



What's in the box today?

Beans, Green & Yellow
 Broccoli
 Cabbage, Green
 Carrots
 Cantaloupe, certified organic from Miller Farms Pardeeville, WI
 Cauliflower, certified organic from Miller Farms Pardeeville, WI
 Cucumber, slicing & Gherkin style
 Escarole
 Kohlrabi
 Lettuce
 Peppers, mini Lunch Box Colored
 Thyme
 Onions, Cipollini Yellow
 Summer Squash

Cabbage Harvest

From the amount of food in our weekly deliveries you can probably guess we're in the midst of our busiest time of the year. The intensity of it all induces a lot of stress on the entire crew but despite the long and laborious hours the work still offers us a lot of excitement when we see everything packed and ready for delivery. August and September are the two months when the weekly list of things to do expands to a length where you could wrap it around your waist several times. Miraculously by Wednesday everything on that list is checked off.

The greatest support at this time of the year that keeps us motivated and gives us a better sense of how we're meeting your needs for fresh produce is by your personal feedback. We're always interested in hearing your opinion. Any information you can provide us is helpful in planning for next summer. Do drop us a line when the chance arises.

Digging carrots, cutting cabbage, picking cucumbers, harvesting summer squash, or whatever we're always thinking about how this food will be put to use by you. It's nourishing to us knowing you're being nourished at home with the contents of this week's share. Take care and eat well!

Thank you to those who've made special orders from our webstore. Click on this link to browse and see what you can add-on to next week's delivery.

<http://rareearthfarm.csasignup.com/store/produce>



In your CSA box today is Escarole.

This is not a type of lettuce. Escarole is in the chicory family. It is a bitter leafy green loaded with vitamin K, C, and folate, a type of B vitamin. It can be eaten raw in salads but it is best when cooked which greatly tames down the bitterness. The following recipe is a classic Italian dish often made by families during the depression. Now in better economic times this recipe is still delicious as ever.

Escarole & Beans

- 1 cup pasta (ditilini)
- 2 garlic cloves (diced)
- 3 Tbsp. olive oil
- 1 can cannellini beans (with its juice)
- 1/2 cup vegetable broth
- salt
- pepper
- 1 head **escarole** (washed & cut into bite size pieces)
- salt
- pepper
- 1/4 tsp. 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.

Thyme Carrots

1 lb **carrots**, peeled & cut into 1/4 slices
4 tbs balsamic vinegar
2 cloves garlic, minced
4 tbs olive oil
salt
pepper
fresh thyme to taste, stems removed

Steam carrots until tender about 7-9 mins. Mix with the remaining ingredients. Adjust as needed according to your taste. Taste and add more thyme or vinegar as needed.



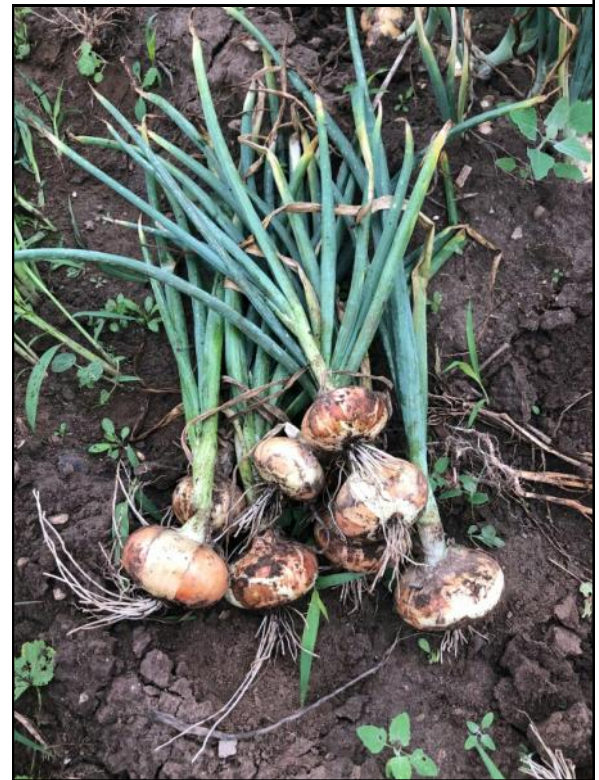
“Let food be thy medicine, and medicine be thy food.”

Hippocrates

Cabbage & Kohlrabi Coleslaw

3 cups shredded **cabbage**
3 cups shredded **kohlrabi**
1 **carrot**, shredded
2 medium cipollini **onion**, diced
2/3 cup mayonnaise
2 Tbsp. vinegar
2 Tbsp. vegetable oil
2 1/2 Tbsp. sugar, or to taste
1/2 tsp. celery seed
1/4 tsp. salt, or to taste

Toss cabbage and kohlrabi in a large bowl with the carrots. In a bowl, whisk together the remaining ingredients. Pour the mixture over the cabbage and carrots and toss to coat thoroughly. Refrigerate until serving time.



Thin skinned and sweet tasting Cipollini onions.