



Rare Earth News

What's in the box today?

Beets

Cabbage, Red or Green

Carrots

Celery

Onions

Peppers, Bell

Rutabaga

Potatoes, Yukon Gold, Certified Organic —from Nicolet Farms, Suring, WI

Sage

Winter Squash



Greetings! Hasn't been a lot of new news at the farm other than there's been a major change in our backdrop. Our landscape is really showing signs of a change coming. It's hard to believe that these photos (right) were taken exactly one month apart. This week we've had rain and high winds to contend with while harvesting food that's still coming from the field. Our first frost on September 30th hit some fields in the lower areas, but there's still more out there we have to bring in before a hard killing frost occurs. Without knowing for sure when that will be, the

thought of getting everything harvested before it's too late is constantly on our minds. Switching to every other week deliveries after the 15th (next week), gives us time for getting a lot of pressing tasks finished before the weather gets bad. In preparing yourself for winter if you need information on storing any of the foods you've received, send us an email asking for storage tips. Stay warm and eat well!

Steve & Debra Jo

Rutabaga Custard Pie

-from Asparagus to Zucchini

$\frac{3}{4}$ pound rutabaga	2 eggs
2 large pears or apples	2 Tbsp. brown sugar
1 Tbsp maple syrup	1 cup half and half
$\frac{1}{2}$ tsp. coriander	1 9 inch pie crust
$\frac{1}{4}$ tsp. ginger	
1/8 tsp. nutmeg	
pinch salt	

Heat oven to 400 degrees. Peel rutabaga, cut into 1 inch- chunks; steam or boil 20 minutes. Peel, core and quarter pears; add to rutabaga and cook 10 minutes longer. Puree, then add maple syrup, spices, and salt. In separate large bowl, beat eggs with sugar until thick. Stir in the rutabaga mixture and half-and-half. Pour into crust. Bake 15 minutes, reduce heat to 350 degrees, and bake 25-30 minutes longer, until custard is set. Additional maple syrup can be drizzled over top to sweeten.

Some of your **butternut squash** may have come with blemishes similar to the photo on the right. A naturally occurring fungus is the cause of it. At the stage this fungus is in it has absolutely no affect on the taste and is safe to eat which is why we don't feel it necessary to do anything to control it. Hope you don't mind this minor defect.



Kenyan-style Squash Peanut Soup

1 Tbsp. Olive oil
 2 large **onions**, chopped
 6 garlic cloves, minced
 1 large red or green **bell pepper**, chopped
 1 tsp. dried red pepper flakes
 4 cups **butternut squash** peeled, and cut into 1-inch chunks
 6 - 8 cups water (divided)
 Salt and Pepper to taste
 2 -3 Tbsp creamy peanut butter

Heat oil in soup pot or Dutch oven. Sauté onions and garlic about 5 minutes, add red bell pepper and red pepper flakes and cook another 5 minutes. Add chopped squash and sauté briefly, about 3 minutes, until squash is well coated with oil. Add 6 cups water and bring to a boil, stirring occasionally.

Lower heat and simmer about 45 minutes, until squash is very soft.

Puree soup in blender in batches adding up to 2 cups more water, depending on desired thickness, Season lightly with salt and pepper. Return to low heat and stir in 2 to three tablespoons of peanut butter, to taste until dissolved. Serve.

Potato Sage Gratin

2 **onions**, sliced thin

2 cloves garlic, chopped

white pepper

1/2 Cup milk

1 Cup whipping cream

3 Tbsp **fresh sage**, cut into thin strips

salt & pepper

2 1/2 lbs. **potatoes**, sliced thin

1 Cup Jarlsberg cheese, shredded

Sauté onions in butter about 6 minutes. Add garlic and white pepper, sauté another min Add milk and cream, bring to brief boil. Add sage, cover and steep 5 minutes. Season with salt and black pepper. Toss potatoes with cream mixture. Layer half of potato mixture in glass baking dish. Layer half of cheese. Layer remaining potatoes and cheese. Bake at 400 about 1 hour. Cover with foil if cheese browns too much.

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Sage-roasted vegetable salad

-from "The Garden-Fresh Vegetable Cookbook" by Andrea Chesman

Serves 6

Salad

1 cup wild rice

3 cups water

1 teaspoon salt, plus more to taste

12 cups peeled and diced fall vegetables

(any combination of **winter squash**, **carrots**, **beets**, **rutabagas**, turnips, parsnips)

1 **onion**, diced

1 tablespoon chopped fresh **sage**

3 tablespoons extra-virgin olive oil

freshly ground black pepper

2 cups Belgian endive, radicchio, or other fall green

Cranberry Vinaigrette

2 shallots, chopped

1 cup homemade or canned cranberry sauce

2 tablespoons fresh orange juice

$\frac{3}{4}$ cup walnut oil or extra-virgin olive oil

salt and freshly ground black pepper

Combine the wild rice, water and salt in a small saucepan. Cover and bring to a boil. Reduce the heat and simmer until the rice is tender and most of the grains have burst open. 40 to 60 minutes. Drain off any excess water. Let cool.

Meanwhile, preheat the oven to 450 degrees F. Lightly grease a large shallow roasting pan or half-sheet pan with oil.

Combine the diced fall vegetables, onion, and sage in a large bowl. Add the oil and toss gently to lightly coat the vegetables.

Transfer to the prepared pan and arrange into a single layer.

Roast for 30 to 40 minutes, stirring occasionally, until the vegetables are tender and lightly browned. Let cool.

To make the vinaigrette, finely chop the shallots in a blender. Add the cranberry sauce, vinegar, orange juice, and oil and process until smooth. Season with salt and pepper.

Combine the roasted vegetables, sliced Belgian endive, and vinaigrette in a large bowl. Toss gently to mix. Taste and add salt and pepper if desired. Serve at room temperature.

Russian Cabbage Borscht

2 Tbsp. butter	4 cups stock, or water
1½ cups chopped onion	2 tsp. salt
1 ½ cups thinly-sliced potato	black pepper
1 cup thinly-sliced beets	¼ tsp. dill weed
1 large, sliced carrot	1 Tbsp. + 1tsp. cider vinegar
1 stalk chopped celery	1 Tbsp. + 1tsp. honey
3 cups chopped red or green cabbage	1 cup tomato puree
1 scant tsp. caraway seeds	(optional: 1 Tbsp. raisins)

Place potatoes, beets and water in a saucepan, and cook until everything is tender. (Save the water)

Begin cooking the onions in the butter in a large kettle. Add caraway seeds and salt. Cook until onion is translucent, then add celery, carrots, and cabbage. Add water from beets and potatoes and cook covered until all the vegetables are tender. Add potatoes and beets, and all remaining ingredients.

Cover and simmer slowly for at least 30 minutes. Taste to correct seasonings.

Serve topped with sour cream, extra dill weed, chopped fresh tomatoes.

Chicken Fricassee with Red Cabbage

1 Tbsp. olive oil
8 chicken thighs and/or legs, skin on
1/2 cup dry red wine
1 medium sweet onion , sliced very thin
2 garlic cloves, roughly chopped
1 Tbsp. honey
1 tsp. fennel seed
1/2 cup chicken broth
4 cups red cabbage , shredded fine

Kosher salt and freshly ground pepper to taste

Heat a heavy stockpot over medium-high heat. Add olive oil and swirl to coat the bottom of the pot. Quickly sear chicken until browned. Remove chicken and keep warm.

Deglaze pot with the wine, stirring to scrape up browned bits, about 1 minute. Add sweet onions and swirl to coat. Sauté for about 5 minutes until onion is golden brown. Add garlic and cook 1 minute.

Stir in honey, fennel seed, and chicken broth. Bring to a simmer. Add shredded red cabbage, and stir to coat. Return chicken to the pot, cover, and simmer for 1-1/2 hours, stirring about every 10 minutes.

Season with salt and pepper to taste. Yield: 4 to 6 servings