

# Earth Dance Farm



Newsletter 9/10/07  
Volume 2, Issue 13

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## Quote for the Week

*Nothing is so exhausting as indecisions, and nothing is so futile.*

*Bertrand Russell*

## This week:

Green Beans  
Potatoes  
Basil  
Cucumbers  
Onions  
Carrots  
Peppers  
Tomatoes  
Edamame (soy beans)  
Kale  
Apples (Sweet 16)  
Winter squash

## Notes:

Wash vegetables before eating them.

Please put boxes and ice packs out by Monday morning. (Also, egg cartons)

The list of the upcoming week's vegetables will be available on the website by Friday evening. I will be adding recipes and copies of the newsletter soon. Email us with any good recipes that you would like to share.

## Fall Gathering – Sat. October 6<sup>th</sup>

## Managing Extras...

Growing veggies for members is making sure that there is enough. This means usually planting more than what is needed in case there is bad weather, poor germination, pests or disease. As an example, last year we planted eggplant but didn't get any so we planted more this year and they did really well and we had lots of extra. One way to manage the extras is to give more in the shares, hoping that you will enjoy the bounty or at least pass them on to those who will. Another way is to leave the extras out in the field as compost for the soil. This is a harder one for us, but we have gotten better. An example with this is where we take 1 in 20 tomatoes to

deliver and the others are left in the field. We left plenty of over sized summer squash to fertilize the soil as well. The final way is to harvest and find other outlets for the veggies. We have brought extra bushels of veggies into the local senior center where the residents enjoy having some garden fresh vegetables. Members have also purchased extra boxes of produce at times. This summer the kids started experimenting with a vegetable stand in Spring Valley. The strawberries were a hit, but other than that, it was slow going. It takes time to establish yourself in a community and in a location. We then were presented with an opportunity to participate in a local Farmer's Market just getting started in Stewartville. It

is on Friday nights from 3 – 7 and we have had better luck with this outlet since it is advertised in the local papers and there is a parking lot full of venders. We are enjoying the experience even though we end up spending more money than we make most weeks, but we are supporting the other venders. We are connecting with folks in the community and getting to know some of the other local farmers. Also, it is a night out for us as a family and Adriana is becoming quite a sales person. We are hoping with time that we can have the Farmer's Markets be a permanent outlet for our extra veggies and that we can actually make a buck or two.

## Notes from the farmer...

This week you are getting a bag of Edamame, fresh soy beans. We usually just steam them and then pop them out of the shell and eat them. Our kids love to eat them this way.

We are also including a bigger bunch of basil so you can make some pesto.

The apples are Sweet 16 this week, they are very good despite their markings that tell you they are organic. The mystery apple we put in the box last week was a kind of

Harelsion. We will also be including some Fireside apples in October when they are ready.

Winter squash is beginning and you will be receiving Bon Bon or Sweet Dumpling this week. Lots of Acorn and Butternut still to come.

The basic red tomatoes are almost to an end so you will be getting Brandywine and Black Prince the next few weeks, they are the heirloom varieties.

The temperature is supposed to drip to the low

forties later this week so we will need to be bringing out the row cover for our more sensitive crops like basil, tomatoes, and peppers. We lost our first plants to the frost so we will be more vigilant so we don't end our season on the same note.

With the recent rains and now the sunny weather, some of the crops, like the cucumbers, have been rejuvenated and boasting lots of new blooms.

## Recipes...

### Gujerati-Style Green Beans

1 lb. fresh green beans  
4 tbsp. vegetable oil  
1 tbsp whole black mustard seeds  
4 cloves garlic, peeled and minced  
Red chili pepper flakes  
1 tsp salt  
½ tsp sugar  
Freshly ground pepper

Trim and cut the beans into 1 inch lengths. Blanch in pot of boiling water for 3 to 4 minutes. Drain in a colander and rinse under cold water. Heat oil in a large frying pan over medium heat. When hot, put in the garlic. Stir until garlic turns light brown. Add red chili flakes and stir

for a few seconds. Add beans, salt and sugar; stir to mix. Turn heat to medium-low, stir and cook for 7 to 8 minutes until beans are done and they have absorbed the flavor of the spices. Add black pepper, mix, and serve.

### Edamame and Summer Bean Salad

¾ lb green beans or wax beans  
2 cups shelled edamame  
2 green onions  
2 tomatoes, seeded and diced  
1 tbsp chopped fresh basil  
1 tbsp rice vinegar  
1 tbsp fresh lime juice  
1 tsp honey  
1 tsp Dijon mustard  
2 tsp olive oil  
½ tsp salt  
¼ tsp freshly ground pepper

Trim the beans and cut crosswise into thirds. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the beans and edamame, cover, and steam until both are tender-crisp, about 5 minutes. Drain, rinse with cold water, and drain again.

Trim the green onions, then thinly slice on the diagonal, including the tender green tops.

In a large bowl, combine the steamed edamame and beans, green onions, tomatoes, and basil. Toss to mix evenly.

In a small bowl, combine the vinegar, lime juice, honey, and mustard. Whisk in the olive oil. Add the dressing to the vegetables and toss to coat. Season with salt and pepper. Serve chilled or at room temperature.

## More Recipes...

### Apple Spice Waffles

2 ¼ c. whole wheat flour  
¾ c. rolled oats  
¼ c. oat bran  
4 tsp baking powder  
1 tsp ground cinnamon  
½ tsp salt  
½ tsp ground ginger  
¼ tsp ground nutmeg  
Combine in a large bowl.

1 c. apple (diced or shredded)  
½ c. nuts (chopped; optional)  
Add and toss to coat.

3 c. milk  
2 eggs  
½ c. butter  
1 tbsp honey  
Combine separately and beat well. Add all at once to dry ingredients, stirring until well combined. Bake in hot waffle iron. Serve with syrup, yogurt, apple butter or applesauce.

### Pesto

Pesto is a very forgiving recipe; measurements given below need not be followed exactly. Pesto is wonderful in soups and also can be used to flavor sandwiches (try mixing a spoonful with mayonnaise), deviled eggs, and salads. Or brush on meat or fish before grilling or baking.

1 cup packed fresh basil leaves and tender stems  
1 – 3 cloves garlic  
1/3 c. pine nuts, walnuts or hazelnuts (toasted)  
3 – 6 tbsp Parmesan cheese (grated)  
½ tsp salt or to taste  
2 sprigs flat parsley (optional)  
Finely chop together in food processor.

1/3 – ½ c. olive oil  
Add gradually while food processor runs to make a thick paste. Serve at room temperature with any kind of hot pasta. The flavor is

intense; a little goes a long way.

(To freeze: Freeze in ice cube trays. When frozen, remove cubes and place in a resealable plastic bag, removing from the freezer as needed.)