



What's in the box today?

Carrots

Onions

Parsley

Pepper, Sweet Bell

Sweet Corn

Tomatoes

Sweet corn on the stalk just perfect and ready for picking. All the corn is picked and carried out the field by hand. See pictures on page 2.

## Rare Earth News

Greetings! Another busy week. Days are getting shorter and our daily task list is getting longer. Harvesting has pretty much been our whole daily activity. There's been a little extra work for us in an attempt to keep a few certain animals from robbing us. Just within the last week we started picking our first melons. We've been a little disappointed after caring for this crop all summer to find field mice have been dining on the ripe melons (right photo). The damage seems to be a little higher this year perhaps from the dry weather, or maybe they just discovered how good they are. Debra Jo and I go out to the field every day harvesting any ripe melons before they get eaten by them pesky little varmints. We're not quite sure what to do about the mice in the melon patch. No electric fence will work to keep them out. Maybe a big giant inflatable cat. So needless to say our melon harvest may be small this year.



There's very few crops actually that don't have to be protected by some means. Our electric fence (left photo) so far has been pretty effective keeping the raccoons from eating your corn. Raccoons love corn. It's a necessary precaution because without a fence there would be little or no corn left over for us.

Tomatoes have been another sizeable task. We still have not had much ripening occur. In addition, the late blight ( a fungal disease) prevalent all over Wisconsin this year has snuffed out a few plants that will be cutting into our yield a bit. We've been picking them a little unripe and ask that if you receive a tomato from us in that state that you let it sit for a day or two before you eat it. If you'd like to learn more about late blight here's an interesting article: <http://www.nytimes.com/2009/07/18/nyregion/18tomatoes.html> Got to get back to work. Have a great week!

Steve & Debra Jo



## Caponata

2 cups diced, peeled eggplant  
1 large **onion**, chopped  
1 clove garlic, minced  
3 T. olive oil  
2 medium **tomatoes**, chopped (optional: peeled)  
salt and pepper  
fresh oregano  
fresh basil  
 $\frac{1}{4}$  cup red wine vinegar (or wine)

Put eggplant cubes in colander with salt; let sit 30 min. until excess moisture comes out. Heat olive oil in saucepan; add onion, garlic and cook for 5 min. Add eggplant, cook on low heat for 15 min. Add tomatoes and spices; cook slowly for 15 additional minutes, uncovered, stirring occasionally. Stir in vinegar. Cool before serving.

Optional additions: red or green peppers, zucchini chunks, capers, black olives, celery

Serve as dip, sandwich spread or on pasta.



Work share member Julie Weber (left) picking sweetcorn. Cobs are picked and carried out of the field by pickers fitted with a custom bag as demonstrated by Farmer Steve (right) which holds 25 to 30 cobs.



## Crop Progress Report

Tomatoes—Continuing to ripen. Cool nights are causing the tomatoes to ripen more slowly.

Eggplant— Ripening slowly. With the low numbers harvested so far we've been distributing them to different pick-up location each week.

Edamame (Edible Soybeans) - Harvest will begin next week.

### Green Pepper Tomato Salad

3 medium **tomatoes**, seeded and chopped

1 medium **green pepper**, chopped

1 celery rib, thinly sliced

1/2 cup chopped **onion**

2 tablespoons cider vinegar

1 tablespoon sugar

1/2 teaspoon salt

1/8 teaspoon pepper

In a large bowl, combine the tomatoes, green pepper, celery and onion. In a small bowl, combine the vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and refrigerate for at least 2 hours, stirring several times. Serve with a slotted spoon.

### Old Fashioned Onion Rings

1 large onion, cut into 1/4 inch slices

1 1/4 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon salt

1 egg

1 cup milk, or as needed

3/4 cup dry bread crumbs

seasoned salt to taste

1 quart oil for frying, or as needed

Heat the oil in a deep-fryer to 365 degrees F (185 degrees C). Separate the onion slices into rings, and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated; set aside. Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, then place on a wire rack to drain until the batter stops dripping. The wire rack may be placed over a sheet of aluminum foil for easier clean up. Spread the bread crumbs out on a plate or shallow dish. Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs. The coating should cling very well. Repeat with remaining rings. Deep fry the rings a few at a time for 2 to 3 minutes, or until golden brown. Remove to paper towels to drain. Season with seasoning salt, and serve.