



Rare Earth News



What's in the box today?

Basil
 Broccoli
 Cilantro
 Lettuce
 Italian Flat Pod Beans
 Radishes
 Strawberries

Tuesday's workshare group out in the scallions weeding Now it's time to catch up on weeding.

Greetings,

Well the weather this week has improved remarkably. We're now in somewhat of a recovery mode to give our waterlogged fields a good grooming. Heavy rains over the last couple of weeks has left a hard crust on the surface that needs to be broken up by cultivating. In addition to that we were unable to do any weeding and now that it's drying up we will have plenty of that to do. What our machinery can't remove our hands will have to. Most everything has survived it's just going to take time to get everything back on track. Now warmer temperatures and no rain are in the forecast. One thing that didn't survive was the remainder of our spring spinach planting. What we had in last week's delivery was everything we could manage to salvage. As soon as we're able we will be planting more spinach.

More strawberries are in the box this week. We not sure if they'll hold out for a third delivery. It's been a mighty poor year for strawberries in this part of Wisconsin. We've been getting reports from other growers in the area with similar problems. Fungal diseases are very common in strawberries during high periods of rain at ripening stage. We apologize for any inedible strawberries you may of received but symptoms of these disorders are rapid deterioration, and undesirable flavor even when the berry itself appears to be in good condition when picked. We've spent a little more time with our picking crews this week giving more detailed instruction as to identifying good berries. If you have the time to drop us a quick email we'd be happy to hear how they were for you. Got to get back to work. Have a nice week!

Steve & Debra Jo

Pesto

1 or 2 plump garlic cloves

$\frac{1}{2}$ teaspoon salt

3 tablespoons of pine nuts, or sunflower seeds

3 cups loosely packed **basil** leaves, stems removed, leaves washed and dried.

$\frac{1}{2}$ cup freshly grated Parmesan cheese preferably Parmigiano-Reggiano

$\frac{1}{2}$ cup olive oil

Roast the pine nuts or sunflower seeds to a light golden brown color. Finely mince and set aside. Lay the garlic cloves on a cutting board and pour the salt over them. Finely mince the garlic and salt.

In a food processor or blender, pour the olive oil and garlic in and begin processing the basil leaves putting the leaves into the blender a couple at a time. When all the basil is completely blended pour in the pine nuts. Last pour in the cheese and only blend until the cheese is mixed into the pesto.

Cilantro Pesto

1 bunch fresh Cilantro Pesto, rinsed and dried (approximately 3 cups, loosely packed)

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{2}$ cup roasted pine nuts, walnuts or macadamia nuts

2 cloves garlic

1 tablespoon lime juice

$\frac{1}{2}$ cup extra virgin olive oil

$\frac{1}{2}$ teaspoon sea salt or to taste

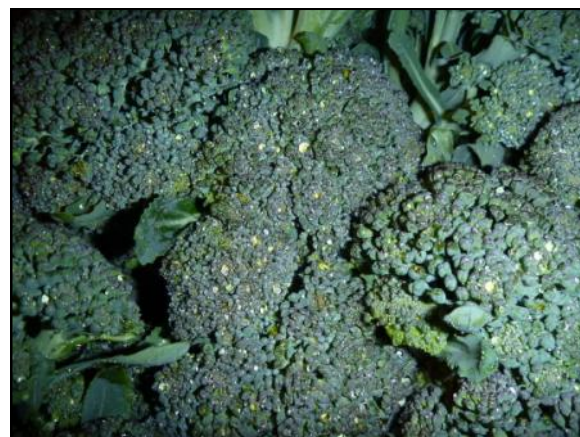
Strip the cilantro leaves from the stems and set the leaves aside. Coarsely chop the stems and place them in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped. Makes about $1\frac{1}{4}$ cup

Pole Beans

The long slender green pods are heirloom Italian flat pod pole beans. Don't be alarmed by the size and unusual shape of the bean because this is the way they grow and are delicious even at their size.



The best way to prepare them for cooking is to lay them on a cutting board and cut them lengthwise into thin strips. Once they've been cut the cooking of the bean only requires steaming for a short period time, between 3 - 4 minutes. Any overcooked vegetable won't have the appealing flavor of a lightly steamed vegetable. Once steamed, lightly salt and butter or drizzle with olive oil and a touch of balsamic vinegar and walah! You're ready to enjoy a meal of delicious pole beans.



The small sample of broccoli pictured above is from a planting that was stressed by our spring cold and wet weather. We couldn't stand the thought of plowing in under so we cut the flowerets and split it up among our members. It's not much but more broccoli is on the way!

Sesame Tempura Green Beans

2 quarts oil for deep frying

1 cup all-purpose flour

$\frac{1}{4}$ cup sesame seeds

1 (12 fluid ounce) can or bottle beer

$\frac{3}{4}$ pound fresh **green beans**, rinsed and thinly sliced

salt to taste

3 tablespoons soy sauce

3 teaspoons lime juice

1 teaspoon white sugar

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

In a medium bowl, mix the flour, sesame seeds and beer until smooth. Roll the beans in the flour mixture to coat.

Deep fry the coated beans in small batches until golden brown, about 1 $\frac{1}{2}$ minutes per batch. Drain on paper towels. Salt to taste. In a small bowl, whisk together the soy sauce, lime juice and sugar to use as a dipping sauce.

Crunchy Radish chips

10-15 **Radishes**, sliced

1/4 tsp. Garlic Salt

1/4 tsp. Paprika

1/4 tsp. Pepper

1/4 tsp. Chili powder

1 tsp. Olive Oil

Preheat oven to 275°F



Place all spices, olive oil, and sliced radishes into a container and cover with a tight lid. Shake well and spread out evenly onto a baking sheet creating one even layer. Place in the oven and bake for twenty minutes. Next use a wooden spoon and stir the radishes around and complete this process one more time. Total baking time is one hour.



Tim Imp setting stakes for trellising tomatoes.



The pole beans in today's box grown inside our greenhouse are supported by a trellis and on their own find a way to climb all the way to the top which is about 10 feet from the floor.



Cultivating more Broccoli that will hopefully be ready to harvest by late July.