



What's in the box today?

Beans, Italian Flat Pod  
Cucumber  
Garlic Scapes  
Kale  
Lettuce  
Parsley  
Snap Peas  
Scallions

**"Give Peas a Chance"**. Pea Picking in the rain is the perfect time for the harvest. Our snap peas survived the cold and wet spring and today we collect the bounty and share them with you.

This past week I was out surveying the fields and taking notice to the progress of our crops. So far and I like saying "so far" that all is looking very well. Well enough to say that in terms of growing vegetables this may be one of the best early seasons we've ever had. Everything is looking pretty darn good in the fields, and inside the greenhouses too. It may not be clearly evident in the pictures, but you should be tasting the result of a good growing season in the veggies. The excellent condition and health of the crops can be mostly attributed to moderate temperatures in combination with getting reasonable amounts of rain in June. Some people would think a skillful farmer governs the productivity of a farm in any one season. I think its more due to a series of fortunate weather events. For the humble person I am, I would call it "pure luck". Or perhaps you're familiar with another term typically used where a risk is involved and that's called "Gambling". Same difference! Take a trip to Vegas without ever leaving the farm. Either way let's take advantage of such a wonderful growing season and hope that our luck will hold out for the rest of the summer.

At the end of this articles there's a link to a video we



posted on You Tube. It's my field and greenhouse crop walk. Take a look around and see for yourself. If the videos don't do you justice give us a call and take a field trip up and walk the farm in real time. Have a great week, and may the meals you make with your veggies nourish your mind, body, and soul for the week. Take care!

Take a field walk with us.

<https://www.youtube.com/watch?v=-xIv4GpvDfg>



Colorado Potato Beetle with eggs.



Eggplants being protected against the larvae of the Colorado Potato Beetle using diatomaceous earth (the fossilized remains of diatoms, a hard-shelled algae).



Colorado Potato Beetle larvae.



Future crops: Peppers, Celery, and basil.





Purple Scallions are coming in strong! You shouldn't have to buy scallions for a while. Soon after the scallion harvest is over the onions will be ready. Then last in the allium family to finish is the leeks. They won't be ready for harvest until September.



The sugar snap peas are in season. Should have peas in your boxes for a few more weeks. If you find you're receiving more than you can eat in a week's time freezing them for use later on is easy. Blanch them in boiling water for 30 seconds and cool them quickly in a sink filled with ice and water. Blot off excess water and stuff them into a freezer bag. If you have a deep freeze and you're a big fan of the sugar snap pea, buy additional quantities from our online store and get it delivered to your drop site.

Here's the link: <http://rareearthfarm.csasignup.com/store/produce>



A short strawberry season this year. From the back yard gardeners with a few plants to the commercial farms with acres, everyone in Wisconsin had their season cut short from the less than ideal weather conditions. Our meticulous work throughout the year in tending to our strawberries hasn't paid off this year. On a good note this doesn't happen every year and so the only thing we can do is hope for a better crop next year.

## Ricotta Pasta with Snap Peas and Caramelized Onions

2 tablespoons extra-virgin olive oil  
2 cups (packed) chopped onions  
8 ounces **sugar snap peas**, trimmed and cut into 1-inch pieces  
12 ounces dried pasta  
1/2 cup whole-milk fresh ricotta cheese

1/4 cup torn fresh basil leaves  
1 1/2 teaspoons finely grated lemon zest  
Juice of 1 lemon  
Salt and freshly ground black pepper

Heat oil in large nonstick skillet over medium-high heat. Add the onions. Sauté until onions are pale golden, about 5 minutes. Reduce heat to medium and sauté onions until tender and deep golden, about 15 minutes longer. Add peas to onions in skillet. Sauté until peas are crisp-tender, about 3 minutes. Remove skillet from heat. Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain pasta, reserving 1 cup cooking liquid. Add pasta and 1/2 cup cooking liquid to onion mixture; stir over medium-high heat 30 seconds. Mix in ricotta, basil, and lemon peel, adding more cooking liquid to moisten as needed. Season with lemon juice, salt, and pepper.

## Green Bean and Cucumber Salad

1/4 pound trimmed **green beans**  
1 teaspoon Dijon mustard  
1 teaspoon lemon juice  
3 tablespoons olive oil  
1/4 teaspoon kosher salt  
Zest of 1 lemon  
1 **cucumber**

Bring a small pot of water to a boil and cook green beans for about 3 minutes. Drain and rinse with cold water. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and zest. Halve and seed cucumber length-wise, then slice. Add the cucumber and green beans to the bowl; toss.



Weeding becomes a daily ritual

## Soba with Parsley-Pea Pesto and Kale

For the parsley-pea pesto:

- 2 cups **snap peas**, shelled
- 1 bunch fresh **Italian flat-leaf parsley**, roughly chopped
- Zest and juice of one lemon
- 1/2cup slivered almonds
- 1/2tsp ground black pepper
- 1/2tsp. sea salt
- balsamic vinegar, small splash
- 1/2cup olive oil, divided, or as needed

Add all ingredients except olive oil to a food processor and pulse until roughly combined.

Add 1/4 cup olive oil and continue pulsing until mixture comes together. Add more olive oil, 1 tablespoon at a time, if pesto needs to be thinned out. You want it to be loose enough that it will lightly coat your noodles.

Kale and pea preparation

- 100 grams dried soba noodles
- 2 cups peas
- 2 cups chopped **kale**
- 1/2cup Parsley-Pea Pesto

Bring a small pot of water to a boil and salt generously. Once water has come to a boil, add dried soba noodles, give a good stir, turn off the heat and cover. Set aside for 4 to 5 minutes.

Steam the peas for 2 to three minutes. Once noodles and peas are cooked, drain both and return to the pot.



Packing our first delivery of Kale

## Seared Sugar Snap Peas Recipe

- |   |                           |
|---|---------------------------|
| 2 tbsp olive oil  | Zest of a lemon           |
| 1 pound <b>sugar snap peas</b> , strings removed              | 3 Tbsp chopped fresh mint |
| 3-4 <b>scallions or green onions</b> , sliced on the diagonal | Black pepper to taste     |
| Salt  | Lemon juice to taste      |
| A pinch of sugar  |                           |

1 Heat a large sauté pan on high heat for 1 minute. Add the olive oil to the hot pan and heat it until it shimmers, about 1-2 minutes. Add the sugar peas and toss to coat with the oil. Sprinkle salt over them and toss again. Allow to cook, undisturbed, for 1 minute.

2 Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook untouched again, this time leaving everything undisturbed for 2 minutes.

3 Turn off the heat, mix in the lemon zest and mint, then add black pepper and lemon juice to taste. Serve at once.