



## Rare Earth News



What's in the box today?

Bok Choy

Brussels Sprouts

Broccoli

Carrots

Dill

Honey, from Rare Earth Farm

Leeks

Onions, White

Potatoes, Certified organic Russets from Igl Farms, Antigo, WI

Rutabaga

Spinach

Winter Squash, Butternut & or Delicata

Work crew harvesting leeks on a rare sunny day with no rain.

Harvest time creates a tremendous amount of work on any farm. With all the technological advantages used in the agricultural industry there's still a considerable amount of your fresh vegetable diet that requires the interaction of humans. With

some crops hand picking is the only way it can be done. One crop grown here that requires a large group of people and many hours of labor are leeks. There are special machines built to harvest leeks but their cost and

**"Do not dwell in the past; do not dream of the future, concentrate the mind on the present moment"**  
-Buddha





the scale they're designed to operate at is certainly more than a small farm enterprise like ours can justify. There is something quite remarkable though when you see the transformation from a leek in the rough to the final finished product. A beautiful sight indeed! The finished leeks off the end of the process table have that showroom luster that can only be achieved by the personal touch that each of them receive one at a time. Sometimes they may not be perfect but than what is perfect in our world. Can you see a difference made from that finesse of the human touch? When you do there comes a further level of appreciation just from seeing that handcrafted quality. Our crew who cleaned and cut them say they taste better too. That's something you can't get from anywhere else but either your own home garden, or your local CSA farm. Enjoy the hand harvested leeks!



**Don't forget this Saturday October 15th is our harvest fest. The fun starts at 3:00 pm with pumpkin carving, followed by a potluck dinner at 5:00 pm. Please bring a main dish, dessert, or snack to pass. It would be helpful if you could bring some tools for the pumpkin carving such as spoons, knives, and containers to take home pumpkin seeds. Afterwards with weather permitting we'll gather around a bonfire for conversation. Anyone is welcome to bring a tent and sleeping bag to camp out for the**

**evening. Friends of family members are welcome to attend. Sorry, no pets are allowed at farm events. Hope to see you there!**

**Steve & Debra Jo**





Can you find the queen?



The honey in today's box comes from our own hives that Debra Jo and I care for here at the farm. The bees have had a tremendous year and so we have extra honey if your interested in purchasing more. Click "[here](#)" to get onto our web-store to place your order. Hurry while the supply lasts.

## Potato –Leek Soup

3 fist sized <b>potatoes</b>	3/4 tsp. salt
3 cups cleaned, chopped <b>leeks</b>	1/2 cup stock or water
1 stalk celery, chopped	3 cups milk
1 large <b>carrot</b> , chopped	optional: snippets of fresh herbs
4 Tbs. butter	(thyme, marjoram, <b>dill</b> )
freshly ground pepper	

1. Scrub the potatoes, and cut them into 1-inch chunks. Place them in a saucepan with the leeks, celery, carrots, and butter. Add salt. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes).
2. Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer. Cook until the potatoes are soft (20-30 minutes). Check the moisture level occasionally. You may need to add a little extra stock or water, if it gets to low.
3. When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a blender, or a food processor fitted with the steel blade). Make sure the mixture is utterly smooth. Return it to the saucepan.
4. Add optional herbs (or not). Grind in some black pepper. Taste it to see if it wants more salt. Heat the soup gently, covered, until just hot. Try not to let it boil. Serve right away.

## Broccoli Supreme

1 ½ cups thinly sliced <b>carrots</b>	¼ cup non-fat milk
½ cup chopped <b>leeks</b>	¼ tsp. pepper
1 Tbsp. olive oil	1- 8 oz can cream style corn
1 bunch <b>broccoli</b> , cut into florets	1 egg slightly beaten
1 cup seasoned croutons	3 Tbsp Parmesan cheese

Steam broccoli until just barely tender. Heat olive oil over medium-high heat in a non- stick skillet. Add carrot and onion; sauté 5 minutes. Remove from heat; stir in cooked broccoli, croutons, milk, pepper, corn, and egg. Spoon into 1 ½ quart casserole coated with grease or cooking spray; sprinkle with cheese. Bake uncovered at 350 degrees for 35 minutes. Serves 5

## Broccoli and Bok Choy Soup

2 Tbsp. olive oil

1 Tbsp. butter

½ **onion** chopped

½ lb of **broccoli**

1 **leek** chopped

½ lb **bok choy**

3 + 1 large garlic cloves chopped (save the last clove for the end of the recipe)

3 + 1 green onion (chop 3 and julienne 1 for garnish)

½ juice of one lemon

1 1/2 + 1 Tbsp. chopped mint

3 Tbsp. crumbled feta

Sauté onion and three cloves of chopped garlic in butter and olive oil for about ten minutes. Add the leeks and cook for another 5 minutes.

Add the broccoli, bok choy and chopped green onions and sauté for another 5 minutes. Add the lemon juice and stir.

Next comes the chicken stock and one tablespoon of mint, bring to a boil and simmer for about 30 minutes or until the broccoli and bok choy are tender.

Salt and pepper to taste.

Just before it is finished add one chopped clove of garlic and ½ tablespoon fresh mint. Puree. Garnish with remaining mint, julienne green onions, and crumbled feta.

## Rutabaga Fries

1 small **rutabaga**, skin removed

1/4 tsp. dried oregano

1/4-1/2 tsp. salt

1/4 tsp. black pepper

1/4-1/2 tsp. cayenne powder

1-2 tbsp. olive oil

1/2 tsp. garlic powder

Preheat oven to 450F. Line a baking sheet with parchment paper. Slice the rutabaga in half, and then cut into fries. Optional: For crispy fries place cut pieces into cold water and let them sit in the fridge overnight.

Drain rutabaga fries if you chilled them overnight. Pat dry. Add 1 tbsp. olive oil and toss until evenly coated. Add the spices and toss again. Transfer to baking sheet and spread out so no fries overlap. Place into oven and bake for 15 minutes. Remove from oven and flip. Continue baking for another 10-15 minutes, or until desired consistency is reached.

Remove from oven and serve immediately.