



## Rare Earth News

What's in the box today?

Radishes, Black Spanish  
 Carrots  
 Celery  
 Cucumber, slicing &  
 Gherkin style  
 Kohlrabi  
 Lettuce  
 Herb: Parsley  
 Herb: Thyme  
 Scallions, Purple  
 Summer Squash

### Human powered carrot harvester

We're deeply appreciative of your support and commitment to eating locally grown produce. You are the backbone to this organization and without you I guess would that make us a jellyfish? I received a message from a company that we subscribe to for the use of their CSA management software. We were encouraged by them to share this article written by the ceo and founder of the company. I have to say the contents of this writing coincides immensely with our own personal experience in operating a small business growing food for our local community. It can be quite challenging to manage all the disciplines in operating a farm and at times we have to question the true sustainability of a small farm in today's economy. Although we're in the business of farming to provide a lifestyle for ourselves, an even greater purpose is to provide local food to the surrounding community. Competing in the general market with the production and distribution of food is very tricky to manage on many different levels. One comforting aspect of our farm has always been knowing that you who subscribe to our program are interested and find it important in your lives to have access to food that is grown

locally.

Here's the article:

Local farms are an essential part of healthy local economies. They protect farmland from development, they take care of the environment by responsibly growing on their land, they build a rural lifestyle for farm families and their employees, they preserve local food production, and often build a community around their farm. However, it's not a glamorous lifestyle. It's hard being a local farmer. There are crops to grow, irrigation to run, hail storms to worry about, bills to pay, payroll, equipment to fix,

Click on this link to browse our webstore to see what you can add-on to next week's delivery.

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

and on and on. It's a complex small business. Local farming is demanding work that has benefits we can all agree on.

How can we as consumers support farmers in this work? Buy directly from your local farmer. Do you know your farmer's name? Then you are buying from your local farmer. Have you visited your farmer and have you seen where the crops you are eating are grown? Then you are buying from your local farmer.

There is certainly a government policy aspect to supporting local farms and I respect the political work that many organizations do on behalf farms. However, what I see lacking for many of the farms I work with are the sales to justify the investments that need to be made on the farm to compete in the competitive local food marketplace. The tractors that need to be bought, the post-harvest handling facility that needs to be built, the multitude of systems that need to be developed on the farm, let alone the marketing expertise that is needed; all of this is expensive!

In a democracy, you get to vote once or twice a year, however with your food choices, you are voting three times a day. One dollar, one vote. Vote for local farms. Buy farm direct. It's up to us in the local farm community to develop better ways for you to access quality local food. We need to make sure that this food is convenient, cost-effective, and high quality. However, at a certain point, we all need to pull out our wallets and vote for local food production if we want these farms to thrive.

We thank you for supporting our local farm!

Have a productive, happy and healthy week, and above all "eat well"!

### Cindy's Mom's Zucchini Bread

- 3 eggs
- 3/4 cups cooking oil
- 1 cup granulated sugar
- 2/3 cups packed brown sugar
- 2 tsp. vanilla
- 2 cups grated **zucchini**, drained if very moist
- 3 cups flour
- 1 Tbsp. cinnamon
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup yellow raisins and/or 1 cup chocolate chips
- 1 cup broken walnuts



Beat eggs together with a wire whisk. Add oil and beat until creamy. Add sugars and vanilla and beat until combined. Stir in zucchini. Fold in flour, cinnamon, baking powder, baking soda and salt. Add raisins, chocolate chips and walnuts, stirring well to evenly coat.

Pour batter into 2 well-greased bread pans. Bake at 325 degrees for about 55-60 minutes. Test the middle for doneness and continue baking until a toothpick inserted into the middle of the loaf comes out clean. Cool on wire racks removing the bread from the pan after 10 minutes.

This bread freezes well when wrapped in aluminum foil and put into a freezer bag.



## Black Spanish Radishes

This week we at Rare Earth declare as “Black Spanish Radish week”. We introduced the black Spanish radish to our vegetable line up last year and with the positive feedback we received we had to grow it again this year. Differing in a couple of ways from the conventional and more common radish that most of you are familiar, the black radish by its character is more conducive to cooking. Being black it doesn't look the most appetizing when you pull it up out of the ground but when you bring it into your kitchen and prepare it in the way I cook them it's pretty likely you'll want to put these on your list of really likeable and favored vegetables. This recipe should gain you greater respect for another one of the more unusual vegetables. In addition to the great taste of the cooked black radish check out this link listing the great health and beauty benefits of eating black radish. [17 Amazing Benefits of Black Radish for Skin, Hair, and Health](#)



We are not going to put these in our CSA boxes again this year but we have them on our webstore and will have them in stock for the rest of the year. They are an incredible storage vegetable and will hold up even in the refrigerator for several months. Here's a link to our store where you can buy more Black Spanish Radishes <http://rareearthfarm.csasignup.com/store/produce-radish-black-spanish-1?page=1>

### Pan Fried Black Radishes

- 1 medium to large **black radish**
- 1 Tbsp of fresh minced **Thyme**
- Salt, pepper, and garlic powder to taste
- 1 Tbsp. each of olive oil & butter

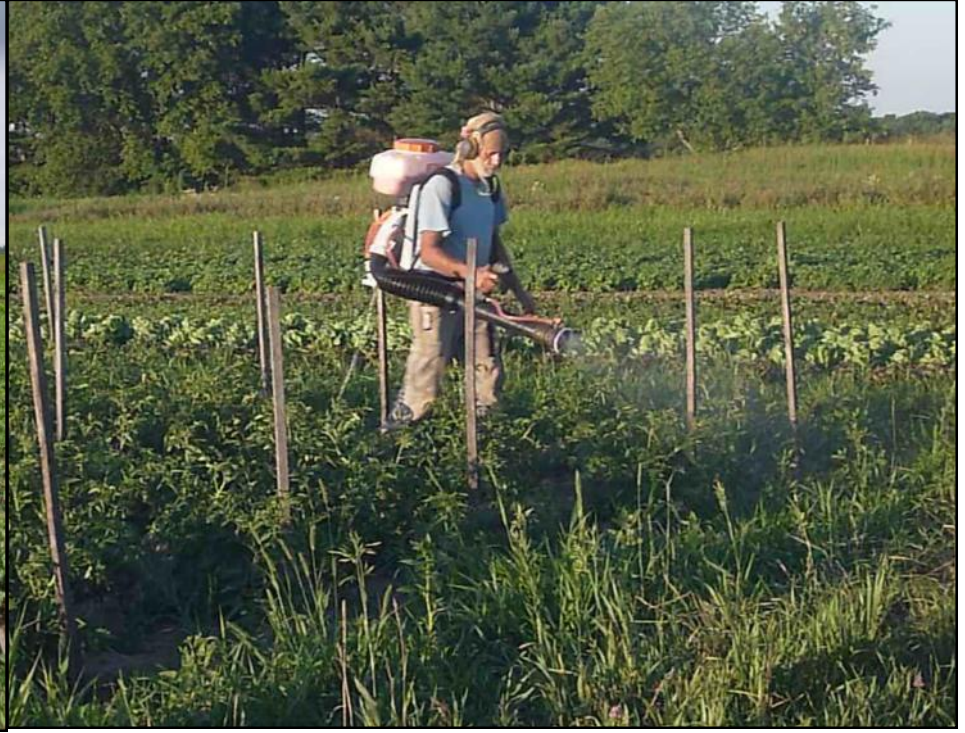
Peel and slice radishes into 1/8 inch thick pieces cut and quartered. Heat Olive & butter to frying temp and drop in radish pieces. Add Thyme salt, pepper & thyme. Fry until browned as in the photo and serve.



Here's another link that contains some greater information on how to prepare black radishes

<https://www.fromthegrapevine.com/israeli-kitchen/there-are-many-ways-slice-and-enjoy-black-radish>





Tomato trellising starts with installing the stakes to support the plants off the ground. Next we'll be weaving the plants into a network of twine. We're also this year with a new piece of equipment spraying for late blight protection using a certified organic fungicide. If it works we should all have plenty of tomatoes to eat this year. Should see tomatoes in our deliveries starting with the cherry varieties in mid August. Cross your fingers!

Pre setting the stakes top left photo, and then driving them in with the post driver. Taking turns with the driver helps when putting in over 800 stakes.

