

Earth Dance Farm



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27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net **LAST DELIVERY – October 15**

Fall Harvest Gathering – THIS SATURDAY

Quote for the Week

Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.

George Eliot

LAST DELIVERY – October 15

This week:

Apples

Green beans

Head lettuce

Broccoli

Peppers

Butternut and buttercup squash

Onions

Beets

Garlic

Carrots

Potatoes

Mizuna

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.

“Don’t just do something, sit there.” This little twist by Thich Naht Hahn on a much more familiar phrase has always piqued my imagination. It actually haunts me somewhat since I was raised so strongly to always “do something, don’t just sit there.” I honestly do not believe that I just do stuff for the sake of doing things. It is more that the doing never gets done. And then year after year of accomplishing task after good, needed task it is difficult to just ‘not do’ and be ok with that. My identity slowly becomes very intertwined with the things that I am able to cross off of my list. So, yes, I am a responsible manager, farmer, husband and father in a very important and traditional way, but . . .

So I understand the importance of a strong work ethic. The CSA season is quickly coming to a close (2 more deliveries after this one)

Farmer’s Notes:

The weatherman practically promised us a freeze last night and we didn’t even get a frost. We had somewhat of a hectic and long day bringing in lots of peppers, squash and the like that we didn’t want to freeze and covered the beans and lettuce. We had a very light frost on Aug. 31st that killed the basil and no frost for the whole month of Sept. That is strange. I am actually hoping for a freeze soon as it will sweeten the rutabaga, brussel sprouts and parsnips. There are some interesting crops coming in the last couple of boxes and tons of old standbys. I am having a hard time packing many of

and my mind is moving toward the cleaning of the fields, cutting wood for the winter, our harvest party, that fencing and painting project that I haven’t gotten around to yet, the fall shares, etc. You guys know this story. For many of you it is your story as well. And I also know the value of sitting – it is just not a familiar experience for me. Nor is it a valued passing of time. I am not talking about just sitting around watching T.V. or merely vacationing although there is surely a time for that as well. I am speaking to very intentional time reflecting, meditating, of praying in a way. It is a time of opening, of broadening, of letting go of the need to know. In many ways the “doing” is a lot about me; me being in control, me feeling good about being

the cooking herbs as there are so much other produce to harvest.

The apples are again the cooking variety with the larger, sweeter Regents coming next week. The buttercup Bon Bon squash has a pretty dry flesh, but is awfully tasty with a little butter and brown sugar if you like. The butternut actually will sweeten if you hold it in your pantry or garage for a month or so. Onions, potatoes, garlic and carrots are begging to be cut up and cooked together after a brisk fall day. I feel fortunate to have such awesome green beans in Oct. The Mizuna is back by popular demand and is actually much smaller and nicer than the spring planting. This will bring some personality to the head lettuce salad. There is absolutely tons of wonderful

responsible and accomplishing things. I suppose the “sitting” could be mostly about me also, but the fact is that I do not sit enough to know exactly. Like with most things there is a balance to be had and one’s journey is never complete. I ponder these things more frequently now as the weather turns cooler and the days grow shorter. I become more introspective as my high drive at high noon begins to soften. Perhaps I will once again turn with the season; nestle in over a cup of hot tea, fill our home with music, be more intentional with relationships, and sit in front of the wood stove, and sit in front of, and sit. Maybe there is a balance out there. Maybe there is a balance in here. Maybe there is hope for all of us after all.

produce in the fields for the final 2 deliveries and the fall shares. I am not filled up on the fall shares yet so do not hesitate to sign up if you want to extend the produce season.

I hope to see many of you this Sat. as we celebrate the tremendous bounty of this harvest season. The party runs from 2 until it is over. Directions are on the website.

Fall Harvest Gathering this Saturday, October 3rd 2:00 the gathering starts – 5:00 to 7:00 Chili will be served, both vegetarian and beef. Enjoy good company, food, bon fire and more. Bring something to share if you like.

Recipes

Beet, Bean and Apple Salad

1 cup beets, diced
2 cups cut green beans
1 large apple - peeled, cored and diced
1 teaspoon olive oil
2 tablespoons apple cider vinegar
Chopped onion (optional)
Fresh ground pepper

Cook beets whole, cool, dice. Cut and cook green beans. Combine the beets, green beans and apple in a serving bowl. Stir in olive oil and vinegar. Chill for 1 hour before serving. Serve cold.

Garlicky Baked Butternut Squash

2 tablespoons minced fresh parsley
2 tablespoons olive oil
2 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon pepper
3 1/2 pounds butternut squash, peeled and cut into 1-inch cubes
1/3 cup grated Parmesan cheese

In a large bowl, combine the parsley, oil, garlic, salt and pepper. Add squash and toss to coat.

Transfer to an ungreased shallow 2-qt. baking dish. Bake, uncovered, at 400 degrees F for 50-55 minutes or until squash is just tender.

Buttercup Squash Bread

1 (.25 ounce) package active dry yeast
1/2 cup warm water (110 degrees F to 115 degrees F)
2 tablespoons molasses
1 teaspoon salt
1/2 teaspoon caraway seeds
1 cup mashed, cooked butternut squash
3 cups all-purpose flour

In a large mixing bowl, dissolve yeast in water. Add molasses, salt, caraway, squash and 2 cups flour; mix well. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to greased top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; turn onto a floured surface and shape into a loaf.

Place in a greased 9-in. x 5-in. x 3-in. loaf pan. Cover and let rise until doubled, about 45 minutes. Bake at 400 degrees F for 25-30 minutes or until golden brown. Remove from pan to cool on a wire rack.