

Earth Dance Farm



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27842 141st Ave. Spring Valley, MN 55975 (507) 378-4252 www.earthdancefarm.net

Quote for the Week

Trouble is only opportunity in work clothes.

Henry J. Kaiser

This week:

Sage
Potatoes
Baby Bear Pumpkins
Cucumbers
Onions
Carrots
Peppers
Tomatoes or Summer Squash
Edamame (soy beans)
Swiss Chard
Apples (Regent)
Winter squash
Garlic

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 6th

The Bounties of Summer...

The past few weeks, we have enjoyed the bounties of the summer harvest. It has become somewhat of a ritual at our evening meal to reflect, with awe, on how much of the food we are eating actually came from our land and the fruits of our labor. For many of our meals, most everything has come from our farm. Like today, we had a delicious beef soup filled with veggies from our garden, and the beef was from Billy, our steer that we had butchered in August. We had fresh honey from our bees on toasted bread.

I see our family being transformed as we become more connected with the land and the food that we

eat. It is like we are forming a new relationship with food in many ways. Being part of the process of growing and harvesting what we eat, we gain a knowing about the nature of the veggies, honey, eggs or meat that makes its way to our table. We see the bees so busy collecting the food to make their honey, the chickens scratching for worms and other goodies to produce eggs with rich orange yolks, and carrots that take so much care in planting, growing, and harvesting. Norm harvested the honeycomb from the bees last week and we all awaited in anticipation for his return on Tuesday with the spun honey. The honey jar has been out pretty much for every meal since then. As we picked the Swiss chard, I was so amazed

at how hardy this green leaf plant is that it could withstand the 29 degree weather without even a covering, and it still looked beautiful.

For myself, this knowing, or relationship with the food, nourishes me beyond the nutrients the food itself provides. When eating, I feel a profound gratitude for the gift of being here on our farm.

Notes from the farmer...

Wow, what a gorgeous weekend we've had with the weather. I hope that you all went to the Renaissance Festival, took a family bike ride or the like. It was a pleasure to be out in the gardens today harvesting the vegetables in the warm sun with the cool breeze blowing. It is not always that I slow down enough to appreciate where and who I am and the true gift I've been blessed with in my life. Today was just the day for such ponderings.

We received the anticipated early frost last Tues. night and we had things covered with a row cover as needed. Now Friday night was a different story. We had a record low of 29 degrees, and although we had lots of beds covered and double covered, some crops bit the dust. These things are inevitable in the Fall, but this came a full 2 weeks early. No more green beans or basil. I'm not sure how the tomatoes, peppers and cukes fared, but I'm hoping for the best.

Produce:

Potatoes are once again the Yukon gold – Kennebec will be coming soon.

Edamame may not look great but is very tasty.

Apples are Regent and are good to eat or to bake.

Sage is a large bunch – hang to dry and use all year

Onions are Ruby Ring and are good storage and mild.

Eat Sweet Dumpling squash with butter and brown sugar

Baby Bear pumpkins can be eaten or for decorations.

Recipes...

Sweet and Sour Swiss Chard

1 lb. Swiss chard
Rinse, pat dry, and remove stems. Chop stems diagonally into small pieces. Stack leaves, roll up, and slice in 1-inch strips; keep separate from stems. Set aside.

1 medium onion (diced)
In deep frypan sauté in 2 tsp olive oil over medium heat until softened, 5 minutes.

¼ c. dried cranberries or raisins
2 cloves garlic (minced)
3 tbsp white or cider vinegar
1 ½ tsp sugar
Salt and pepper to taste

Add along with chard stems, cover and cook for 8 minutes. Place chopped leaves on top of the mixture (do not stir in), cover and cook another 2 minutes. Remove from heat, stir, and serve.

Pumpkin Sausage Pasta

1 lb penne pasta (or other chunky pasta)
Cook, drain, and set aside.

1 lb. sweet Italian sausage
In large deep frypan coated with cooking spray, brown sausage over medium-high heat. When cooked, remove meat and set aside. Drain fat from frypan and return pan to stove.

1 medium onion (finely chopped)
2 tbsp fresh sage (cut into very thin strips)

1 c. dry white wine or chicken broth
Add and cook until half of liquid evaporates, about 2 minutes.

1 c. chicken or vegetable broth
1 c. pumpkin or winter squash (cooked, pureed)
Mix in. Continue stirring until sauce starts to bubble. Add sausage and reduce heat.

½ c. evaporated milk
1/8 tsp ground cinnamon
½ tsp ground nutmeg
Course salt and pepper to taste
Stir in milk. Add seasonings and simmer 5 – 10 minutes to thicken. Remove bay leaf. Pour sauce over cooked pasta. Combine sauce and pasta and toss over low heat for 1 minute. Garnish with freshly grated Romano or Parmesan cheese and fresh sage leaves (optional).

More Recipes...

Potato, Onion, and Roquefort Soup

3 tbsp unsalted butter
2 medium onions, thinly sliced
1 tsp minced garlic
3 medium boiling potatoes, peeled, but into 1-inch chunks
2 cups chicken or vegetable stock plus more if needed to thin the soup
1 c. half-and-half
1/3 c. cream
½ c. crumbled Roquefort cheese plus more to taste
Salt
Freshly ground white pepper

Melt the butter in a large saucepan over medium-high heat. Add the onions; cook, stirring, until the onions are limp but not brown, about 15 minutes. Add the garlic; cook for 30 seconds.

Add the potatoes and stir until well coated with butter; cook for 5 minutes, stirring them up a few times.

Add the half-and-half and the cream; gently reheat the soup, but do not boil. Stir in ½ cup Roquefort cheese (you can substitute Gruyere)

Transfer the soup to a blender or food processor in batches and puree until smooth. Thin with additional stock if necessary. Season with salt and pepper to taste. Garnish with additional cheese if desired and serve hot or cold.

Toss with apples and serve immediately.

Apple Carrot Salad

¼ c. fresh lemon or lime juice
2 tbsp. orange juice
1 tbsp honey
Mix together in a large bowl until honey is dissolved.

2 c. carrots (shredded)
1 tbsp fresh mint (chopped)
1/8 tsp salt or to taste
¼ c. raisins (optional)