



Rare Earth News

What's in the box today?

Beans, Green & Wax
Carrots
Cauliflower
Cucumber
Fennel
Kohlrabi
Scallions
Summer Squash
Tomato



Tomatoes all around!
It's tomato season once again. The tomatoes **you're receiving are** from our greenhouse. Seeded on March 15th and transplanted into

the greenhouse on April 24th it's been a long road to get them finally to harvest time. Tomatoes for the next several weeks will be coming from inside, and hopefully by the time they're finished the field tomatoes will be then ready for picking.

Greetings,

As you know it's been a wet past week here at the farm. I hope most of you weren't affected too much by all the heavy rain and flooding. The good news for all of us is we didn't get near the amount of rain as the Milwaukee area experienced. 1.30 inches was the total we received here. Now we're hoping for a little dryer weather as too much rain at once at this time of the year can be a problem. Fortunately we recovered pretty well.

We hope you've been enjoying the contents of our weekly newsletter. We want to continue our publication in the way we have but we're now having difficulty with the usage of our internet bandwidth. A warning came last week from our web host saying we're reaching our limit on available bandwidth. So until we come to a solution we're going to have to cut back a little on the size of our newsletter. Hopefully we'll find a way to work around the limitation. We'll keep you informed. Have a nice week!

Steve & Debra Jo

Fennel

This unusual vegetable looks like a fat celery plant with feathers. In fact, it is in the celery family and has many of the **same nutritional qualities**. **The flavor is sweet and delicate with a slight tang. It's distinct flavor really spices up a juice or salad**. It offers a crisp refreshing taste when served raw with dip and is subdued and mild when baked, sautéed or added to soup. Try substituting fennel for celery in a familiar recipe to see if it suits your taste buds.

The feathery leaves are called fronze. It is best to remove the fronze from the bulb before storing. The fronze can be used as a fresh herb and substitutes well for dill in most recipes. Wrap the fronze in a moist paper towel and refrigerate if they feel limp. Fennel bulbs will keep in the refrigerator for up to two weeks if wrapped in a plastic bag.



To get to the most useable part of the fennel plant it takes a little bit of work. It's the heart of the bulb that is the most tender and tasty. Making thin cross-sectional cuts on the bulb and removing the core is usually the best way to prepare it for any recipe.

Italian Sausage with Fennel, Peppers and Onion

-submitted by work share members Drew & Jamie Baker

- 1 large pepper, (red, green or cubanelles)
- 1 fennel bulb, quartered then cut into 2 inch pieces
- 1 large onion, cut into 2 inch chunks
- 1 1/2 lb hot or sweet Italian sausages, halved crosswise

Preheat broiler. Toss all ingredients in a shallow baking dish with a dash of salt and a drizzle of olive oil. Broil until sausages are brown and veggies soften.(about 10 mins.) Turn over and broil 10 minutes more. Salt and pepper to taste.

Roasted Fennel and Baby Carrots

-submitted by work share members Drew & Jamie Baker

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| 3 bunches of baby carrots, peeled and trimmed | 1.5 Tbsp. water |
| 1 large fennel bulb, cut into 1/2 inch thick wedges | salt and pepper |
| 1.5 Tbsp. olive oil | 1/2 tsp fennel seed optional |

Preheat oven to 450 degrees. Toss all ingredients and arrange in a layer on a cookie sheet or shallow pan. Cover with foil and roast on the bottom rack for 10 mins. Uncover, turn veggies and roast 10 mins more. Move pan to top rack and roast for 10 mins more.