



Rare Earth News

What's in the box today?

- Beets
- Carrots
- Cabbage, Green
- Garlic
- Kale
- Lettuce
- Onions, yellow
- Tomatoes, cherries, ro-mas, and slicers
- Parsley
- Sweet Peppers, Assorted Colored
- Winter Squash, Spaghetti

Butternut winter squash as with all other winter squash varieties must be cut from their vines and then lined up prior to being picked up and brought into storage. A bountiful winter squash crop this year will provide plenty to eat for all our families.

Happens to be the autumnal equinox today if you're reading this and its Thursday, September 22nd. For all of us living in the northern hemisphere it's that time of the year to start preparing ourselves for the approaching winter. The fall period kind of breaks it to us gently with a slow transition from the last warm days of summer to the bitterly cold days of winter . Put away the summer clothes and pull out the long sleeve shirts and the heavy coats. Losing about 2 minutes of daylight every day is just another reminder to our relative position on this planet. Cold and dark is the way I like my beer, but as far as astronomical events and being a farmer I'd have to go with the vernal equinox in the spring. That's because I get to start planting vegetables again. Now we have to start buttoning things up for the winter and limit our

To make agriculture sustainable, the grower has got to be able to make a profit.

-Sam Farm, California U.S. Representative

growing space to our greenhouses. We still may have a couple of more weeks of warm weather before we succumb to our first frost filled night but many of our vegetable plants outside are showing signs of the changing season and their message to us says their work is complete. They've bared their fruit and now it's their time for a pause. The summer season has come to an end but we have plenty more food to send your way until our last delivery in November. We have all our greenhouses planted with cold-hardy vegetables that will be ready for harvest before our last delivery in late November.

The seasons not over but still would like to say it again that we thank you very much for giving us the opportunity to grow food for you and your family. Every year CSA farming for us has enriched our lives with a strong sense of great accomplishment and total fulfillment by doing something that we love, and doing it for someone else to enjoy. We sure have a lot to be thankful for. Glad to of had your interest in what we're doing here at Rare Earth, and we hope somehow this has been a great enough experience for you to think about returning again next summer. Have a great week!

Spaghetti Squash Carbonara

2 teaspoons salt, divided	2 tsp. minced garlic
1 1/4 tsp. fresh cracked black pepper	1/4 cup chicken broth
1 spaghetti squash	2 egg yolks plus 1 whole egg
4 slices bacon, cut into small strips crosswise	1 cup freshly grated Parmesan cheese

Preheat the oven to 375 degrees F. Prick the squash all over with a fork. Sprinkle with 1 tsp salt and 3/4 tsp. pepper. Roast on a foil lined pan 1 to 1 1/2 hours. (I did 60 minutes but would go longer next time) Let cool a bit. Slice in half lengthwise, scoop out seeds and shred the squash with a fork. Transfer to a large bowl. In a large sauté pan, over medium heat, cook the bacon until it becomes crispy. Add the garlic. Sauté for 1 minute. Add the broth and cook until the liquid has completely evaporated. In a medium bowl, whisk the eggs together with the cheese. Season with the remaining salt and pepper. Combine the eggs with the bacon mixture, warming the eggs in the pan. (Do not let the eggs cook through.) Add the spaghetti squash and toss to thoroughly combine and until squash is heated through. Adjust seasoning, if necessary and serve immediately.

Carrot and Tomato Soup

2 large tomatoes , roughly chopped	Salt
1 carrot , peeled and roughly chopped	Pepper powder
1 onion , roughly chopped	2 teaspoons butter or olive oil

Heat a small pressure cooker. Add 2 teaspoons butter or olive oil. Add roughly chopped onions and sauté well till they turn soft. Add just 3/4 cup water and bring to a boil. Close the pressure cooker and pressure cook for 3-4 whistles. Strain the boiled vegetables and reserve the stock. Allow the cooked vegetables to cool for a while and then blend to a smooth puree. (If using hand blender you do not have to tarin, just puree the entire contents using hand blender) Return the pureed vegetables along with reserved stock to the pressure cooker. Add more water if needed, Simmer for 5-7 minutes. Season with salt and pepper. Do not boil the soup, just simmer. Serve carrot and tomato soup hot with any toast or croutons.

Roasted Beet and Kale Salad

1 bunch **kale**, washed, dried, ribs removed, roughly chopped

6 **beets**, washed, dried and peeled

½ tsp dried rosemary

½ tsp garlic powder

salt and pepper

olive oil

¼ medium **onion**, thinly sliced

1-2 tbsp slivered almonds, toasted

Lemon-Honey Vinaigrette

¼ cup olive oil

1½ lemon, juice of

¼ cup honey

¼ tsp garlic powder

1 tsp dried rosemary

Salt and pepper

Preheat oven to 400 degrees F. Prepare ingredients as indicated above. Toss kale with salt, pepper and a little olive oil. Place on a lightly oiled baking sheet. Roast in oven for a brief five minutes. Remove from heat and set aside. Take peeled beets and cut them into 1½ wedges. Place on a lightly oiled baking sheet. Sprinkle with rosemary, garlic powder, salt and pepper. Toss with a little olive oil making sure beets are well-coated with the olive oil and spices. Place the beets on the middle rack of the 400 degrees F-heated oven. Roast for 45 minutes, tossing/turning beets twice. While beets are roasting, make the lemon-honey vinaigrette. Simply mix vinaigrette ingredients in a small bowl, whisk to combine. Set aside. When beets are tender to your liking, remove from oven and let them cool slightly. In a medium salad bowl, combine kale, beets and sliced red onions. Dress your salad with the lemon-honey vinaigrette, and toss together. Garnish with the toasted slivered almonds.

Quick Cabbage with Tomatoes

2 tablespoons unsalted butter

1 small **green cabbage**, halved, cored, and cut lengthwise into 1/2-inch wedges

1/2 cup water

Coarse salt and ground pepper

1 pint **cherry tomatoes**, halved

2 tablespoons red-wine vinegar

1/4 cup roughly chopped **fresh parsley**

In a large skillet, melt butter over medium-high. Add cabbage and cook, stirring occasionally, until it begins to soften and brown around edges, 4 minutes. Add water, cover, and cook until cabbage is crisp-tender, 5 minutes. Uncover and season with salt and pepper. Add tomatoes and cook, uncovered, until they soften, 3 minutes. Stir in vinegar. Season to taste with salt and pepper and top with parsley.