

What's in the box today?

- Broccoli
- Carrots
- Celery
- Escarole
- Kale
- Cucumbers, slicing and pickling
- Garlic
- Onions, Red & White
- Sage
- Summer Squash
- Kohlrabi
- Lettuce
- Peppers, Bell

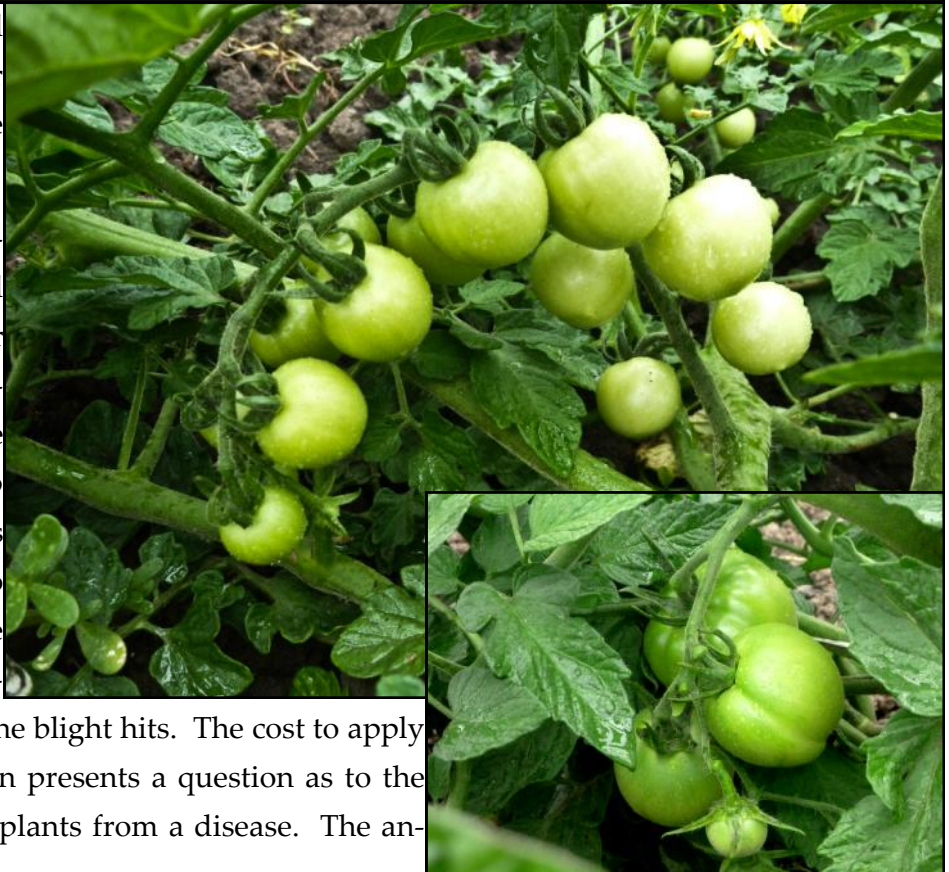


# Rare Earth News

Tomato trellising for some 2000 plants is an intense but necessary procedure to keep the tomatoes off the ground. Supported by wooden stakes the twine used by our work staff weaves the tomato plants into a hedge row. This will give proper support for the plants increase in tomato weight likely to occur at peak harvest time. A good healthy tomato plant with this trellising method will average 12–20 lbs per plant. That's a lot of delicious eating!

Most of our large slicing tomatoes are still in the green stage but should be ripe for picking starting in about two to three more weeks.

We have only one more obstacle to surpass before we can achieve a state of total tomato indulgence. Late Blight or "Phytophthora infestans" has been reported in several counties west of here and most likely will be on our doorstep within a couple more weeks. It's always uncertain at the onset of late blight as to the severity. We've experimented in some years with organic fungicides, and observed little or no noticeable effect when the blight hits. The cost to apply fungicides throughout the growing season presents a question as to the economic value of trying to protect your plants from a disease. The an-



swer to that mainly depends on whether or not your tomato crop was your sole source of income. For us with our diverse crop production it can be harder to justify the cost for doing something that may or may not produce good results. Currently we're seeing nothing but lush healthy plants with an enormous fruit set. No signs of late blight yet. Keep your fingers crossed!



The next couple weeks we'll be harvesting our mid season broccoli. The quality of the broccoli at this time of the season can vary but even though it may not be picture perfect it still offers a good flavor for eating. Our fall brassicas (broccoli, cabbage, and cauliflower) are being transplanted now for harvest in late September early October. That's usually the best time of the year for those crops.

As long as we're talking crops two that we may be a little short on this year are carrots and beets. We didn't get enough planted last spring of either of these crops and now we're running out of time and field space to do further seeding. There will be more of both of these in upcoming deliveries just maybe not as much as in other years. On the bright side of things there should be enough variety of other vegetables to keep us well fed and entertained for the rest of the year. Still a lot more to come. Hope you all have a great week!

## Broccoli & Mushroom Casserole

2 ½ lbs. **broccoli**, cut into bite-size pieces (about 8 cups)

6 tbsp. butter, divided

1 cup finely chopped button mushrooms

¼ cup flour

1 cup milk (whole or 2% preferred)

½ cup half-n-half

½ tsp. salt

¼ tsp. freshly ground black pepper

½ cup Greek yogurt

1 cup finely chopped **onion**

1 egg, lightly beaten

1 ½ cups grated cheddar cheese, divided

1 ¼ cups whole-wheat breadcrumbs

(homemade\* or store-bought), divided

Preheat oven to 350 degrees F. Lightly spray a baking dish with cooking spray.

Bring a large pot of water to a boil. Add broccoli and boil for 4 minutes. Transfer to a colander, rinse with cold water, and drain. Place broccoli in a large bowl.

Meanwhile, melt 1 tablespoon of the butter in a medium saucepan over medium-low heat. Add the mushrooms and cook until soft, about 4 minutes, stirring occasionally. Transfer mushrooms to the bowl with the broccoli. In the same saucepan, melt 4 tablespoons of the butter over medium heat. Whisk in the flour until smooth; cook, whisking constantly, 30 seconds. Whisk in the milk and half-n-half. Bring to a low simmer and continue to whisk constantly until thickened. Remove from the heat and stir in the salt, pepper, and Greek yogurt. Pour sauce into the bowl with the broccoli and mushrooms. Add the onion, egg, 1 cup of the cheddar cheese, and ½ cup of the breadcrumbs. Stir to combine. Transfer to the prepared baking dish. Melt the remaining tablespoon of butter and stir into the remaining ¾ cup breadcrumbs. Stir in the remaining ½ cup cheddar. Sprinkle breadcrumb topping over the casserole. Bake for 45 minutes, until filling is hot and bubbly. Check after 30 minutes and cover with foil if topping is browning too quickly. Let stand 10 minutes before serving.

**Escarole** is a new crop for us this year and my first thought was to imagine this vegetable could be mistaken for a lettuce. Escarole is in the chicory family where other greens such as endive, radicchio, and dandelion are classified. Bitter to the taste escarole can be used as a way to add a greater flavor depth to lettuce mixes who's flavor is a little more subtle. Escarole provides more vitamins and minerals by weight than common iceberg lettuce. Escarole is low in calories and high in vitamin A, fiber, calcium, iron, and vitamin C. Compared to iceberg lettuce, escarole has two to three times more nutrients for the same weight and provides much more vitamin A and fiber than radicchio. Adding escarole to soup will add fiber as well as the other nutrients, in addition to providing some color when using the dark green leaves. In addition to being served in green salads, escarole is often sautéed or braised in a similar fashion to collard greens. It's frequently included in pasta and soup recipes, especially in Italian cuisine. Escarole and beans is a popular recipe made with white beans and sometimes featuring bacon or ham. For a salad, the inner, lighter-colored leaves are a good choice. Tear them into small pieces to use in a green salad with a vinaigrette. The flavor is much like radicchio. It pairs well with fruit in salads, as well as cheese, including strongly flavored cheese such as blue cheese and goat cheese. In soup, escarole is cut into strips and added to the soup. The outer leaves may be chewy unless cooked, so this is a good use for them. They will provide color, fiber, and nutrition for the soup. Often escarole is used in soups with garbanzo beans. Grilled escarole is an enjoyable way to prepare it to serve as a side dish. A head can be cut in half, brushed with oil, seasoned with salt and pepper, and grilled or broiled until it is browned and wilted. It can be served with a vinaigrette and grated cheese on top. Enjoy!

## Escarole & Beans

1 head **escarole** (washed & cut into bite size pieces)  
1 cup pasta (ditilini)  
2 **garlic** cloves (diced)  
3 Tbsp. olive oil  
1 can cannellini beans (with its juice)  
1/2 cups vegetable broth  
salt  
pepper  
salt  
pepper  
1/4 teaspoons crushed red pepper flakes  
parmesan cheese (for garnish)



Cook pasta according to directions. In a large pot heat olive oil and add garlic. Saute just until it starts to golden. Add cannellini beans along with its juice, salt, pepper & hot pepper. Heat through. Stir in vegetable broth. Stir and cook for 10 minutes. Toss in washed escarole and cover with a lid. Check every so often and stir. Turn heat off once all escarole is just wilted. Don't over cook. In each bowl, add pasta and top with escarole and beans. Garnish with Parmesan cheese.

## Farmchiladas!!!

-from the kitchens of the Twisted Sisters

2 cups shredded **zucchini/summer squash**

½ cup sliced **green pepper**

½ cup chopped **onion**

3 cloves garlic, minced

2 cups chopped **kale**

\*If no cooking greens are on hand omit and serve the enchiladas topped with chopped **lettuce** instead

12-16 oz black or refried beans, cooked

3 cups shredded Queso Blanco, cheddar, mozzarella or any other melting cheese

4 cups homemade or purchased enchilada sauce

½ cup basil lightly packed, minced and added to enchilada sauce

tortillas of your choice (larger are easier to roll but small ones work too)

Preheat oven to 375 degrees. Pour just enough enchilada sauce into 9x13 glass pan to cover the bottom. Set remainder aside. Divide cheese in half and set half aside for later. Fill a tortilla with it's share of beans, zucchini, pepper, onion, garlic, and kale. Roll and set in pan on top of sauce. Repeat until pan is full. Pour remainder of enchilada sauce over rolled tortillas. Sprinkle with remaining cheese and the chopped scallion tops. Cover and bake for 30 minutes. Remove cover and bake additional 15 minutes or until cheese is browning and sauce is quite bubbly. Enjoy!

## Hot Flash Celery Salad

1 big bunch **celery**, sliced into strips

1 red chili, minced

2 Tbsp. neutral oil

2 Tbsp. rice wine vinegar

2 Tbsp. fresh grated ginger

1 tsp. sugar

1/2 tsp. kosher salt

Slice celery into long thin strips, about 3-4 inches long. In a medium bowl stir together oil, vinegar, ginger, salt, and sugar. Toss celery and diced pepper into the oil mixture and toss to combine well and coat the celery. Heat a large, sturdy skillet or wok over high heat. Once hot, add celery and cook for 1-2 minutes, stirring constantly. After celery is flash cooked, remove from pan immediately. Taste salad and adjust seasoning as needed. Serve salad warm or chill and serve cold

## Carrot and Kohlrabi Gratin

3 **carrots**

1 **kohlrabi**

1 **onion**

1 sprig **sage**

1 Tbsp canola or olive oil

2 allspice berries

3 Tbsp broth

2 eggs

9 ounces low-fat quark( can substitute 2 parts ricotta cheese and 1 part sour cream)

5 Tbsp. milk

1 package mixed herbs (italian herb mix, frozen, 50 grams)

Salt

Pepper

2 Tbsp. sunflower seeds (30 grams)

Rinse and peel carrots and kohlrabi. Cut carrots into thin slices. Cut kohlrabi into sticks. Peel and chop the onion. Rinse sage and shake dry. Heat the canola oil in a pot. Sauté onion until soft over medium heat. Add carrots and kohlrabi and sauté for about 2 minutes. Add sage, allspice and broth. Cook over medium heat for 10-12 minutes. Remove from heat and let cool slightly. Meanwhile, mix eggs, quark, milk and herbs in a bowl. Season with salt and pepper. Add carrots and kohlrabi to the herb-egg mixture and mix well. Pour into a baking dish and smooth the surface. Bake in preheated oven at 180°C (fan 160°C, gas mark 2-3) (approximately 350°F/convection 325°F) on the middle rack for about 25 minutes. Meanwhile, toast the sunflower seeds in a pan. Sprinkle over the gratin and serve.

## Simple Cucumber Salad

1 large **cucumber**, thinly sliced

1/2 medium **red onion**, thinly sliced

4-5 whole cloves

1/2 tsp. kosher salt

Dash Cayenne Pepper

1/4 cup Apple Cider Vinegar

Drizzle Extra Virgin Olive Oil

Mix all ingredients in medium bowl. Stir well to coat cucumber and onion slices with vinegar and oil.

Cover and refrigerate, stirring occasionally, for a few hours. Will keep refrigerated for a few days.