



Rare Earth News

What's in the box today?

Broccoli
Brussels Sprouts
Carrots
Celery Root
Leeks
Lettuce
Onions
Pac Choi
Potatoes, Yukon Gold, Certified Organic —from Nicolet Farms, Suring, WI
Winter Squash

Last greenhouse harvest for the season: Lettuces & Pac Choi

One hundred and sixty days have passed since our first delivery. It's been twenty-one weeks straight of harvesting for us, and for you it's been the same time spent preparing and eating all the food you received. We know our work is quite demanding of us, but we want you to know that we also recognize and greatly appreciate your equal effort in cooking the food from our farm. We know you've all spent many hours in your kitchen this summer, and so we commend you in doing your part to make our CSA work. Without you we wouldn't be here.

At this time of the year we find ourselves looking back at the overall season one last time to muse over what we encountered along the way. You may remember reading at the start of the season we were having some challenges with a lack of rain and cool temperatures. That for us was probably the toughest time of the whole season. "NO Rain, NO Gain" is what we believe, so

our constant irrigation vigil at that critical time resulted in a pretty good fall harvest. The cooler than normal temperatures for pretty much the whole season did have some effect on our yields. Sorry we couldn't get enough of those colored bell peppers out to you this year. One crop that needs a long warm season are peppers. We just didn't get them to a fully ripe state before the weather started to take a turn for the worse. We'll all hope for a better pepper crop next year. The blight spell on our tomatoes gave us a kick in the behind too. This was probably what we'd consider as one of our weaker years for tomatoes. Never seeing the blight this bad before put us into a sudden "search for solutions" mode. By what we've learned this year and perhaps what we can do next year may hopefully result in a better tomato harvest. Finally, the last in the line of low performers this year was our bees. We unfortunately didn't get enough honey from our bees to pass any out. Typical reports from other beekeepers nearby confirmed we were not alone. Cooler temperatures for the entire season reduced the pollen flow and thus a reduction in honey. On a positive note the bees seemed to have at least produced enough to sustain themselves for this winter. Our bees are a very important part of our farm, and we plan to keep bees here always. Our guess is some years will be plentiful, and perhaps some years may not. That's just what we've humbly come to respect with our bees.

Again we hope you've enjoyed your experience with us this summer. With so many changes taking place in our global food production system we feel it necessary to preserve and maintain our farm as a worthy alternative choice when it comes to eating locally grown food. We've got a million ideas on how we can improve our program but ultimately it's the funding and support from you that will transform our ideas into a something we can all sink our teeth into. Hang in there with us! We won't let you down. Have a nice holiday season, and get some rest, we will. Take care!

Steve & Debra Jo

Something Special for Thanksgiving

Ever year at Thanksgiving we get together with one of Steve's college buddies for our annual festive eating event. Always a great time, and one of the dishes that unanimously receives the highest rating is this Italian stuffing recipe from Jon's wife's Great Grandmother. This is an old "classic Italian" family recipe and when I asked for permission to publish it the family instantly obliged. Hope you'll give it a try. You'll love it! Happy Thanks Giving!

Grandma Lupo's Italian Turkey Dressing

-created by Marie Lupo Pedi (born: 1900 Palermo, Sicily - died: 1983 Chicago, IL)

1. Brown and drain:

3 lbs. ground meat (2# ground round, 1# ground pork)

2. Sauté in 1 stick of butter:

2 large **onions** diced

2 cups celery, or **celery root** diced

3. Sauté separately in 2 Tbsp. butter:

1 box fresh mushrooms chopped

4. Make 2 $\frac{1}{2}$ cups cooked white rice

5. Combine all ingredients, let cool slightly and then add the following:

1 lb (2 cups) grated Italian cheese (finely grated aged parmesan or romano- or 1 cup of each)

1 $\frac{1}{2}$ cup chopped fresh parsley

1 $\frac{1}{2}$ - 2 cups seedless raisins

4 oz. pine nuts (pignoli)

1 big can stewed tomatoes (blend briefly in blender)

1 15oz can tomato sauce

2 tsp. salt and pepper to taste

$\frac{1}{2}$ cup bread crumbs

4 raw eggs (stir in bowl before adding)

Note: This recipe by volume is suitable for a 23 lb. turkey as stuffing. For separate casserole type serving, bake covered at 350° for 45 minutes. This will make enough for two large casseroles. Recipe can be cut in half, however, leftovers are never a problem.

We are now officially accepting memberships for the 2010 growing season.

We're now accepting memberships for the 2010 growing season. Returning members who would like a guaranteed share for next year should sign up before December 1st. After that we'll accept all memberships on a first come first serve basis. To secure a share send in an agreement form with either a half or full down payment before the 1st of December. You can obtain an agreement form by following this link : <http://rareearthfarm.com/Sign-up%20Form.htm>

The 2009 Season Food Summary

The following is a list of all fruits and vegetables Rare Earth Farm members received over the course of the entire 2009 season. Please take the time to fill out the survey on our website so we can get a better idea what members want more, or less of. Thank you and we hope that you were pleased with this year's harvest.

Description	Quantity	Description	Quantity	Description	Quantity
Apples (lb)	9.25	Garlic (ea)	1	Potatoes (lb)	18
Basil (lb)	2.9	Garlic, Spring (lb)	0.14	Radicchio (hd)	1
Beans, Bush (lb)	3.50	Kale (lb)	3.00	Radishes (lb)	1
Beans, Pole (lb)	2.60	Kohlrabi (lb)	8	Rutabagas (ea)	6
Beets (lb)	7.50	Leeks (lb)	5.50	Sage (bch)	1
Bok choy (ea)	1	Lettuce (hd)	10	Salad Mix (lb)	2.50
Broccoli (hd)	8	Maple Syrup (qt)	1	Scallions (lb)	1.25
Brussels Sprout (lbs)	2.30	Melons, Cantaloupe (ea)	2	Shallots (lb)	1
Cabbage, Green (hd)	2	Melons, Water. (ea)	1	Spinach (lb)	3.25
Cabbage, Red (hd)	1	Mushrooms (qt)	1	Squash, summer (ea)	13
Carrots (lb)	15.00	Onions, Red (lb)	4	Squash, Summer, Patty Pan (lbs)	1.70
Cauliflower (hd)	5	Onions, White (lb)	6.60	Squash, Winter (ea)	17
Celeriac Root (lb)	3	Onions, Yellow (lb)	625	Strawberries (qt)	4
Celery (hd)	1	Parsley (bch)	2	Sweetcorn (ear ct)	32
Cilantro (lb)	.55	Peas (lbs)	5.75	Tomatoes, Slicing (ea)	16
Cucumbers (ea)	5	Peppers, Sweet, Grn. (lb)	17	Tomatoes, Cherry. (pt)	6
Dill (lb)	.25	Peppers, Sweet Bananas (ea)	2	Turnips (lb)	.50
Eggplant (ea)	2	Peppers, Assorted Chiles (lb)	1	Edible garden herb pack	1
Fennel (ea)	2			Rosemary Plant	1

Cream of Mushroom Barley Soup

2/3 cups barley

2 Tbsp olive oil

2 Tbsp butter

1 large onion, diced

½ teaspoon dried oregano, or thyme

2 large leeks, white parts only, diced and rinsed

1 large carrot

1 garlic clove

Salt and pepper to taste

1 cup sour cream

6 mushrooms, sliced

Mix 1/3 cup of the barley with hot water and set aside. Heat the olive oil and 1 Tbsp butter in a soup pot. Cook for about five minutes, then add in half of the leeks, with the carrot, and garlic. Cook for 10 minutes more. Season with about 1 ½ teaspoons of salt. Drain the hot water from the barley and add it to the soup pot with 6 cups of water. Cook until the barley is soft. Add the sour cream and puree. Return puree to the soup pot and season to taste with salt and pepper.

Rinse the remaining 1/3 cup of barley, put it in sauce pan, and cover with water. Add a little salt and simmer until tender. Drain and add to the soup. Heat another 1 tablespoon of butter and sauté the remaining leeks with the mushrooms until the leeks and mushrooms are browned. Mix into the puree and serve.



Green Options Beyond Food

After a season of eating better, here is another "green" option to consider. You may not realize it, but many personal care products contain ingredients such as petroleum derivatives, suspected hormone disruptors, preservatives and other things you may not want on your skin. A longtime Rare Earth subscriber has opened an internet retail business selling natural products (soaps, shampoos, scrubs, mineral makeup, etc). Learn more... and find some better options at: www.springmorningbodycare.com. And through Dec 20, 2009 there is a 10% discount for Rare Earth subscribers with code: RE122009.

Make an informed choice (and perhaps get a jump on holiday shopping)!

Food Inc. A Movie with a Very Important Message

If you haven't seen Robert Kenners film "Food Inc. please take the time to watch it. The film reveals the truth behind our nations food supply, how our food is grown and why so many problems have arisen from the way our food is manufactured. It may change the way you think about many of the foods you eat and what you might want to consider doing in hopes of bringing about a change for a better life. Here is a link to view the trailer for this movie.

<http://www.foodincmovie.com/>



Celeriac and Apple Salad with Lemon Garlic Dressing

Dressing:

- 2 garlic cloves
- 2 pasteurized egg yolks
- 2 Tbsp fresh lemon Juice
- $\frac{1}{2}$ Tbsp. finely grated lemon rind
- 2 Tbsp white wine vinegar
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{3}{4}$ cup extra-virgin olive oil

Salad:

- 1 head **celeriac** (celery root), peeled and cut into julienne strips
- 4 apples, cored, cut into julienne strips
- $\frac{1}{4}$ teaspoon salt
- Coarsely ground black pepper
- 8 walnut halves, toasted

To prepare dressing, place garlic in a food processor, Pulse to chop. Add egg yolks, lemon juice and rind, vinegar and salt. Pulse to combine. With motor running, gradually add olive oil in a steady stream; process until dressing has thickened.

To prepare salad, place celeriac, apples, salt and pepper in a large bowl; add 1 cup dressing, (you'll have some left over). Toss to combine. Top with toasted walnuts.

Pac Choi

Chinese "Pac Choi" or "Bok Choy" as it's also called is a vegetable in the same family as Chinese cabbage. It's been cultivated and used in Chinese cooking for some 6000 years. Pac Choi is in a distinct group of its own and as far as cooking with it, we find Pac Choi has a much greater range of uses than just the ordinary "Napa" type Chinese cabbage.

It's traditional use is mainly as a component vegetable in stir-fries. The taste of the stalks is something like that of romaine lettuce, while the leaves have a cabbage-like flavor. Bok choy is a fine source of vitamins A, C and calcium. The stalk of the plants contain a lot of moisture so when added to any recipe it contributes a fair amount of liquid. Here's a recipe we hope you'll find enjoyable.



Our greenhouse had a sizeable population of aphids which are easy to remove from the leaves by just rinsing under water. We apologize for this condition, however the infestation wasn't at a level where we felt it necessary to spray.

Thank you for your understanding.

Broccoli and Pac Choi Stir-Fry

1 Tbsp. peanut oil	
1 red bell pepper, julienned	1 lb. pac choy , shredded
1 green bell pepper, julienned	2 Tbsp. sherry
1 cup broccoli florets	1 Tbsp. soy sauce
1 two-inch piece of ginger, grated	

Heat oil in wok or deep skillet. Stir-fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly, 3-4 minutes. Add bok choy and sherry, cook 2 minutes. Sprinkle with soy sauce. Serve immediately over rice.

We like to make a peanut sauce to add over the stir fry before serving. To make the peanut sauce, whisk together 3 Tbsp of peanut butter with 2 tablespoons of coconut milk, and two tablespoons of rice vinegar. Add 1-2 cloves of garlic, minced. Then add what ever you can find to give it a little zing like "Thai Kitchen" pepper sauce or curry paste. Add salt to taste. Stir in a couple tablespoons of water to help loosen up the sauce if necessary.

Braised Onions, Carrots, & Brussels Sprouts

-Country Living November 1997

2 Tbsp. butter	
1 lb carrots , peeled	1 tsp. fresh or 1/4 tsp dried thyme leaves
1 cup onions , chopped	1/2 tsp. salt
1 cup water	1 lb Brussels Sprouts , trimmed and halved
1 tsp. fresh or 1/4 tsp dried thyme leaves	
1/2 tsp. salt	

In a 5 quart Dutch oven, melt butter over medium heat. Add carrots and onions; sauté until lightly browned, about 5 minutes. Stir water, thyme and salt into carrot mixture; cover and heat to boiling. Reduce heat to low and cook 5 minutes.

Add Brussels Sprouts to mixture in Dutch oven; cover and cook 5 minutes or until vegetables are just tender. Remove cover and cook until liquid is almost disappeared, about 3 minutes.

With spoon, remove vegetables from Dutch oven to a serving bowl; drizzle any remaining liquid over the vegetables. Top with fresh thyme sprig; serve immediately. Serves 8