



What's in the box today?

Basil
Cabbage, Red
Celery
Cucumbers
Dill
Kale
Kohlrabi
Lettuce, Romaine
Pepper, Green Bell
Bush Beans, Green & Yellow
Scallions
Summer Squash



Patrick Whalen, Sarah Heuer, Ellie Hrlevich, Danielle Wierikko, Steph Kaye, Katie Herian smile for a post-harvest photo with kohlrabi

Phew! We sure are glad that the heat wave of 90 degrees plus has passed. The farm work certainly doesn't stop because of high temperatures, it simply makes us slower. We kept a close eye on each other and our animals to make sure every creature was staying hydrated and as comfortable as possible. Thankfully the crops all received a good dose of rain right before and during the heat spell. Plants don't sweat like humans do but they do transpire, or lose water in the form of vapor through the stomata on the underside of their leaves. Adequate moisture helps prevent water losses that stress plants enough to make them wilt. The water loss and wilting may not kill a plant but it does do unnecessary harm to the health of the plant long term. We are pleased to report that this time around the crops stood up to the heat rather well.

Another observation worth mentioning is that we have had five heavy rain events since the beginning of May. While one or two may be the norm in any given growing year, five seems unusual. Plus, we still have the second half of the season to go. We are glad to be getting rain fairly regularly yet it has not always been the ideal type. Vegetables need about 1 inch of water per week on average. Neither the plants nor the soils really care to be pummeled with numerous inches all at once. The soils can only absorb moisture so quickly and heavy rains will compact soil ruining the structure of it. That structure will then need time to be rebuilt. The plant roots and the microorganisms that work symbiotically with the plants need some air space and oxygen. If soils are compact and flooded with water then the health of all the life in the soil becomes compromised.

Thankfully, most of our fields are fairing pretty well despite this undesired type of precipitation. We contribute this to the underground field tiling which aides in drainage and the numerous cover crops we have on areas without vegetables. Not only do the cover crops eventually add organic matter to our resting fields, they provide a suit of armor against nasty weather events. The cover crops themselves also utilize some of the water in their own growing process. Established, mature cover crop plants take up more moisture than young crops and are planted more densely than many of our vegetables. This is just one aspect of why cover cropping is so important.

As time marches on we will continue to cover crop intensively and investigate new methods for caring not just for our vegetables but for our soils as well. The healthiest and most sustainable lands are those that have resilience. Nothing in life is perfect or always goes as planned. Therefore, the more we as farmers do to encourage our soils to have the elasticity of a rubber band the more sustainable and long lasting our business AND (more importantly) this little piece of Mother Earth will be. Thank you to each and every one of you for assisting us in the stewardship of this land we call "Rare Earth Farm".

Minestrone soup

2 medium sized onions or scallions , diced	2 small zucchini , sliced
2 ribs celery , cut into a few large pieces	2 cups green beans , cut into ½ inch pieces
1 large carrot, cut into a few large pieces	10 oz (1¼ cups) ditalini pasta, or equivalent
3 Tbsp. olive oil	5 fresh basil leaves, torn
6 cups vegetable broth	salt and pepper to taste
1 (14.5 oz) can kidney beans, rinsed and drained	freshly grated Parmigiano-Reggiano cheese
1¼ cups marinara sauce	
2 tsp. Italian seasoning	
1 Tbsp. fresh dill , minced	
1 cup kale , steamed and chopped fine	

In a food processor, pulse the celery, onion, and carrot until finely chopped. In a large stock pot, heat the olive oil over medium-high heat.

Steam kale and set aside.

Add the processed vegetables and sauté for about 5 minutes. Add the broth, kidney beans, marinara, Italian seasoning and dill.

Bring to a boil. Reduce heat to low and simmer for 5 minutes. Add the zucchini, green beans, and pasta.

Cook at a low simmer until the pasta is al dente - about 10 minutes, stirring occasionally. Remove from heat.

Stir in the kale and basil. Season to taste with salt and pepper. Serve topped with freshly grated parmigiano
Serve.

Zucchini and Black Bean Veggie Burgers

1 cup shredded **zucchini**

1 cup Black Beans (rinsed and drained)

6 Tbsp. Ground Flax

½ teaspoon Steak Seasoning , or equivalent

In a medium bowl mix all ingredients together. Mash together with a fork. Let it sit to let the flax gel everything together. Form into patties. Grill until golden on each side. Serve up as with any other burger on a bun, with your favorite condiments.



Honey bees collecting pollen on squash flowers is a common sight at this time of the year. With our summer and winter squash in bloom it 's beneficial for us to have our own colonies to help pollinate all the vegetables which improve our yields. For the bees having a great chemical free pollen source close to their hives is certainly a benefit for them as well.

Red Cabbage Pepper Salad

½ head **red cabbage**

½ red pepper

3 **green onions**

2 Tbsp fresh **dill**

2 Tbsp olive oil

¼ tsp pepper

¼ tsp salt

Using a mandolin or a knife, thinly slice the cabbage. Thinly slice red pepper into strips. Finely chop green onions and about two tablespoons of fresh dill. Combine with the rest of ingredients in a large bowl Mix and serve.

Cucumber Dill Hummus

1 15oz can garbanzo beans, rinsed and drained
2 Tbsp. freshly squeezed lemon juice
1 Tbsp. tahini
½ tsp salt
1 clove garlic, minced
1/4 to 1/3 cup olive oil

1 cup **cucumber**, peeled and diced
1 heaping Tbsp, fresh **dill**, minced

In a food processor, add garbanzos, lemon juice, tahini, salt, and garlic. Turn processor on and slowly drizzle in olive oil, until its creamy. (between 1/4 and 1/3 cup). Add in cucumber and dill and pulse a few times until well combined but not fully incorporated, Allow to chill in the refrigerator for an hour or so until the flavors meld together.

Penne with Zucchini Pistou

(Pistou is to the French what pesto is to the Italians. A touch of cream enriches the sauce in this hearty dish.

4 tsp. extra virgin olive oil, divided
2½ cups (1/4 in thick) slices **zucchini**
1 cup packed **basil** leaves
½ cup shaved Parmigiano-Reggiano cheese, divided
2 Tbsp pine nuts, toasted
4 garlic cloves, chopped
2 cups chopped onions or **scallions**
6 qts. water
1 ¾ tsp kosher salt, divided
8 oz uncooked penne pasta
¼ cup heavy whipping cream
½ tsp freshly ground pepper

Heat 2 tsp oil in a large skillet over med-high heat. Add zucchini to pan; sauté 5 min or until tender and golden. Remove from pan; cool.

Place ¼ cup cooked zucchini, basil, ¼ cup cheese, pine nuts, and garlic in a food processor; process until finely chopped. Keep mixture in food processor.

Heat remaining 2 tsp oil in a large skillet over med-high heat. Add onion to pan; sauté 10 min or until golden. Return remaining cooked zucchini to pan. Remove from heat.

Combine 6 quarts water and 1 tsp kosher salt in a large pot and bring to a boil. Cook pasta according to directions. Drain in a sieve over a bowl, reserving ½ cup cooking liquid. Add pasta to vegetables.

With processor on, add reserved liquid to basil mixture; process until smooth. Add basil mixture to pasta. Add cream, remaining salt, and pepper; stir. Top with remaining cheese. Yield 4 servings.