



Rare Earth News

What's in the box today?

- Beets
- Carrots
- Kohlrabi
- Peppers, Colored Bells & mini "Lunch Box" type
- Onions, Red & White
- Sweet corn
- Tomatoes, Cherry & slicing
- Watermelon, "Crimson Sweet Red", certified organic from Miller Farms Pardeeville, WI

It's sure been a wet and muddy week. With rain totals in just one day amounting to more than we received all summer, we are up to our ears in mud. In addition to keeping on track with our weekly harvests and fall planting we've been working on putting up another greenhouse with plans for it to be in operation by next spring. A fourth greenhouse will put us just shy of a quarter acre under protection. Greenhouses are a great assurance that what's growing inside won't be lost when a relentless rainfall occurs.

A greater percentage of the world's food production will eventually be grown indoors. Farming has always been a high risk occupation and "controlled environment agriculture" as it's called is fast becoming the preferred way to farm. Greenhouses can reduce some of the risk farmers take in their effort to put food on our table. My father who grew up on a farm heard the phrase from his father and in the same manner he preached to me that "You can't bank on the weather" There is some truth to that thought but just maybe we can break that myth by using greenhouses to reduce the chance of crop failure while extending our harvest period into the late fall and even into the winter.

The week's extended forecast is now calling for more rain. Either way we're going to keep right on with the harvest. Enjoy the food in this week's delivery and we apologize if there's a little mud on your produce. Take care!

At what point does it stop being "good for the garden"?



Link to our online store: <http://rareearthfarm.csasignup.com/store/produce>

Honey Roasted Carrots

2 lb fresh **carrots**, sliced or coined

1/4 cup honey

2 Tbsp. butter, melted

1/2 tsp. salt

1/8 tsp. cayenne pepper

Heat oven to 450°F Line 2 rimmed baking sheets with foil coated with cooking spray. Add butter and honey to a bowl.

Toss trimmed carrots with remaining ingredients and divide between two pans.



Tromping in the mud to pick tomatoes and to dig carrots. A little extra work it is but it makes the finished product look and taste even better with the little extra effort it takes to get the job done.





Fresh Corn Chowder

- 2 Tbsp. butter
- 1 cup chopped **onion**
- 1/2 cup minced celery
- 1 sweet **red or yellow bell pepper**, minced
- 4 cups fresh **sweet corn** (approximately 4-5 cobs)
- 1/2 tsp salt
- freshly ground black pepper
- 1/4 tsp. thyme
- 1/2 tsp. dried basil
- 1 cup stock or water
- 1 cup evaporated milk (or regular milk)



Ellie & Mitchell

In a medium-sized saucepan begin cooking the onions in the butter over medium-low heat, stirring. After about 3-5 minutes add celery, and keep cooking. Five minutes later add peppers and corn.

Add seasonings, stir well, and cover. Reduce heat; let it cook 5 minutes.

Add stock. Cover and simmer about 10 minutes. Using a blender or food processor, puree about half the solids in some of the soups own liquid.

About 10 minutes before serving time, add the milk. Don't actually cook the soup any further; simply heat it gently to eating temperature.



Baked Onion Rings

- 1-2 medium **onions**, sliced into ¼ inch rings
- 2¼ cups low fat buttermilk
- ½ cup Panko bread crumbs
- ¼ cup Italian seasoned whole wheat bread crumbs
- ¼ cup crushed organic corn flake crumbs
- Salt to taste
- Olive oil baking spray

Place slices of onion in a shallow dish. Pour the buttermilk over the top and let them soak for about 2 hours refrigerated.

Preheat oven to 450 degrees F.

Line baking sheet with parchment paper or foil. Combine Panko, bread crumbs and corn flakes in a large dish, season with salt. Dip each soaked onion ring into the crumb mixture and coat well.

Place rings onto two cookie sheets and lightly spray them with oil. Bake about 12 minutes or until golden brown. Serve immediately.



Onion Harvesting

Chocolate Beet Cake Recipe

- 2 cups **beets**, quartered and cooked (save juice)
- 1-1/4 cups granulated sugar
- 1 cup oil
- 1/2 cup juice from beets
- 3 eggs
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1-1/2 teaspoon baking soda
- 1-3/4 cups all-purpose flour
- 3 squares (1 oz. each) unsweetened chocolate, melted

Sift together salt, baking soda, and flour. Set aside. Boil beets in water until tender. Place beets with enough juice to allow beets to blend. Add in sugar and oil. Add eggs and vanilla. Blend well. Pour the beet mixture into a mixing bowl and add the dry ingredients. Mix well on medium speed for approximately one minute. Stir in melted chocolate. Pour batter into two greased and floured 8- or 9-inch round cake pans. Bake at 350 degrees F for 25 to 30 minutes or until a toothpick inserted comes out clean. Let cool. Frost with your favorite chocolate frosting and decorate top with chocolate curls if desired.

“You pray for rain you got to deal with the mud too. That’s part of it.”

-Denzel Washington