



What's in the box today?

Carrots
Edamame
Lettuce
Onions
Salsa making kit
Parsley
Tomatoes, slicing & cherry
Watermelon
Winter Squash

Workshop participants cutting onions and peppers for our annual salsa making event.

Rare Earth News

Greetings! It's been a great week we have to say. Our annual salsa making workshop was held last Saturday. A small crowd this year but a huge batch of salsa was made and everyone got plenty to take home. A really nice break for us to have a day off from the normal routine. A sincere thank you to everyone who took the time to come out for this special farm event. We enjoyed having the opportunity to mingle and converse with you while offering you a chance to stroll around the farm to see where your food has been coming from. For those of you who couldn't attend the salsa workshop last Saturday we have all the ingredients in your box today for you to make your own salsa at home. Hope you enjoy making and eating salsa as much as we do. (Try our own salsa recipe on page 2). Also if you missed this event we hope you'll consider coming out next month to our **Annual Fall Harvest Festival on October 17th**. Watch for details in one of our upcoming newsletters.

One of the more frequent questions asked to us as farmers at this time of the year is "Well has it been a good, or bad year"? . Our initial response to most everyone who asks that question is, "it's hard to say. You know the season isn't quite over yet". We're sometimes a little reluctant to say too much or make any claims until we've gone full circle. So sticking our neck out a bit what we can say is we've been pleased with the outcome of most of our crops and we hope the remainder of the year will follow suit. With keeping an eye on the sunny side of things and not letting the job get you down under any circumstance, Debra Jo and I prefer to declare, every year a good year, whatever the outcome. We have a lot to be thankful for but at times we don't clearly see it among all the chaos of operating the farm. So, to answer that all too familiar question; We've had a great year! We truly hope you feel the same from where your sitting. Have a great week!

Steve & Debra Jo

Roasted Butternut Squash & Carrot Soup

2 small **butternut squash** (about 3 lbs) seeded and halved
 4 **carrots**, peeled and cut into $\frac{1}{2}$ -inch pieces
 1 **onion**, quartered
 1 Tbsp. unsalted butter
 1 Tbsp light brown sugar
 4 cups chicken broth, preferably homemade

Kosher salt, freshly ground black pepper
 1 cup water
 $\frac{1}{2}$ tsp ground ginger
 Pinch of cayenne pepper
 Pinch of hot paprika
 2 Tbsp. fresh **parsley** for garnish

Preheat the oven to 375°F. Put squash halves, cut side up in a large roasting pan and distribute carrots and onion around them. Dot vegetables with butter; sprinkle with brown sugar. Pour 1 cup of broth over vegetables. Season to taste with salt and pepper. Cover with aluminum foil. Bake for 1 hour, or until the squash is tender.

Let squash cool in pan until cool enough to handle, Scoop squash flesh from the skins and transfer to a large soup pot; discard skins. Add carrots, onions, any pan juices, water and the remaining 3 cups of broth. Bring to a boil over high heat, reduce heat to medium, stir in ginger and simmer, uncovered, for about 15 minutes.



Rare Earth Salsa with Guacamole

Salsa:

2 lbs **roma tomatoes**, diced into $\frac{1}{4}$ inch cubes
 2 Tbsp. chopped **jalapenos** (these are medium hot!)
 1 cup chopped **red onions**
 $\frac{1}{4}$ cup yellow or red **Biscayne peppers** (a mild pepper added for color)
 2 Tbsp. chopped **poblano peppers**, (these are hot!)
 Salt to taste
 2 Tbsp lemon juice

Stir all ingredients together. Adjust heat level by adding more hot peppers to your taste. Let sit for one hour, drain off excess juices.

Guacamole:

3 ripe avocados (about 1 $\frac{1}{2}$ pounds) pitted, peeled
 $\frac{1}{4}$ cup fresh **tomato**, $\frac{1}{4}$ inch dice
 2 Tbsp fresh lemon or lime juice
 1/8 tsp coarse salt (kosher or sea salt)
 $\frac{1}{4}$ cup sour cream
 1 clove garlic

1-2 Tbsp chopped fresh **parsley**

Stir all ingredients together. Pour guacamole into a shallow serving bowl and top with salsa.

Butternut Squash Spread with Pepitas

1 $\frac{1}{2}$ cups ($\frac{1}{2}$ -inch) cubed peeled **butternut squash** (about 1 pound)

1 tsp olive oil

Cooking spray

$\frac{1}{2}$ cup diced **onion**

1 $\frac{1}{2}$ tsp chopped fresh sage

$\frac{1}{4}$ tsp salt

1/8 tsp freshly ground black pepper

2 garlic cloves, minced

Dash of crushed red pepper

$\frac{1}{4}$ cup chopped sun-dried tomatoes packed without oil

2 Tbsp. pepita pumpkin seeds, toasted

Place butternut squash in a medium saucepan; cover with water 2 inches above squash. Bring to a boil; cover, reduce heat, and cook 15 minutes or until tender. Drain.

Heat oil in a large nonstick skillet coated with cooking spray over medium high heat. Add onion to pan; sauté 4 minutes or until tender. Add sage and next 4 ingredients (through red pepper); sauté 2 minutes. Cool.

Place squash, onion mixture, and sun-dried tomatoes in a food processor; process until smooth, Spoon into a medium bowl; sprinkle with pumpkinseeds. Yield: 1 $\frac{1}{2}$ cups (serving size: 2 tablespoons).

Looking for Pepitas called for in this recipe? We have the pepita pumpkins at the farm but we can't fit them into our deliveries. If you come up to the farm anytime before the end of October we'll give you some to take home.

Marinated Cherry Tomatoes

$\frac{1}{4}$ cup extra-virgin olive oil

3 Tbsp white wine vinegar

1 Tbsp fresh **parsley**, minced

1 tsp. sugar

1 tsp salt

1 to 2 tsp. fresh thyme, oregano, marjoram, basil, rosemary, minced

1 lb **cherry tomatoes**, sliced in half



In a small bowl, whisk together all ingredients except tomatoes. Place tomatoes in a bowl and pour in the marinade. Stir, then cover. Marinate at room temperature for 30 minutes before serving. Serves 6.

Hot Peppers Revealed



Poblano

One of the most popular fresh chilies used in Mexico. Dark green with a purple-black tinge, tapering down from the shoulders to a point. 2,500 - 5,000 Scoville Units. Poblanos are best when cooked or roasted. This pepper is favored for making chili rellenos.

Cubanelle

Variety name "Biscayne" these peppers are sweet & mild with more flavor than bell peppers. Also called "Cuban Pepper". Negligible Scoville Units. Cylindrical, lobe-end shape it's used extensively in Puerto Rico's cuisine. Color is everything from unripe pale green to a fully red ripe. They can be substituted in recipes calling for Anaheim peppers. Cubanelles can be stuffed or used in salads and casseroles. Also good on pizzas or subs.

Jalapeno

Bright green unripe, to dark red fully ripe. 2 to three inches long with rounded shoulders tapering to a rounded end. 2,500 - 5,000 Scoville Units. The most widely eaten hot chili in the United States. Can be put into almost anything you want to spice up. Excellent for salsas.

To learn more about the scoville scale take a look at: http://en.wikipedia.org/wiki/Scoville_scale