



Rare Earth News

What's in the box today?

Carrots
Cucumber
Garlic
Lettuce
Red Onion
Parsley
Summer Squash
Tomato

As our greenhouse tomatoes are winding down the tomatoes in the field are starting to ripen which hopefully will provide for us until the first frost.

Greetings! Little sleep, hot and humid days, and mosquitoes galore make this time of the year hard to forget well after it's over. The frequent rain fall over the last couple of weeks has produced a bumper crop of mosquitoes. We don't like using repellent so our best defense is wearing clothes from head to toe. Throw in temperatures of 80- 90 degrees with high humidity, it makes for a pretty long day. Hope it cools down soon.

As each year differs in one way or another the outcome always seems to show with what we harvest and how much. Some of our vegetable crops have had some undesirable conditions while others have done well with the way the weather has turned out this year. Some of the usual troublesome insects have done their damage to a few crops but we've still managed to harvest with only a few minimal imperfections. Our rainfall at the farm has been good this year. We did have a few storms a couple of weeks ago that hit us a little harder then what we like. When that happens it always takes a considerable amount of work to recondition the soil back to a good state. Now everything is looking pretty good again.

We seem to have fallen into somewhat of a lull period for harvestable food items. It's not what we like to see and it's certainly not by design that our selection may be less but it can happen and this year it has. Don't be discouraged. There's certainly more to come but as we make our transition from our summer crops to our fall crops we may see a little less in variety then what you've been use to seeing so far this year.

We're starting to harvest our field tomatoes which require a slightly different approach when we're selecting the ones we know are ready to pick. With the affects of being subject to the open environment our field tomatoes will sometimes have a few more visual imperfections. We also make a point to harvest them before they reach a fully ripened state so there's a better chance to get them to you in good condition. So, you may receive a few tomatoes at times that don't have that fully ripe red color. If so, set them on your kitchen counter for a day or two before you eat them. Don't put them into your re-

frigerator as tomatoes at colder temperatures will absorb moisture affecting the taste. We are starting to see the first sign of "late blight" but are hoping the way we've cared for the tomatoes this year will still allow a better harvest than last year. Unfortunately it won't be long when the fresh tomato season will be over and all our effort in maintaining this difficult but delicious crop will be at it's end for another season. Over the course of the next several weeks we will be trying get as many tomatoes to you as possible. One thing worth mentioning is we all have to thank Debra Jo for her diligence and painstaking effort to harvest tomatoes everyday. Counting and sorting them for delivery is a very arduous task but the excitement of seeing the finished fruits of our labor seem to make it worth every minute of her time.

Last of all the zinnias are still blooming. Come on out before they're gone and pick some to take home. Have a nice week!

Steve & Debra Jo



A Sneak Peek at the Sweet Corn

The sweet corn is not quite ready but the stand looks like we should have a good harvest this year. Tassels are dropping pollen on the undeveloped cobs. At this stage we predict the corn won't be ready for picking until some where's around the end of August to perhaps the first week in September. The electric fence is necessary to keep raccoons from devouring the entire field. (It's happened before!) Every step of the way from the seeding to the final harvest has plenty to consider in order to produce a good crop. Because of the late seeding and having not been sprayed for earworms be prepared to find some in your cobs when you get them. We've come to regard their presence as our mark of excellence and a confirmation to you that this crop was not sprayed. It is delicious and as it's variety name implies it's "Delectable".



Spring Morning Bodycare

Natural & Organic

Bodycare Products

There is an old adage that says: "what goes *on* you goes *in* you." This saying comes from the fact that your skin is very good at transmitting chemicals to the inside of your body—so good, in fact, that prescription drugs are sometimes delivered through skin patches.

Your soaps, lotions, makeup, and other personal care products may also contain chemicals that can enter your body through the skin. Some of these chemicals are similar to those you may be avoiding in your food—petroleum derivatives, suspected hormone disruptors, preservatives, etc.

To make the situation even more challenging, the term "organic" is not regulated for personal care products like it is for food. In fact, a 2009 survey of the Environmental Working Group (EWG) cosmetic database (the de facto authority on personal care products), found "organic" products with ratings as high as "9" (on a scale of 0-10, with 10 being the worst) and an "organic" company whose *best* product was a "4."

Joining a CSA is a great move toward improving your health. Why not take this one step further and "green" some personal care as well. A longtime Rare Earth subscriber has opened an internet retail business selling natural products-- where all have EWG ratings. Learn more at: www.springmorningbodycare.com or feel free to email questions to: inger@springmorningbodycare.com.

Sunscreen and Deet-free bug spray are currently in stock. And special through September 30, 2010: FREE sample and 10% discount for Rare Earth subscribers with code: RARESALE.

Green Your Bodycare Today!

***Inger Wilkerson, owner and operator of Spring Morning Body Care is a Rare Earth Farm subscription member.**



Zucchini and Carrot Salad

-adapted from Milwaukee Journal September 24th 2007

2 medium **carrots**, peeled and julienned

1 medium **zucchini**, julienned

½ medium fennel bulb, core removed and julienned

1 Tbsp. fresh orange juice

2 Tbsp. Dijon mustard

3 Tbsp olive oil

1 tsp white wine vinegar

½ tsp dried thyme

1 Tbsp finely minced **parsley**

Dash of salt

Freshly ground black pepper to taste

¼ cup chopped walnuts

1 medium head romaine **lettuce**, washed and leaves separated

Place julienned vegetables in medium bowl and set aside. Combine remaining ingredients, except walnuts and lettuce, and mix well. Pour dressing over vegetables and toss. Add walnuts and mix again. Refrigerate until ready to serve. To serve line a bowl or plates with lettuce leaves and spoon salad on top. Makes 6 servings. Had enough fennel? Substitute celery in this recipe.