

Earth Dance Farm



Newsletter 9/3/07
Volume 2, Issue 12

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Quote for the Week

*Put your heart, mind,
intellect and soul even to
your smallest acts. This is the
secret of success.*

Swami Sivananda

This week:

Summer Squash

Green Beans

Peppers

Tomatoes

Plums

Garlic

Cucumbers

Parsley

Carrots

Apples

Potatoes

Eggplant

Onions

Notes:

Wash vegetables before eating them.

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

Do you have a favorite veggie recipe you would like to share? Please send it to info@earthdancefarm.net and I will add it to our newsletter or post it on the web site.

Fall Gathering: **CHANGE IN DATE** - Saturday, October 6th 2:00pm - ????
**** Please return Cooler Packs - we are missing a bunch. ****

The Idea and Purpose of a CSA

A CSA is more than just agriculture supported by a community of people; it's a lifestyle that has been present in the world for thousands of years. Being part of a CSA is helping bring back something that has been lost to modern day culture. More and more often, you hear about obesity, processed foods, fast food and so many more unhealthy lifestyles. Culture has taken a turn for the worse when it comes to eating habits and exercise. Let me take a moment to look back into history a little bit. At the beginning of "America" in the 1700's it was every man for himself. Every family had a

personal garden and was able to self-sustain to some extent. Without cars and other similar modes of transportation, walking was the main way of getting from point A to point B. This promoted not only healthier eating but also exercise. The idea and purpose behind starting a CSA was to start to bring this lifestyle back. I'm not in any way implying that you sell your cars and walk or bike every where for the rest of your life. The point I'm trying to get across is that the way we eat and the way we live go hand and hand. When going grocery shopping keep in mind that

you are getting fresh veggies weekly and what you buy there shouldn't "compensate" for the healthy food you're getting from us. As a nation we should take more pride in our physical condition. This should help us lead an overall healthier way of life. So we thank all of you for taking part in our dream of a healthier America. Just remember, next time you're shopping think about what you are buying and how it complements the veggies you get weekly.

Noah

Notes from the Farmer:

You know, I always have this allusion that a 3 day weekend means a slower paced, relaxed vacation. Now it is almost 9 and after I finish this I still have to pack your boxes. Where did these beautiful three days of summer go.

EGGS: About half of the shares have a dozen eggs in them every week or every other week. Our last year chickens are now molting and we are getting around 12 eggs a day rather than the 18-20 we were gathering in the spring. Constantly we are rationing our own egg use to try to have enough for the csa. Anyway, full time

egg share folks should see uninterrupted service, but half share folks will receive 2 dozen in both Nov. and Dec. to make up for the ones not available presently. I hope this is acceptable to everyone - sorry for the inconvenience. By Nov. our 30 new chickens will be laying so we should have quite a few for people interested over the winter.

Produce: Plums have run their course as have the yellow tomatoes. Potatoes, onions, garlic, carrots and winter squash you will pretty much see every week from here on out. Beans are Jade and absolutely wonderful - we have extra if anyone wants any. Apples: We have three apple trees that are producing well. These first apples are a mystery kind that do not look great but

are delicious for pie or crisp. We will deliver Harelson Red next which one can eat straight away or bake or for sauce. The final kind are very sweet and perfect eating. These are trees that were here when we purchased the place. We used some lime-sulfur spray in the spring and hung some milk jugs with banana peel, vinegar, sugar and water throughout the year as pest control. Part of our problem is that the trees only get sun in the first half of the day when full sun is preferred. We will give you some of what we have and hope that you will enjoy them. The 30 apple trees we planted in the spring of 06 are looking good with the Cortland producing a couple dozen fruit. Next year they should be full.

Recipes...

Potato Soup

2 tbsp butter
 ½ c. onion (chopped)
 Melt butter in large
 saucepan. Add onion.
 Sauté until translucent.

3 c. potatoes (diced)
 2 c. water or vegetable
 broth
 ½ tsp salt
 ¼ tsp pepper
 ¼ c. celery with leaves
 (chopped; optional)
 ½ c. carrots (diced or
 shredded; optional)
 1/8 – ¼ tsp ground nutmeg,
 dried marjoram, celery salt,
 dried dill weed, or paprika
 Add, cover, and cook until
 vegetables are tender,
 about 15 minutes. For a
 creamier soup, remove
 some of the cooked
 potatoes, puree them and

And more...

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. apple (peeled if
 desired)
 Grate directly into juice
 mixture to prevent apples
 from browning.

2 c. carrots (shredded)
 1 tbsp fresh mint (chopped)
 1/8 tsp salt or to taste
 ¼ c. raisins (optional)
 Toss with apples and serve
 immediately.

(from Simply in Season)

Apple Pie Cake

5 c. apples, peeled and
 sliced
 1 stick butter
 2 c. flour
 2 c. sugar
 2 tsp baking soda
 2 tsp cinnamon

return to the saucepan.

2 c. milk
 3 tbsp flour
 Mix together until smooth.
 Add to soup and cook until
 thickened, stirring
 constantly. Garnish with
 fresh chopped parsley.

(Ham or cheese variation:
 Add 1 c. cubed cooked
 ham or 1 c. shredded sharp
 cheddar cheese.)

(from Simply in Season)

Roasted Eggplant and Pepper Grinders

1 ¼ lb. Eggplant, 4 to 5
 cups diced
 1 red pepper, cut into ½"
 slices
 2 large cloves garlic, thinly
 sliced
 2 tsp. Olive oil
 4 6 " hoagie, or other

sandwich rolls
 3 tbsp nonfat mayonnaise
 ¼ c. fresh basil leaves sliced
 8 slices nonfat mozzarella
 cheese

Preheat oven to 450°. Peel
 eggplant and cut into ¾ inch
 dice. In a large bowl, combine
 eggplant, peppers, garlic and
 oil. Toss well, and spread in one
 layer on a large nonstick baking
 sheet. Roast 25 minutes until
 vegetables are soft and lightly
 browned, stirring half way
 through. Meanwhile, split and
 toast hoagie rolls. Spread each
 half with about 1 tsp.
 Mayonnaise. Mound ¼ of the
 vegetable mixture between
 halves of each roll. Top with
 basil and cheese. Wrap each
 sandwich in foil and return to
 oven for 10 minutes, until heated
 through. Remove from foil
 immediately, as nonfat cheese
 can stick to the foil as it cools.

(from Pomme de Terre Foods
 Community Cookbook)

1 c. chopped nuts (optional)
 1 c. raisins (optional)
 1 tsp salt
 2 tsp vanilla
 2 tsp nutmeg
 ¼ c. powdered sugar
 Mix apples, butter, flour,
 sugar, baking soda,
 cinnamon, nuts, raisins, salt,
 vanilla, and nutmeg. Place
 in greased large baking dish
 or tube pan. Bake at 350
 degrees for one hour. When
 cool sprinkle with powdered
 sugar and serve with hard
 sauce.

Hard Sauce

1 stick butter
 3 c. powdered sugar
 2 tsp vanilla or 3 tsp bourbon
 Combine butter, powdered
 sugar, vanilla or bourbon, in
 mixer until blended.

(from Pomme de Terre Foods
 Community Cookbook)