



Rare Earth News



What's in the box today?

Garlic Scapes
Lettuce
Radishes
Salad Turnips
Strawberries
Swiss Chard

I spent many years direct seeding sweet corn for our CSA and then I discovered that corn could be transplanted. What a difference it's made. Corn being technically a grass when after seeding, it emerged at about the same time as many of the natural weed grasses making it extremely difficult for weeding. On our hands and knees for days. Seriously, for days! Amazing I'm not in line yet for knee transplants. Now with aid of mechanical cultivation the corn can be weeded within a week from transplanting and it eliminates most of the hand weeding.

The sweet corn should be ready for harvest in late August or early September. There's so much work throughout the whole growth cycle you really have to love your corn. We do enjoy sweet corn, and we'll be looking forward to eating it with you a little later this summer.

Today is the start of our strawberry harvest. The strawberries as we've been told by a few other berry growers in the area have been affected by all the rain we had in April and May. Too much rain promotes a couple different diseases which can affect the condition of the fruit. These so called "water molds" can have an effect on the size and holding quality of both the harvested fruit and the fruit still in the field. Walking through the beds I see a lot of nice berries and if we can get them picked at the perfect time we should have berries in our boxes for the next couple weeks. Let's keep our fingers crossed and our optimism high. Strawberry fields forever!

I have to say our work staff this year is proving themselves to be quite a world wind of sheer farming power. Most of our crew is new to Rare Earth this year and equally new to farming. They're being put to the test, and

Note: We still have quarters of Grass fed beef available that will be ready in July: For more information or to order email us today. Click here to order: [Beef Order](#)

we've pushed them hard, but from the looks of things I think this crew is quite accustomed to hard work. Hard working and holding up under all conditions they're all doing quite well and as a team we're all determined to get those boxes filled every week with a lot of great food from the farm. At times with some of the not so enjoyable tasks we need to employ the short straw method. In our case we use a blade of grass to determine who gets to do what. If I remember correctly the ladies were drawing the grass (see right) to see who ends up having to work with Farmer Steve.



Running out of room to write and also out of time to sit. Got to get back to work now. Good eating everyone, and happy summer solstice!





Sautéed Radish

This is a simple way to prepare radishes and with the cooking removes the heat usually found in a fresh radish.

1. Slice radishes thin
2. Heat olive oil, or any other cooking oil to frying temperature.

Drop radishes into oil and sauté until the radish takes a golden brown appearance. During the sauté add any of your favorite spices and add garlic to taste. Combine with other cooked vegetables or just eat by themselves topped with fresh ground parmesan cheese.

Garlic Scapes

Garlic is divided into two main categories, soft neck and hard neck varieties. The neck term is in reference to the main stem of the plant. The hard neck variety which we grow gets a seed pod at the top called the "scape" Like the bulb the scape has a great garlic flavor and can be used in any recipe where garlic is called for. You can either use these garlic scapes for cooking with right away, or you can save them to plant the individual seeds that will form at the tip this fall into your garden. You'll have to be patient because it will take three successive years before the garlic itself is up to the normal size you see in grocery stores. If you plant and take care of it though you'll never have to buy garlic again.



Garlic Scape Hummus

- 1 - 14.5 ounce can garbanzo (chickpeas) beans, $\frac{1}{4}$ cup liquid reserved
- 2 Tbsp. tahini
- 2-4 **garlic scapes**, depending on your preference
- 1 lemon, juiced
- 1 tsp. kosher salt
- $\frac{1}{4}$ tsp. cayenne pepper
- $\frac{1}{2}$ to $\frac{3}{4}$ cup extra virgin olive oil

In the bowl of your food processor place the garbanzo beans, reserved liquid, tahini, garlic scapes, lemon juice, salt and cayenne pepper. Pulse until completely broken up into a paste.

With the motor running drizzle the oil from the top, stopping when the hummus is smooth and creamy. You may or may not need all the olive oil.

Refrigerate until chilled or serve immediately. Drizzle a small amount of olive oil on top before serving.

Store any extra hummus in an airtight container in the refrigerator for up to 1 week.

Turnip Greens and Garlic Scape Chickpea Pancakes

Greens for blanching:

- 1 small bunch **radish greens** (from 1 small bunch of radishes) stems removed, thoroughly washed
- 1 small bunch broccoli greens (from 1 large broccoli stalk) stems removed, thoroughly washed
- 1 bunch **turnip greens** (from about 3 turnips) stems removed, thoroughly washed
- 1 small bunch **garlic scapes** chopped into 1-inch segments (or substitute 1 clove minced garlic, and don't blanch it)

Other mix-ins:

- 2 Tbsp chopped fresh mint
- 1/4 cup chopped chives
- 2 Tbsp chopped fresh oregano

For the chickpea pancake batter:

- 1 and 3/4 cups chickpea flour (see notes)
- 4 tsp nutritional yeast
- 1/2 tsp baking powder
- 1/4 tsp salt (plus more to taste)
- 1/4 tsp smoked paprika
- 1/8 tsp turmeric
- 1/8 tsp ground black pepper
- 1 Tbsp rice vinegar (or cider vinegar, or white vinegar)
- 1 cup + 2 tbsp water



To blanch and prep the greens and garlic scapes:

Bring a pot of water to a boil. Submerge all of the greens and gently stir. Cook for 2-3 minutes, until the leaves turn bright green and soften slightly. Use a slotted spoon or colander to remove them from the pot, and immediately rinse with ice cold water.

Add the chopped garlic scapes to the boiling water and cook for 60 seconds. Remove them and immediately rinse with cold water.

Dry the greens using a towel or a salad spinner and roughly chop them, then agitate them to separate the leaves a little bit.

To make the chickpea pancake batter:

Sift together the chickpea flour, nutritional yeast, baking powder, salt and spices in a mixing bowl. Add the rice vinegar and water, and stir with a fork until completely smooth. Fold in the chopped greens, garlic scapes (or minced garlic), and fresh herbs.

Heat a large, nonstick skillet over medium heat. {Drop a teaspoon-sized bit of the batter mixture into the pan to cook it and test for seasoning, if desired. Spray the pan lightly with oil (optional, but recommended). Use a 1/2 cup measure to scoop the batter mixture into the pan, and flatten to 1/2 inch thick. Do not crowd the pan. I was able to make 3 at a time.

Cover the pan and cook for 3-4 minutes, or until quite brown on the bottom (I like them to be verging on charred).

Flip over the pancakes, pressing down on them gently with the spatula, cover again, and cook for 2-3 more minutes, or until browned on the other side and firm all the way through. Serve.

Turnips Potatoes and Greens

1/2 lb **salad turnips** with greens attached
1/2 pound small red potatoes
1 tsp. kosher salt
1 tsp. thyme fresh chopped

1 shallot thinly sliced
1 tsp. butter divided
1 Tbsp. olive oil divided
salt and pepper to taste

Trim leaves and most of stems from the turnips and place in a bowl of water. Swish around to remove any sand or dirt from the leaves. Transfer the greens to a salad spinner and dry them. Set aside.

Rinse turnips (check the stems where sand collects) and cut into quarters. Slice potatoes into quarters about the same size as the turnips.

Fill a medium pot with water and kosher salt and bring to a boil. Add potatoes and turnips, Reduce heat to a rapid simmer and cook vegetables until tender, about 15 minutes. Drain.

In a medium skillet or cast iron pan, heat 1/2 teaspoon butter and 2 teaspoons olive oil over medium to medium high heat. Add sliced turnips and potatoes. Saute vegetables until crispy and browned. Transfer to a bowl.

Add remaining butter and olive oil to the pan. Add shallots and sauté for 2-3 minutes until slightly tender. Add the greens and cook until just wilted. Add the potatoes back to the pan and toss to combine.

Season with salt and pepper to taste. Serve.

Strawberry Summer Cake

6 Tbsp unsalted butter, at room temperature (substitute coconut oil if dairy-free)
1.5 cups flour
1.5 tsp. baking powder
1/2 tsp. salt
1 cup + 2 tbsp sugar

1 Large Egg
1 cup Milk
1 tsp. vanilla extract
1 lb **Strawberries**

Preheat oven to 350F. Butter or oil a cake pan or large pie plate, Place the flour, baking powder, and salt in a bowl and mix well.

First cream together the butter and 1 cup of sugar using an electric mixer. When the mixture is pale and fluffy, add the egg, then the milk and vanilla. Slowly mix in the flour mixture and beat on low until a smooth batter forms.

Pour batter mixture into your prepared pan and place the strawberries, cut side down, as close together as possible, pushing them down slightly into the batter. Sprinkle with the remaining 2 tablespoons of sugar. Place in oven and cook for 10 minutes. Reduce the temperature to 170C (325F) and cook an additional 50 minutes. Cake should be golden brown and no wet batter should stick to a toothpick or knife inserted in the cake.

Let cool completely on a cooling rack before removing from cake pan or springform. Cut into wedges and serve with whipped cream or vanilla ice cream.



Garlic Scape Carbonara

- ½ lb campanella pasta, or shape of your choosing
- 4 slices bacon (about 3¼ ounces), chopped
- ¼ cup **garlic scapes**, cut into ¼ inch coins
- 2 large eggs
- ¼ tsp kosher salt
- ¼ tsp red pepper flakes
- ½ cup freshly grated Romano cheese

Set a pot of water to boiling on the stove and cook the campanella pasta (or desired shape).

While it's cooking, cook the bacon over medium heat until browned. Remove the bacon pieces with a slotted spoon and add the garlic scapes. Cook until soft (2-3 minutes). Remove from the pan with a slotted spoon. (Drain both the bacon and the garlic scapes on a paper towel).

Whisk together the eggs, salt and red pepper flakes.

When the pasta is done, quickly remove it from the stove and set a different burner to low heat. Drain the pasta and add it back to the pot, on the burner set to low. Stir in the garlic scapes and bacon. Add the egg mixture and stir feverishly for 3-4 minutes until sauce is thick and creamy. Don't let it overcook or it will be gloppy. Sprinkle the Romano cheese in, a little at a time, and stir to combine. Don't add it all at once or it won't mix throughout the pasta as well (since it will clump). Serve immediately.



This year's featured live herb plant is "Lemon Balm". A perennial herbaceous plant in the mint family, lemon balm has both medicinal and culinary use. Dried leaves can be used in teas, fresh leaves are great for flavoring in soups, and salads. Medicinally the plant can be used as a digestive aid, and it has a calming effect on the nervous system helping with anxiety, or sleep problems.

If you choose to propagate it in your yard it should be planted somewhere where it won't interfere with other plants as its growing habit is considered invasive. Invasive yes but it can be easily contained by planting in an area where other more well established plants can restrict it's expanding root system. Rock borders around a garden area are also good barriers to prevent excessive plant expansion.

Want to know more about and the uses for lemon balm:

<https://thenerdyfarmwife.com/12-things-to-do-with-lemon-balm/>