



What's in the box today?

Basil
 Bush Beans
 Broccoli
 Carrots
 Cauliflower
 Lettuce
 Bell Peppers
 Summer Squash
 Tomatoes



Sweet corn tassels in full bloom and dropping there pollen. With the hot temperatures and rain the corn has shot up. Cobs are just starting to form. Another 2 to 3 weeks before harvest.



Rare Earth News

Tomatoes! Lets talk tomatoes. They appear to be one of the most sought after items on our list of food offerings. We always look forward to eating our first ripe tomatoes off the vine. To try and satisfy your hunger for this delicious orb we utilize one of our greenhouses to jump start the season well ahead of when normal harvest times in Wisconsin begin. This requires us to start seeds in March and get them ready to transplant into their permanent home by mid April. For well over a month keeping the greenhouse heated at night to 65–70 degrees is very important and consequently very costly. We have temperature sensors inside the tomato greenhouse who's monitor (located in the house) awakes us if the temperature drops below 45 degrees. Now as we harvest and pass out our first tomatoes we look at all that's required of us to make it possible and say it's well worth it. The tomatoes you've received so far have all been from plants grown indoors. Without the greenhouses you wouldn't see tomatoes showing up in your box until late August. So for the next few deliveries we'll be finishing up our harvest indoors and hopefully making a smooth uninterrupted transition to our outdoor tomatoes.

There's been a long time question asked by many whether the tomato is a "vegetable" or a "fruit"? If that's been a question on your mind as well, this information on Wikipedia will give a more clear definition as to why the controversy exists. Check it out. http://en.wikipedia.org/wiki/Tomato#Fruit_or_vegetable.3F

Our field tomatoes are still a ways off from first harvest, but when the harvest begins we hope to offer you a nice selection of some twelve or thirteen different varieties we planted. The only disappointment when growing tomatoes in Wisconsin is knowing we'll have at best a month of suitable weather before they're gone once again for another year. So when the time comes let's all embrace and indulge in eating real tomatoes. Have a nice week!

Steve & Debra Jo



How's your food holding up?

We'd be curious to know how your food has been holding up with the hot summer deliveries. In order to maintain and improve our food production system we'd like to get some feedback on the condition of your food— post delivery. There are many phases each vegetable goes through here before its finally packed for delivery. The challenge comes in when you know every vegetable has its own optimum storage temperature and humidity level. Our harvest methods and storage facilities here are adjusted to cover the whole range of produce we grow, so unfortunately the optimums for extending shelf life are compromised a little. Overall we'd rate ourselves as "not perfect, but darn close". So if you have a moment we'd like to hear your opinion of the food after it's been out of refrigeration at your host site. Thank you!

Steve & Debra Jo

Click here to e-mail your response: rareearthfarm@verizon.net

Fresh Tomato Basil Soup

3 Tbsp. butter

1 large onion, sliced

1 medium-size **carrot**, shredded

4 large ripe **tomatoes**, peeled, seeded & coarsely chopped

$\frac{1}{2}$ cup fresh **basil** leaves, packed

1 tsp salt

$\frac{3}{4}$ tsp sugar

$\frac{1}{8}$ tsp white pepper

2 cups chicken stock

1 Tbsp. tiny soup pasta

In 3 quart sauce pan, melt butter over medium heat. Add onion & carrot, cook stirring occasionally until onion is soft (about 10 min.) Stir in tomatoes, basil, salt, sugar & pepper.

Increase heat to medium-high and bring to a boil stirring constantly, reduce heat, cover & simmer for 10 minutes.

Whirl tomato mixture a portion @ a time in food processor, or blender until smooth. Set aside. Pour stock into pot and bring to a boil over high heat. Add soup pasta, reduce heat to medium and cook until tender. Stir in tomato mixture and heat until steaming. 4 servings.

Tomato Salad with Feta and Olives

3-5 large tomatoes (about 3 pounds), cored, sliced

1 red onion, halved, thinly sliced

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup red wine vinegar

$\frac{1}{4}$ cup chopped fresh parsley

3 large garlic cloves, finely chopped

$\frac{1}{4}$ cup fresh **basil**, coarsely chopped

4 ounces feta cheese (about 1 generous cup), crumbled

$\frac{1}{3}$ cup brine-cured olives, preferably Kalamata (optional)

Overlap tomato and onion slices on large platter. Whisk oil, vinegar, parsley, basil, and garlic in small bowl. Season to taste with salt and pepper. Pour over salad. Let stand at room temperature 1 hour or cover and refrigerate up to 3 hours, basting occasionally with dressing.

Sprinkle salad with cheese and garnish with olives, if desired.

Crop Progress Report

- Field tomatoes are starting to form their fruit. It's going to be a good month before they begin ripening for delivery. Cherry tomatoes are starting to trickle in. It will probably take a couple of weeks before we'll be able to start picking for every member
- Cabbage. Expect to see this brassica in a week or two.
- Fennel. Bulbs are starting to size up. Still a couple weeks needed to finish them off.
- Sweet Corn. Tassels up and cobs starting to form.



Zinnia's for the picking

We invite all our members to pay a visit to the farm some time before the first frost. Come and take a stroll in the fields and then take home a bouquet of Zinnias. All you need to bring is something to cut them with and perhaps a container to place them with water to maintain freshness. If this sounds like a good idea to you give us a call first to get a zinnia condition report.

Broccoli, Cauliflower, and Cheddar Soup

- 4 chicken or vegetable broth
- 1/2 or whole onion
- 10 oz. fresh **broccoli**
- 10 oz. fresh **cauliflower**
- 1 sm. potato, diced
- 4 oz. Cheddar cheese
- 1/2 c. milk
- Salt and pepper

Bring broth, onion, broccoli, cauliflower, and potato to a boil in a 4 quart saucepan. Reduce heat, cook covered, 10 minutes. Remove 1 cup plus broccoli and cauliflower pieces, set aside. Cook soup 10 minutes longer. Chop cheese into blender, add milk. Ladle in a small amount of vegetable broth. Puree until very smooth. Pour into large bowl and continue to puree broth until done. Return pureed soup to pan with reserved vegetables and heat through, but do not boil or cheese will curdle. Add salt and pepper.

Zucchini Cookies

1/2 c. butter, softened
3/4 c. brown sugar
1 egg
1/2 tsp. vanilla
1 1/2 c. flour, include 1/2 c. whole wheat
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1 c. oats
1 c. shredded **zucchini**
1 c. chopped walnuts
1/2 c. raisins
1/2 c. chocolate bits

Beat butter and sugar until fluffy. Add egg and vanilla and beat well. Mix flour, cinnamon, baking soda, and salt together and add to butter mixture. Beat well. Stir in rest of the ingredients. Drop by teaspoon on ungreased cookie sheet. Bake at 350 degrees for 10-12 minutes. Cool on rack. Makes 24 large ones or 48 small ones.

Cindy's Mom's Zucchini Bread Gluten-Free Version

3 eggs
3/4 cups cooking oil (I use canola oil)
1 cup granulated sugar
2/3 c.ups packed brown sugar
2 tsp. vanilla
2 cup grated **zucchini**, drained if very moist
3 cups Bob's Red Mill gluten-free all purpose baking flour
1 1/4 tsp. Xanthan gum
1 Tbsp. cinnamon
1 1/2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 cup yellow raisins and/or 1 c. chocolate chips
1 cup broken walnuts

Incorporate Xanthum Gum into flour. Set aside. Beat eggs together with a wire whisk. Add oil and beat until creamy. Add sugars and vanilla and beat until combined. Stir in zucchini. Fold flour, cinnamon, baking powder, baking soda and salt. Add raisins, chocolate chips and walnuts, stirring well to evenly coat.

Pour batter into 2 well-greased bread pans. Bake at 325 degrees for about 55-60 minutes. Test the middle for doneness and continue baking until a toothpick inserted into the middle of the loaf comes out clean. Cool on wire racks removing the bread from the pan after 10 minutes.

This bread freezes well when wrapped in aluminum foil and put into a freezer bag.