



What's in the box today?

Beans, Yellow Wax or Green  
 Cucumber  
 Eggplant  
 Garlic  
 Lettuce  
 Onions  
 Cantaloupe  
 Summer Squash  
 Sweet corn  
 Tomatoes, slicing  
 Tomatoes, Gold cherry

A ripe cantaloupe laying in the field is a wonderful sight to see at this time of the year. Glistening in the sun they try to hide among a diminishing canopy but we reach down and pluck it off the vine. When you spot one perfectly ripe and ready your own craving kicks in. Admittedly we've pulled out our pocket knives and lanced one open right on the spot just to satisfy our hunger from our having to wait for a whole year to bite into one. Fortunately we always keep in mind that these gems are for our members so we've come to hone the art of maintaining good "melon self control" when we're out picking. A very finicky plant to grow but having a couple of spots on the farm that produce some of the best melons it's actually one of our favorite crops to grow and of course to eat. Hope you'll enjoy the one in your box today.

### Green Bean and Cherry Tomato Salad with Herb Dressing

1 1/2 pounds slender **green beans**, trimmed, cut into 2-inch pieces  
 3/4 cup chopped seeded **tomatoes**  
 1/3 cup extra-virgin olive oil  
 2 tablespoons balsamic vinegar

2 **garlic** cloves, minced  
 1 teaspoon dried oregano  
 1/4 cup chopped fresh Italian parsley  
 1 cup halved **gold cherry tomatoes**

Cook beans in large pot of boiling salted water until crisp-tender, about 3 minutes. Drain.

Transfer to bowl of ice water and cool. Drain well. Place in large bowl.

Mix next 5 ingredients in small bowl; stir into beans. Season with salt and pepper.

Garnish with parsley and cherry tomatoes. Makes 8 servings.



Our sweetcorn is certainly delicious but it does come with a warning. Our corn has not been sprayed and as usual the cobs may be inhabited by the

corn earworm. Although these insects are quite unattractive the part of the cob damaged by the ear worm can be easily removed leaving the edible part in perfect condition. We expect to have corn again next week so most likely you'll encounter the same condition. Hopefully you can overlook the repulsive appearance of these creatures for the incredible taste of the corn.



### Attention Canners

If you'd like to purchase roma tomatoes for canning we are now taking orders. We hope to deliver them within the next couple of weeks. Price this year is \$1.00/lb. Send us an email to place your order. Our address is:

[rareearthfarm@frontier.com](mailto:rareearthfarm@frontier.com)

## Salsa Making Workshop

Come out to the farm on Saturday, September 10th for our annual salsa making workshop. Batches of salsa will be made all with ingredients from the farm. Be sure to bring the following:

- Mexican dish to pass.
- Favorite salsa recipes.
- Quart size Ziploc freezer bags or equivalent to bring your share of the finished salsa home.
- Knives for chopping salsa ingredients. (We have some knives to supply. If you bring anything to use put your name on those items somehow so you don't lose them).
- Paper plates and plastic utensils will be provided for the pot-luck. If you want to be "green" feel free bring your own plates and utensils.
- Beverage of your choice. Alcohol/beer is acceptable.



### Start Time: 2:00pm

Those of you with children please mention these few precautions to them before you arrive:

- Forewarn them about the handling of hot peppers.
- Don't play on any of the farm equipment.
- Stay out of the barns and the greenhouses. Visiting our chickens in the lower part of the barn is permitted.

**\*Sorry! No pets welcome at the farm during family functions. Thank you for your cooperation!**



The tomatoes in the above photographs are an heirloom we tried this year called "Great White". The photo on the left is the great white in it's green stage. When fully ripe they have a pale yellow appearance (right). You may get some of these in your box with some of our other tomatoes over the next few weeks so don't let the color fool you. They'll be ripe and ready to eat.

## Uncle Jim's Creamed Corn

-from my Uncle Jim

10 ears of fresh **sweet corn**

2 Tbsp. flour

2 Tbsp. butter, melted

1/4 tsp. salt

milk

Cut kernels off cob with a knife. Cut about half way down the kernel and then scrape the rest of the kernel off the cob with the back side of the knife. Mix all ingredients together. Simmer or heat at low temp until it's hot enough to serve. If the corn is too thick you can add a little milk. Serve over fresh mashed potatoes.

## Freezing Sweetcorn

If you can't eat all the cobs at once take advantage of it and freeze some to eat this winter. Here's how you do it.

- Blanch the corn in boiling water for 1-2 minutes.
- Remove it from the boiling water and quench in a cold water bath
- Cut corn off the cob with a sharp knife.
- Put into freezer bags and place into freezer. Remove as much air from the bag as possible.

In preparation for the 2012 growing season soil samples are taken using a soil probe. The samples are collected and sent off to a lab at this time each year to have it's nutrient and mineral content analyzed confirming that our soil fertility is where we want it to be, and to alert us if any adjustments are needed to achieve the perfect conditions for growing vegetables.

