



Rare Earth News

What's in the box today?

Apples and Pears, hand-picked by Debra Jo & Steve at Barthel's Fruit Farm in Mequon, WI

- Broccoli
- Carrots
- Celeriac
- Kale
- Leeks
- Onions, White
- Peppers, Assorted Sweet
- Spinach
- Tomatoes
- Winter Squash, Spaghetti & Delicata

Chelsa Ohman & Cathy Jones harvesting Celeriac Root for today's delivery.

September this year at the farm was a record breaker for rainfall. Ten and one half inches for the month with a one day total on September 7th of seven inches. Needless to say it's been terribly muddy and some of our late season work has been put off until it dries out. Our winter cover crops haven't been planted yet but we're expecting it to dry out enough in the next two weeks to get it in just under the wire.

This month it's garlic planting time for next years garlic crop. Right now again it's to wet to get it planted so we're going to cross our fingers for drier weather over the next couple of weeks.

**"If you really want to make a friend, go to someone's house and eat with him... The people who give you their food give you their heart"**  
**Cesar Chavez** -American labor leader and civil rights activist

Today we made one last effort to pick tomatoes. Unfortunately with the heavy amounts of rain the last couple weeks our tomato season has come to a screeching halt with this one last meager share. It's makes sense why Wisconsin is not a leading producer of tomatoes. Our season here is very short which probably has a lot to do with our intense craving for tomatoes. There's so much involved in growing tomatoes that with all the preparations early on and right up to the first harvest we can honestly say it's a major labor of love for us. Would imagine it's the same for most gardeners. Seeding, transplanting, setting up irrigation, staking and trellising consume an ungodly number of hours and the result for is about only a little over a month to enjoy their fresh eating quality. But all of us tomato lovers both eaters and growers will always say without a doubt it's well worth it when you sink your teeth into that first vine ripened tomato of the season.

Now the tomato field is at it's end. The tomatoes still in the field have more blemishes that we can accept so sadly we have to say good-bye to them for another year. You can be assured we'll be paging through the seed catalogs this winter making our selections for next years tomato crop.

After today's delivery we're down to only four more deliveries for the season. There's a lot more food coming your way before the end of the season so take advantage of eating your local Wisconsin home grown food before the season's end. If you have an excess of certain vegetables we found a website link with a lot of handy tips for storing fruits and vegetables. Click here to read up on storing fruits and vegetables: <http://www.extension.umn.edu/garden/yard-garden/vegetables/harvesting-and-storing-home-garden-vegetables/>

Of course if you need further help with putting food into storage just send us an email and we'll do our best to help. That's it for now. Have a great week and would somebody please make it stop raining. Thank you!



**Our annual "Harvest Festival" weekend event is approaching. On Saturday October 15th come out to the farm to celebrate this year's harvest. The fun begins 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 the bonfire for conversation, and entertainment by anyone attending who feels like performing.**

**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. One exception: "Buddy" our resident cat says you can bring your pet mice!**

**Hope to see you there!**

**Steve & Debra Jo**



We dug our first celery root (or celeriac) this week and we have plenty more to dig. We've introduced this vegetable to a lot of people who otherwise would have never thought of buying them at the grocery store. Probably one of the more unattractive vegetables however cooking with pro-



duces award winning results. Whether raw or cooked it's mild celery flavor will delight your palate. Raw in salads, cooked in gratin casseroles, or employed as a base ingredient in soups produces a really great flavor that we hope will have you craving for more of it. Here's a soup recipe that combines some of the other items in our delivery today with celeriac that you're sure to like. Especially now because it's getting to be the soup season. Enjoy the celery root and if you have any uses that you're fond of and would like to share with everyone send it to us and we'll publish it. More celeriac will be in some of our upcoming deliveries and in larger quantity. Just waiting again for things to dry out a little more before we harvest the rest of what we planted.

## Celery Root Carrot and Kale soup

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| 1 medium <b>celery root</b> , peeled and diced | sea salt & fresh ground pepper     |
| 4 <b>carrots</b> , peeled and diced            | 1/4 cup tube pasta                 |
| 2 garlic cloves, chopped                       | 2 tbsp. chopped flat leaf parsley  |
| 2 cups <b>kale</b> , roughly chopped           | 4 slices baguette, cut on the bias |
| 1 <b>leek</b> , thinly sliced                  | 2 tsp. unsalted butter             |
| 1 celery, thinly sliced                        | garlic clove, cut in half          |
| 2 bay leaves                                   | Parmesan cheese, grated            |
| 6 cups vegetable stock                         |                                    |

Heat oil in a stockpot over medium-high heat and add the celery root, carrots and garlic. Cook until golden, about 10 minutes. Stir in the leek, celery and kale and cook for another minute. Pour in the stock and add the bay leaves and season well. Bring to a boil and reduce heat and simmer for 15 minutes, or until the vegetables have softened.

Boil salted water and add in the pasta and cook according to the directions, roughly 8 minutes.

Meanwhile, heat the oven to 425F degrees. Butter the baguette slices and place in the oven until golden brown, roughly 5 minutes.

Discard the bay leaves and stir in the pasta and parsley. Ladle the soup into a bowl and top with a baguette slice and some grated Parmesan.

## Wilted Spinach Salad with Chickpeas

The spinach is cooked but the salad is served at room temperature, hence it is called a salad. If you are running out of space for your spinach, consider cooking it for this salad. It makes a fine appetizer or side dish. It holds up well on a buffet table as the spinach is cooked.

- 1.5-2 lbs **spinach**, tough stems removed
- 1.5 cups cooked chickpeas or 1 can (15 oz) chickpeas, rinsed and drained
- 1 small red onion, halved and sliced
- 3 Tbsp. extra virgin olive oil
- 1.5 Tbsp. red wine vinegar
- 1 garlic clove, minced
- Salt and freshly ground black pepper

Bring a large pot of salted water to a boil. Stir in the spinach and cook until wilted, 30-60 seconds. Drain well. Press out the excess moisture. Transfer to a cutting board and chop.

Combine the spinach, chickpeas, and onion in a large bowl. Toss to mix.

Whisk together the oil, vinegar, garlic, and salt and pepper to taste in a small bowl. Pour over the spinach mixture and toss to mix well. Taste and adjust the seasoning. Serve at once.

## Creamed Broccoli-Leek Soup

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| 3 Tbs. olive oil   | 4 cups low-sodium vegetable or chicken broth    |
| 2 garlic cloves  | 1/4 cup heavy cream                             |
| 3/4 lb. <b>broccoli</b> florets                                | Coarse salt and freshly ground pepper, to taste |
| 1 <b>leek</b> , white and light green portions, finely chopped | Crumbled blue cheese for garnish                |
| 1 Tbsp. whole-grain mustard                                    |   |
| 2 Tbsp. fresh oregano leaves, plus leaves for garnish          |   |

In a large saucepan over medium-high heat, warm the olive oil. Add the garlic, broccoli, leek and mustard and sauté until the leek is soft and translucent and the broccoli is bright green, about 5 minutes. Add the 2 Tbs. oregano and the broth and bring to a boil. Reduce the heat to low, cover partially and simmer until the broccoli is tender, about 20 minutes.

Remove the soup from the heat and blend with an immersion blender or standing blender, in batches if necessary, until smooth. Return the soup to the saucepan, stir in the cream and season with salt and pepper. (The soup can be prepared up to this point, cooled, covered and refrigerated for up to 24 hours. When ready to serve, reheat gently over medium-low heat, thinning the soup with more broth if needed.)

Place the pan over medium heat until the soup is heated through. Ladle into warmed bowls and top each serving with a little blue cheese and a sprinkle of oregano. Serve immediately. Serves 4.

Included in today's delivery is a delicata winter squash. The skin on the delicata is very thin and unlike all other winter squash can be eaten along with its flesh. Being thin skinned it doesn't have a real long shelf life like other winter squashes. Since harvest we've seen a few of the delicatas starting to blemish. If you by chance receive one of these that looks like this photo just cut out the bad portion and use the rest. Use them soon. We'll be passing more delicata squash out in an upcoming delivery. The following recipe is a great way to use the delicata and calls for leeks and kale which is in today's delivery too. Enjoy!



## Roasted Delicata Squash, Kale, and Leeks with Farro

¾ cup farro (Bob's Red Mill is a common brand)

1 **delicata squash**, sliced (approx. ½-inch thick) and seeded

1 bunch **lacinato kale**, de-ribbed and sliced into approx 1-inch wided strips

2 large or 4 small **leeks**, washed well, sliced lengthwise and then crosswise into ½-inch slices

3 cloves garlic, minced

1 teaspoon dried rosemary

¼-1/2 teaspoon red pepper flakes (use the smaller amount if you like things on the mild side, the larger if you like extra heat)

4 tablespoons extra virgin olive oil, divided

2 teaspoons sherry vinegar

¼ cup marcona almonds

Salt

Preheat oven to 425°F. Fill a medium saucepan about ⅔ full with water and bring to a boil.

In a large mixing bowl, add 3 tablespoons of olive oil, the garlic, rosemary, red pepper flakes and generous pinch of salt. Add the delicata squash slices and toss to coat. Lay out in a single layer on one side of a half sheet pan leaving the excess oil and seasonings in the mixing bowl. Add the kale to the mixing bowl along with a pinch of salt and toss to coat. Lay the kale out on the other side of the sheet pan—it doesn't have to be a single layer, but it should be evenly spread out.

In a small mixing bowl, add the leeks, the remaining tablespoon of olive oil and pinch of salt and toss to coat. Spread in a single layer on a quarter sheet pan or other small pan.

Roast until the vegetables are deeply caramelized in spots and tender. The kale takes about 10-12 minutes. If you have smaller leeks they'll be ready around 15 minutes, if you have large leeks (most supermarket leeks fall into this category) they take 20-25 minutes. The squash should take about 20-25 minutes. As each vegetable is ready, remove it from the oven and place in a large bowl.

Meanwhile, cook the farro in the boiling water until tender, about 20-24 minutes. Drain in a fine mesh strainer and add to the bowl with the vegetables. Add the sherry vinegar. Toss everything together to coat. Sprinkle with marcona almonds. Serve warm or at room temperature.