

What's in the box today?

Beets
Carrots
Celery
Cucumbers, slicing and pickling
Garlic
Onions, Red & White
Summer Squash
Kohlrabi
Lettuce
Peppers, Green Bell
Tomatoes, Gold Cherry



Rare Earth News

Our buckwheat cover crops are now in bloom and each day the flowers are visited by a great array of different insects in pursuit of their nectar. The honeybee who visits the buckwheat, offers us both the benefit of pollination plus the



sweetness of their honey. A great pollinator to help increase our vegetable yields, they also produce the honey that you'll be receiving later on this year. We don't col-

lect the honey made specifically from the buckwheat plant but it will make a considerable contribution to the total honey production at the farm. The honey from our bees is a product made from a good number of nectar bearing plants that are either native to this area, or are our own cultivated crops like clovers, and both summer and winter squash. On any given day when carousing about the field there is a continuous and audible hum from the thousands of honeybees and other insects in search of both pollen and nectar. Buckwheat is one of a number of other cover crops we grow as a way to recondition and improve the soil for our vegetable production. The plants root system helps to loosen our heavy soils while producing a large amount of organic matter to feed the microbes living in the soil. Seeing all the life carrying on inside the dense growth of the buckwheat is a sweet sight to see. If I was a honeybee that's where I'd want to be. Buzzzzzz!

I hate to bring political and public matters into my writings but at this moment I just can't help myself. It's been very troubling for me to have had such an enjoyable week at the farm while seeing so much hostility and senseless acts of violence occur on American soil. I don't want to go to far into the subject matter for being a little uneasy of making someone angry but needless to say it was very disappointing to see what happened in North Carolina. Our future looks dim if we can't live together as one. I am an American who respects and values the cultural diversity of all who rightfully occupy our country regardless of their heritage or ethnicity. Stop doing harm to other people and let's all come together with something that is common ground to us all. Food! We all love to eat good food. Extend the love of food to your immediate family, friends, and countrymen. If

you have enemies perhaps you might try sharing food with them as well. Let Rare Earth be the provider of that special raw ingredient and maybe we'll take greater direction towards a society of peace, wellness, and equality. Take care everyone and eat well!

Fried Beets and Carrots

- 2 Tbsp. Olive Oil
- 1 teaspoon dried cumin seeds
- 2 medium **beets**, scrubbed, quartered and sliced ¼ inch thick
- 2 medium **carrots**, scrubbed and sliced ¼ inch thick
- tamari
- optional: Beet tops, fresh spinach, Swiss chard or other greens

Heat olive oil in skillet. Sprinkle in the cumin and cook about 1 minute. Add beets and carrots; fry until tender. Remove from heat, sprinkle on a little tamari and serve. Variation: If using young beets save tops. When the beets and carrots are tender, add chopped beet greens, cover with lid and cook until soft. Toss mixture, sprinkle with tamari and serve. Makes 2-4 servings.

Sautéed Peppers and Onions

- 1 **bell pepper**, seeded and cut into strips
- 1 small **onion**, thinly sliced
- 1 Tbsp. unsalted butter
- 2 Tbsp. olive oil
- 1/4 tsp. kosher salt

Heat unsalted butter and olive oil in a medium skillet over medium heat. Add bell pepper, onion, and kosher salt. Cook until soft and golden, 7 to 8 minutes.



Marinated Cherry Tomatoes

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| ¼ cup extra-virgin olive oil | 1 to 2 tsp. fresh thyme, oregano, |
| 3 Tbsp white wine vinegar | marjoram, basil, rosemary, minced |
| 1 Tbsp fresh parsley, minced | 1 pint of cherry tomatoes , sliced in |
| 1 tsp. sugar | half |
| 1 tsp salt | |

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.



Say Good-Bye to Phil

Today's the last delivery for summer squash. Hope you had enough of it in your deliveries this year. If you're an official member of the farm and would like one more blast of summer squash, come on out next week to pick through the field before they're plowed under. Please call to set up an appointment. So say good-bye to our seasonal mascot "Phil" who was created in celebration of the summer squash season. Thanks a lot Phil but now it's off the compost pile. There you'll be until next summer when you return as compost to nourish next year's summer squash. Thanks again Phil!

Swiss Zucchini Bake

2-3 cups thinly sliced zucchini	1/4-cup milk
1 lg. onion , thinly sliced	1 tsp. salt
1/4-cup butter	1/2 tsp dries mustard
2 eggs, beaten	1 cup grated Swiss cheese

Sauté zucchini and onion in butter. Place in baking dish. Combine eggs, milk, salt, mustard, and half the cheese. Pour over vegetables. Sprinkle with remaining cheese. Bake at 375 Degrees F. for 20 minutes, or until firm.

Fried Zucchini

- 2 **Zucchini**, quartered and sliced
- 1 **onion**, sliced into rings
- ½ cup all-purpose flour
- ½ cup cornmeal
- ½ tsp salt
- ½ tsp ground black pepper
- ¼ tsp. garlic powder
- 1 cup vegetable oil for frying

Place zucchini and onions in a medium bowl and mix together. In a small bowl mix flour, cornmeal, salt, pepper and garlic powder. Pour dry mixture over zucchini/onion mixture, cover bowl and shake well. Let the mixture sit for about 30 minutes; a batter will form on the vegetables. In a medium skillet heat oil over medium heat. When oil is hot add breaded vegetables and fry, turning to brown evenly.



Pasta with Sun Gold Tomatoes

- 4 Tbsp. extra-virgin olive oil, divided
- 8 oz. **Sun Gold** or **cherry tomatoes**
- 2 **garlic** cloves, thinly sliced
- 1/4 tsp. crushed red pepper flakes
- Kosher salt
- 6 oz. capellini, spaghetti, or bucatini
- 3/4 cup finely grated Pecorino or Parmesan
- 8 medium fresh basil leaves, torn into pieces
- Toasted breadcrumbs (for garnish; optional) ([click for recipe](#))



Heat 3 Tbsp. oil in a large skillet over medium heat. Add tomatoes, garlic, and red pepper flakes, season with salt, and cook, covered slightly and swirling pan often, until tomatoes blister and burst, 10-12 minutes. Press down on tomatoes to release their juices. Remove pan from heat and set aside.

Meanwhile, bring 3 quarts water to a boil in a 5-qt. pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain pasta, reserving 1 cup pasta cooking water.

Transfer pasta to skillet with tomatoes; set over high heat. Add 1/2 cup pasta water. Cook, stirring and tossing often, until sauce thickens and begins to coat the pasta, about 1 minute. Stir in remaining oil, cheese, and half the basil and toss until sauce coats pasta and pasta is al dente. (Add more pasta water if sauce seems dry.) Add remaining basil, season with salt, and serve with breadcrumbs, if desired.

Beets Me

recipe by "Me", farmer Steve

- 3/4 cup cooking oil (safflower oil is good)
- 2 medium **beets**, sliced potato chip thin
- 1/2 cup **onions**
- 2 sundried tomatoes, chopped
- *can substitute equal amount of tomato paste
- 10 gold **cherry tomatoes**, chopped in halve
- 2 Tbsp. pine nuts or equivalent (sunflower seeds work great)
- Salt to taste
- Fresh grated parmesan cheese



Heat cooking oil in skillet. Carefully add all ingredients but tomatoes and fry until beets and onions are golden brown. Remove and mix in cherry tomatoes. Serve over a bed of basmati rice, or pasta and top with parmesan cheese. Serves 2.