a snack/side dish or a beverage to share.

Lots of room for children to play.

*** FALL PRODUCE SHARE ***

Last call on the 3 bi-weekly deliveries of your late season favorites, storage crops, and herbs to dry. 25-30 lbs. of 8-10 different vegetables in each box.. The price is \$125 for the 3 deliveries. Please email us if you have questions or are interested in participating.

We have only 3 deliveries after this one. You can expect to see lots of greens, brassicas, root crops, squash, apples and kale. The peppers and eggplant will hold out until the frost comes. The corn and peas are done for

this season, but boy were they delicious.

Our month of no rain finally ended yesterday with 7/10ths of an inch. You can see the results of this drought in the corn(smaller, more worms), some of the broccoli(wanting to bolt prematurely), and the carrots(odd shaped and more brittle). We hope to get more moisture on Friday.

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

Recipes

Dutch Potatoes

1/2 cup chopped onion
1 tablespoon and 1
teaspoon butter
4 cups peeled, cubed
potatoes
2 cups sliced fresh
carrots
1/2 cup sour cream
1/2 teaspoon salt
snipped chives

In a small skillet, saute onion in butter for 8-10 minutes or until golden brown. Meanwhile, place potatoes and carrots in a large saucepan and cover with water (you may want to start with the carrots and add the potatoes). Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. In a small mixing bowl, mash potatoes and carrots. Beat in onion, sour cream and salt. Sprinkle with chives.

Moroccan-Style Stuffed Acorn Squash

2 tablespoons brown
sugar
1 tablespoon butter,
melted
2 large acorn squash,
halved and seeded
2 tablespoons olive oil
2 cloves garlic,
chopped
2 stalks celery,
chopped
2 carrots, chopped
1 cup garbanzo beans,
drained
1/2 cup raisins
1 1/2 tablespoons
ground cumin
salt and pepper to
taste
1 (14 ounce) can
chicken broth
1 cup uncooked
couscous

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

Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture, and keep squash warm while preparing the stuffing.

Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins.

Season with cumin, salt, and pepper, and continue to cook and stir until vegetables are tender.

Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.