



## Rare Earth News

What's in the box today?

Beets  
Carrots  
Onions, Red  
Parsley  
Salsa Kit  
Tomatoes, slicing  
Water Melon  
Winter Squash, Spaghetti



Sometimes harvesting doesn't occur on sunny days. The rain on Monday morning didn't make picking peppers an easy task, but sometimes there's no other option. Full of mud and getting their boots sucked off their feet Cathy Jones and Drew Baker, in an adult adolescent moment, optimistically completed the task and finished with smiles on their faces.

Wow! It feels like summer has zoomed right by as today we come to our sixteenth delivery. It also happens to be the first official delivery of the fall season. With five more deliveries remaining for this year we're already in the process of making plans for next year. It may seem a little premature to be thinking about next season but there's a lot to do well before the new year arrives. One critical phase of our planning for next year is preparing a budget for our annual operating expenses. Not an easy task when crunching the numbers to work out a balanced budget but it's necessary, and we certainly don't want to end up running into a deficit situation. It is our responsibility to create a premiere program for you to enjoy while keeping our expenditures within a set budget. We're confident we can do our part but what we need most importantly is your continued participation.

This Saturday is October 1st and with that we'll begin accepting members for next season. This year we're offering a special **early sign-up discount**. (See page 2). Our goal this year is to bring our membership back to where we need in order to cover all operating expenses. Our total membership this year was slightly lower than last year which made it a little challenging to do what we set out to do before the season began. We're hoping for a rebound in membership this year, and if you've already decided to sign up for 2012, signing up sooner rather than later will be a great help to us, and a savings to you.

Even though our season is winding down we still have plenty of food to pass out. Parsnips, broccoli, cauliflower, carrots, cabbage, potatoes, peppers, tomatoes, kale, spinach, celery root, rutabaga, winter squash, onions, leeks, lettuce, and pac choi. Our tomatoes are coming to an end but we hope to still have some in our deliveries until the first hard frost.

October 13th will be our last weekly delivery. The remaining three deliveries after the 13th are scheduled for every other week. Dates will be posted in next week's newsletter. Also mark your calendars for Saturday October 15th. Our annual harvest festival will be held here at the farm. Details will also be in next week's newsletter. Have a nice week!

Steve & Debra Jo

The assortment of peppers included in your salsa kit when combined together offers a unique multi-dimensional depth to any salsa that you can't achieve with just one type of pepper. Adjust the heat intensity to your own liking with the poblano and jalapeno hot peppers. Sweet Bell peppers (not pictured) are also included in the mix and are a nice addition to homemade fresh salsa too!



Cubanelle, Sweet

Jalapeno, Hot

Corno Di Toro, Sweet

Poblano, Hot

### Rare Earth Salsa

- 8 roma/plum tomatoes (cored, seeded, diced)
- 2 jalapeno peppers (diced fine)
- 1 medium onion (diced)
- 3 Tbs. olive oil
- 2 tsp. balsamic vinegar
- 4 cloves garlic (crushed or minced)
- 2 tsp. ground cumin
- 1 bunch cilantro (chopped fine)
- salt & pepper
- juice of 1/2 lime

Drain diced tomatoes in colander to remove excess juice, 20 minutes.

Mix oil, vinegar, garlic and cumin in glass bowl.

Add tomatoes, peppers and onion; mix well.

Season with salt and pepper.

Stir in cilantro.

Stir in lime juice.

### Guacamole

- 2 ripe avocados (young ones won't work)

- 1 roma tomato (diced)

- 1 scallion (diced)

- 1/2 tsp. garlic powder

- 1/2 tsp. salt

- juice of 1/2 lime

Mash avocados in glass bowl

Add tomato, scallion, garlic powder and salt, mix well

Stir in lime juice

Serve immediately or press plastic wrap onto surface of guacamole to remove air and prevent browning.

### We are now officially accepting memberships for the 2012 growing season.

It's that time of the year again. Starting this Saturday, October 1st we'll be accepting memberships for the 2012 growing season. We are offering to returning members only who sign up and pay in full before December 1st our "Early Bird Special" discount. In order to receive this discount you must send us an email [rareearthfarm@frontier.com](mailto:rareearthfarm@frontier.com) requesting the early bird agreement form. After December 1st we'll accept all memberships as usual on a first come first serve basis. To secure a share after December 1st send in the share agreement form found on our website with either a half or full payment. This link will direct you to the page where the form is located: <http://rareearthfarm.com/Sign-up%20Form.htm>

## BEET AND APPLE SALAD

Excellent fast salad. Make it as is for 2-4 people, or double or quadruple for more people. Good as leftover!

One large apple, raw  
One similar size **beet**, raw  
One medium **carrot**, peeled, raw  
One smaller **onion**  
2-3 Tbsp red wine vinegar  
or cider vinegar  
2 Tbsp olive oil  
Salt and pepper to taste



Shred the apple, beet and carrot on a coarse shredder and the onion on a finer shredder (I use my food processor). Mix vegetables with remaining ingredients. How simple can you get?

Spaghetti Squash, like most other winter squash can have some surface blemishes that may look unappetizing but are nothing more than a visual abnormality that will not affect the flavor. The only drawback to these imperfections is the shelf life will be reduced and it should be eaten within a week or two. These blemishes are caused by exposure to weather conditions that promote, disease and insect pressure. Both of these conditions are difficult to manage with out using chemical controls which from our position we feel it's better to do without. These problematic conditions usually don't affect the entire crop which is why we choose to cull the worst and pass the squashes with some minor defects. The alternative of controlling the cause with agricultural chemicals we choose not to do unless we know for sure it's safe. We always strive for perfection but sometimes we have to overlook some imperfections for the obvious reason.



"We never met an ugly squash that we didn't like!" Enjoy your squash!

## Beet and Tomato Soup with Cumin

1 lb medium **beets**  
3 Tbsp. extra-virgin olive oil  
1 medium **onion**, thinly sliced  
3 medium **tomatoes**, chopped  
Salt and freshly ground pepper  
1 tsp. ground cumin, plus more for garnish  
1 quart vegetable stock or chicken stock  
1 Tbsp. tomato paste  
1/4 cup plus 2 tablespoons cr me fra che  
2 Tbsp. chopped **parsley**

1. In a large saucepan, cover the beets with water. Bring to a boil and cook over moderately high heat until tender, about 1 hour; if necessary, add more water to keep the beets covered. Drain the beets and let cool slightly, then peel and coarsely chop.
2. Wipe out the saucepan and heat the olive oil in it. Add the onions and cook over moderate heat until softened, about 4 minutes. Add the tomatoes and chopped beets, season with salt and pepper and cook, stirring occasionally, until the tomatoes release their juices, about 5 minutes. Add the 1 teaspoon of cumin and cook, stirring, until fragrant, about 1 minute. Stir in the vegetable stock and tomato paste and bring to a boil. Cover and simmer over low heat for 10 minutes.
3. Puree the soup in batches in a food processor. Re-warm the soup in the saucepan and season with salt and pepper. Ladle the soup into bowls and top with dollops of cr me fra che. Sprinkle with a little cumin and the parsley and serve.