



What's in the box today?

Brussels Sprouts
 Carrots
 Cabbage, Green
 Celeriac
 Herb, Thyme
 Herb, Sage
 Kale
 Leeks
 Onions, Yellow
 Potatoes, Assorted Certified Organic from Igl Farms, Antigo, WI
 Rutabaga
 Winter Squash, Assorted



Well seasoned employees above cutting kale in bitter cold temperatures for today's delivery. From left to right; Frances Hrlevich, Sarah Heuer, and Patrick Whalen. A different experience for our crew (right) when picking snap peas back in early July.



Having been CSA farmers for a good many years one question still crosses our mind at the end of each growing season and that's "How'd we do? On that same note we think of all of you and wonder, "How did all of you do? How did our first year members hold up with the seasonal weekly eating ritual? We've always had great respect for those who've taken on the challenge with excitement, and continue to relish the experience all the way to the last delivery. To each and every one we say thank you and congratulations! You made it. We sure hope you've enjoyed the food selection well enough so like many of our long time members you decide to make it a tradition in your household. Growing, cooking and eating good food has become our tradition. We hope to make it yours too.

Right now possibly you're a little exhausted from getting these boxes of food every week and some of you

**"Health is the thing that makes you feel that now is the best time of year".
 Franklin P. Adams—columnist**

Want to renew for next season? Click here; <http://rareearthfarm.csasignup.com/members/types>

need a moment to digest what you've just been through this whole summer. We couldn't agree with you more, but now as the season comes to its end we're already thinking about what we want to grow next summer. Although the occupation of farming has never been easy, our optimism and our sense of great purpose enables us to work through the difficult days past as we look ahead to next season. A quote by Will Rodgers "A farmer has to be an optimist, or he wouldn't still be a farmer" is something not just us farmers need to keep in mind but we all have to tell ourselves to look optimistically at the future. With everything occurring right outside our back door and around the world today, we all need to find a common place in our hearts and minds where negativity cannot exist. We need a tool to help us cultivate a greater positive consciousness within all of us. The implement to make that happen is the food we nourish ourselves with. Let the place for us to enable peace and positive harmony in the world begin at our dinner table. Thank you for allowing us to provide that one essential element of wholesome and healthful food to your table at home. It is our greater vision and hope that all the positive energy we exert into growing food at Rare Earth Farm invokes a positive response in your household. Have a wonderful Thanksgiving everyone!

Sincerely,

Steve & Debra Jo



Give Celeriac a Chance.

We know it's not one of the favored vegetables we grow but Celeriac did well this season and we have plenty of it. If you give celeriac a chance and see what you can do with it you might change your mind. Some of the following recipes call for it and we hope that you'll find at least one of these that will tip your thoughts in favor of this wonderful hearty root vegetable. The cream of celeriac soup on page 4 is one of our favorites and from this basic soup recipe you can make numerous variations or additions to appeal to your pallet. Almost all of the ingredients are in today's delivery. One good trait to this root vegetable is it has a tremendous shelf life. In your bottom crisper drawer it should hold up well for a good month possibly even longer.

Hearty Rutabaga, and Carrot Soup

1 Tbsp Olive Oil
1 ½ cups chopped **leek**, white and pale green parts only
½ cup chopped **celeriac**
1 garlic clove, minced
4 cups ½ inch pieces peeled **rutabagas**
1 1/2 tsp. fresh **thyme**, minced

2 cups ½ inch pieces peeled **potatoes**
2 cups sliced **carrots**
1 28 oz. Can diced tomatoes in juice
4 - 4 ½ cans of vegetable broth

Heat oil in heavy large pot over medium low heat. Add leek, celery, garlic and sauté until vegetables begin to soften about 5 minutes. Add rutabagas, potatoes, carrots, thyme, tomatoes with juices and 2 cans broth. Bring to boil. Reduce heat; cover and simmer until vegetables are very tender, about 45 minutes. Transfer 4 cups soup to processor. Puree until almost smooth. Return puree to pot. Add remaining 2 cans broth; bring to simmer. Season with salt and pepper.

The 2016 Season Food Summary

The following is a list of all fruits and vegetables Rare Earth Farm members received over the course of the entire 2016 season. Thank you and we hope that you were pleased with this year's harvest.

Description	Qty.	Description	Qty.	Description	Qty.
Apples (lb)	1.5	Garlic (hd)	7	Potatoes (lb)	12.00
Basil (lb)	1.10	Honey (oz)	8	Radishes (bch)	3
Beans, Bush (lb)	3.45	Kale (lb)	5.50	Rutabagas (ea)	3
Beans, Pole (lb)	2.5	Kohlrabi (ea)	11	Sage (bch)	4
Beets (lb)	4.25	Leeks (lb)	5.50	Salad Mix (lb)	1.60
Bok Choy (hd)	2	Lettuce (hd)	17	Scallions (bch 8-10Oct)	5
Broccoli (hd)	7	Maple syrup (qt)	1	Soybeans, Edamame edible (bch)	2
Brussels Sprout (stalk)	6	Melons, Cantaloupe (ea)	2	Spinach (lb)	5.50
Cabbage, Green (hd)	6	Melons, Water. (ea)	2	Squash, Summer (ea)	14
Cabbage, Red (hd)	2	Onions, Red (lb)	6.50	Squash, Summer, Patty Pan (lb)	2..25
Carrots (lb)	18.5	Onions, White (lb)	9.50	Squash, Winter (ea)	15
Cauliflower (hd)	1	Onions, Yellow (lb)	6.00	Strawberries (lb)	4
Celeriac Root (lb)	5	Parsnips (lb)	1.00	Sweetcorn (ear ct)	32
Cilantro (bch)	4	Parsley (bch)	4	Swiss Chard (lb)	1.75
Cucumbers, slicing (ea)	8	Peas (lbs)	4.50	Thyme (bch)	4
Cucumbers, pickling (lb)	6.25	Pears (lb)	4.50	Tomatoes, Hybrid & Heirloom (ea)	26
Eggplant (ea)	3	Peppers, Sweet , Grn. (ea)	3	Tomatoes, Cherry. (pt)	7
		Peppers, Sweet Asstd. (ea)	3	Turnips, Salad (lb)	.50
		Peppers, Assorted Hot (ea)	3	Tulsi Basil, live plant (ea)	1
		Peppers, Colored Bells (ea)	8		

Key

lb = pound hd = head ea = each bch= bunch oz = ounce pt = pint qt = quart

Return all Share Boxes and Egg Cartons to your pick-up location.

If you have any share boxes at your home please return them to your pick-up location next week. We will be making a run to pick-up returned boxes and egg cartons right after the Thanksgiving holiday weekend. Also we need to restock our supply of egg cartons for next year so if you're buying eggs from the grocery store this winter save your egg cartons for us. Thank you!

Root Vegetable & Apple Mash with Caramelized Onions

- 1.5 lbs. **celeriac**, peeled and cut into chunks
- 3 large tart apples, such as Granny Smith, peeled, cored and cut into chunks
- 3 medium parsnips, peeled and cut into chunks
- 2 large (about 10 oz.) **russet potatoes**, peeled and cut into chunks
- 2 cloves of garlic, peeled
- 1 tsp. kosher salt, divided, plus more to taste
- 4 Tbsp. olive oil, divided
- 3 Tbsp. unsalted butter, divided
- 2 medium **onions**, sliced lengthwise (about 3 cups)
- 1 Tbsp. apple cider vinegar
- ¼ cup cream or milk
- 12 fresh **sage** leaves
- Freshly ground black pepper

In a 6 qt saucepan over medium-high heat, combine celery root, apples, parsnips, potatoes, garlic, ½ tsp. salt, and 2 cups water; cover and bring to a boil. Cook, stirring occasionally, until vegetables are soft, about 35 minutes. Uncover and cook 5 minutes longer.

Meanwhile, in a 10 inch skillet over med-high heat, combine 1 Tbsp. oil, 1 Tbsp. butter, the onions, and remaining ½ tsp. salt. Cook, stirring occasionally, until onions are well browned, about 10 minutes. Add vinegar and 2 Tbsp. water; stir, scraping up brown bits with a wooden spoon. Reduce heat to low and cook, stirring occasionally, until onions are very soft, 20-25 minutes longer. Add ¼ cup water, stir and scrape up brown bits, and cook until liquid is absorbed, 1-2 minutes. Set aside.

Using a potato masher, mash celery root mixture until almost smooth. Add milk and remaining Tbsp. butter. Keep warm.

Warm remaining 3 Tbsp. oil in a 8 inch skillet over medium heat. Add sage and fry until dark green and crisp, about 30 seconds. Drain on paper towels.

Stir half of the onions into the mash and season with salt and pepper. Transfer to a serving bowl and top with remaining onions and the sage. Serve immediately. Serves 8-10

Cream of Celeriac Soup

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| 2 Tbsp. unsalted butter | Salt and pepper (to taste) |
| 1 lb. celeriac , peeled and cut into 1/2-inch dice (about 2 medium) | 1/2 cup plain low-fat yogurt, or heavy cream |
| 1/2 lb onions | 1 Tbsp. minced fresh parsley |
| 5 cups chicken stock or broth | |
| 1 lb potatoes , peeled and cut into 1/2-inch dice | |

Melt butter over medium-high heat in saucepan. When foam subsides, add celeriac and onions; sauté 5 minutes, stirring occasionally. Add chicken stock, potatoes and salt and pepper, as desired; bring liquid to boil. Reduce heat to medium; cook mixture, covered, until vegetables are soft, about 25 minutes.

In batches, puree mixture in food processor until smooth. Return puree to saucepan; bring to simmer. Reduce heat to medium low and add yogurt, stirring to combine well. Cook until soup is just heated through; do not let soup boil. Adjust seasonings. Serves soup in heated bowls, sprinkling each serving with parsley. Soup can be served chilled.

Garlicky Kale and Potatoes

2 cups **potatoes**, cut 1/4-1/2" thick {about 8 potatoes}

2 Tbsp. butter, divided

2 Garlic cloves, minced

2 Tbsp. fresh **sage**, finely chopped

1/2 tsp. garlic powder

3 cups chopped **kale**

1/2 tsp. lemon juice

Salt & Pepper

In a large pan, melt 1 tablespoon of butter over medium heat. Add fingerling potatoes and season with salt, pepper, and sage.

Sauté in pan for about 10 minutes, flipping occasionally, until all are cooked through.

Add garlic and 1 tablespoon butter, stirring until melted.

Add garlic powder and kale. Stir. Cook until kale is wilted {3-5 minutes}.

Sprinkle with lemon juice. {Add additional salt and pepper if necessary.} Serve hot.

Sweet Potatoes with Kale, Caramelized Onions & Fresh Sage

1 Tbsp. olive oil

4 cups sweet potatoes or **winter squash** cut in 1/2 inch cubes

1 cup **kale**, washed and torn in bite-sized pieces

1/2 cup water

2 Tbsp. butter

1 small **onion**, about 1/2 cup sliced

1 Tbsp. chopped fresh **sage** leaves

Course salt and pepper

Heat oil in a deep skillet or other pan with a lid. Sauté the cubes of sweet potato in the hot oil for about 3 minutes. Add water and cover. Cook about 10 minutes or until potatoes are getting soft but not mushy. Add a few spoons of water as needed to keep the pan moist. Add the kale, cover and continue cooking about 2-4 more minutes. Kale should be slightly wilted and potatoes soft when pierced with a fork.

Meanwhile, heat 1 Tablespoon butter in a pan. Add onion and cook on low-medium heat until caramelized, about 10 minutes. Add the second tablespoon of butter to the onion pan and once melted, add fresh sage. Let cook 2 minutes while stirring until sage is fragrant. Add the onion and sage to the potato and kale mixture and gently toss to mix together. Season with salt and pepper as needed. Serve with crunchy baguette toast on the side.



People truly are the prime movers of our farm and essential to our existence. We thank you all who've made a precious contribution to our cause. Without your hands we would all go hungry. Thank you for the food in our bellies!

