

Earth Dance Farm



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Fall Gathering: Saturday, October 6th 2:00pm - ????

Quote for the Week

Quality is not an act. It is a habit.

Aristotle

This week:

Cucumbers

Potatoes

Apples – Haralson

Winter Squash

Turnips

Peppers

Onions

Russian Red Kale

Carrots

Thyme

Pumpkin

Arugula

Tomatoes

Notes:

Wash vegetables before eating them.

Please return any cooler packs that you may still have.

Food: What goes in, comes out

We have been gaining a greater understanding of how the food chain really affects us as we spend more time with the animals and the plants. We have become more aware that we need to be vigilant about what goes into the food of both the plants and the animals that we consume. What we use to feed our plants, or protect our plants from destructive insects, will be passed on to the fruit of the plants, what feeds the soil feeds the plant and gets passed on to the fruit. Along with following organic practices for our plants, we have been committed to having our animals feed in the most natural way possible. For

the chickens this includes giving them organic feed and letting them out to do their own food gathering each day. I have been so amazed watching them peck around looking for tasty bugs, and then seeing the results of their food gathering in the rich orange yolks. As I read more about the advantages of organically raised, free range chickens, I'm even more amazed at how the nutritional value differs from the eggs that come from caged chickens fed regular commercial feed. A recent article in Mother Earth News lists the following advantages to eating eggs from free-range chickens:

1/3 less cholesterol

¼ less saturated fat

2/3 more vitamin A

2 times more omega-3 fatty acids

3 times more vitamin E

7 time more beta carotene

Everyday as I open the doors to let the chickens out, I'm glad to be part of letting nature do its own thing and thankful for the gifts of this wisdom when I sit down to enjoy my fresh eggs for breakfast.

Notes from the Farmer:

A most hearty welcome to each of you and your families to our fall get-together. It can be a nice way to enjoy the season on the farm, meet our family and other members, tour the gardens, woods, etc. Good food, drink, music and a bonfire are certainly to be shared. I also realize there is a cagillion other events also going on this time of year. Let us know when you do, or if it's last minute, we'd still love to see you. The gardens are certainly showing the signs of the year with most of the ground now fallow till next spring. I'll meet with our neighbor/farmer this week

to discuss our rotations and plan for next year's gardens and field crops. This week you start to see the return of vegetables you received in the spring like turnips and arugula. Leaf and head lettuce, radishes, scallions and the brassicas are on the near horizon. Kale and Chard also do well with the shorter, cooler days and nights. The cucumbers and summer squash are definitely on their last leg. Tomatoes and peppers should hang on for a week or two yet. I'll need to cover some beds for frost protection on Tues. night of this coming week; otherwise, the weather has been cooperating nicely since that hard freeze 10 days ago or so. Well, there are only 3 more deliveries after this one. In some ways the season gets

long so congrats for continuing to hang in there. In other ways one can become accustomed to the weekly fresh produce and to have it end is difficult. For most of you, some of both are true. We all take a step at a time in our lives. We hope each step is a bit more deliberate, intentional and relaxed than the previous one. I am very grateful to each of you for stepping in tune with Earth Dance Farm for this produce season. Winter is often a quieter time to reflect if your experience with us was one that brought meaning and health to you and your family, or if the payoff was worth it for you. Enjoy the produce during this week and the beauty of the fall season

Recipes...

Goat Cheese and Arugula over Penne

5 1/2 ounces goat cheese
2 cups coarsely chopped arugula, stems included
1 cup quartered cherry tomatoes
1/4 cup olive oil
2 teaspoons minced garlic
1/2 teaspoon ground black pepper
1/2 teaspoon salt
8 ounces penne pasta

Cook pasta in a large pot of boiling salted water until al dente.
Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and

pepper.
Drain pasta, and toss with goat cheese mixture.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

1. Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
2. Meanwhile, heat oil in heavy large skillet over medium heat.

Add arugula and stir until just wilted, about 30 seconds.
Remove from heat.

3. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well.

4. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, adding additional Parmesan, if desired.

And more...

Winter Vegetable Hash

3 tbsp olive oil
2 tbsp butter
1 lb Yukon Gold potatoes, diced
1/2 lb fresh shiitake mushrooms, diced
1 red bell pepper, diced
1 small acorn squash, diced
1 shallot, finely chopped
2 tsp garlic powder
1 pinch salt 1 pinch ground black pepper
1 c. chopped kale
4 sprigs fresh sage

Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender.

Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!

Roasted Kale

In a large bowl stir 1/4 cup extra-virgin olive oil
8 cloves garlic, crushed
1 teaspoon coarse salt
freshly ground pepper -- to taste
1 1/2 pound head of ornamental kale -- rinsed and dried well

Mix together the oil, the garlic, the salt, and the pepper, add the kale, and toss the mixture well.

Arrange the kale in one layer in a lightly oiled baking pans and roast it in the middle of a preheated 425 degree oven for 10 minutes.

Turn the kale and roast it for 10 minutes more, or until the leaves are crisp and browned.

Raw Apple Cake

1/2 c. brown sugar
1/2 c. white sugar

1/2 c. shortening
2 eggs
1 c. sour milk (1 c. milk and 2 tbsp vinegar)
2 1/2 c. flour
2 tsp cinnamon
2 tsp baking soda
2 c. chopped apples

Mix brown sugar, white sugar, and shortening. Add eggs, sour milk.

In a separate bowl, mix flour, salt, cinnamon, and baking soda.

Mix two bowls together.

Add apples and mix.

Bake at 350 degrees for 30 – 35 minutes.

Topping:

1/2 c. brown sugar
1/2 c. white sugar
1/2 tsp cinnamon
1/2 c. nuts (optional)
Sprinkle topping over cake.