



What's in the box today?

Beans, Green & Yellow

Beets

Cucumber, slicing &  
Gherkin style

Fennel

Kale

Kohlrabi

Lettuce

Sage

Scallions, Purple

Summer Squash



### Beet Harvesting

Can you taste the hand-picked goodness in all our food? There is a difference to us and some of our long time patrons say they themselves can definitely taste it. I very seldom eat vegetables that were mass produced and machine harvested so I'm not someone to ask that question to. However, when I do on occasion eat commercially grown food there seems to me to be something missing. All of us here put forth a tremendous amount of our own personal energy to care and ultimately harvest everything that ends up in your weekly CSA deliveries. Is it possible some of our own energy is transferred through human contact of each vegetable that makes it taste so good? Or is it the dynamic life force in all plants that harvest the sun's energy through their photosynthesis process? Perhaps neither by a skeptic's belief but some scientist do believe that energy levels in vegetables are affected by the way they're grown and is not a bunch of quackery. Because we care for all of our crops with more personal attention than most commercially grown produce we'd like to take it a step further and say there is greater vitality to the life force in vegetables that were harvested by human hands. Believe what you will and perhaps this small article will further convince you there is something to all of this. Read the article linked below and then you decide how far down the rabbit hole you're willing to go. Have a great week!

Article: ["The Dynamic Cellular Energy of your Food & Your Life"](#)

Click on this link to browse our webstore to see what you can add-on to next week's delivery.

<http://rareearthfarm.csignup.com/store/produce>

## Swiss Zucchini Bake

3 cups thinly sliced **zucchini**

1 lg. onion, thinly sliced

1/4-cup butter

2 eggs, beaten

1/4-cup milk

1 tsp. salt

1/2 tsp dries mustard

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.



Our Sunn Hemp cover crop in bloom.

## Thai Cucumber Salad

### DRESSING

1/3 cup rice vinegar

2 Tbsp granulated sugar

1/2 tsp toasted sesame oil

1/4 to 1/2 tsp red pepper flakes

1/2 tsp salt

### SALAD

2 large cucumbers

3 green onions

1/4 cup chopped peanuts

In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes, and salt. Set the dressing aside to give it time to blend.

Peel and slice the cucumber using your favorite method (see photos below for my technique). Place the sliced cucumbers in a large bowl.

Chop the peanuts into smaller pieces, if desired. Slice the green onions.

Add the dressing, peanuts, and green onions to the sliced cucumbers. Stir to combine. Serve immediately or refrigerate until ready to eat. Give the salad a brief stir before serving to redistribute the dressing and flavors.

bag.

## Fried Beets with Scallions

- ¾ cup cooking oil (safflower oil is good)
- 2 medium **beets**, sliced potato chip thin
- 1/2 cup **scallion**, bulb and tops combine
- 2 sundried tomatoes chopped
- 2 Tbsp. pine nuts
- Salt to taste
- Fresh grated parmesan cheese

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

## Kale Carbonara

- 1/2 lb. spaghetti
- 2 cup **kale**, ribs removed and leaves chopped
- 4 slices bacon, chopped
- 3 large eggs, beaten with a fork
- 1/2-1 cup freshly grated Parmesan cheese
- Freshly ground black pepper

In a large pot, bring water to a boil and add spaghetti. When your spaghetti is al dente add the kale and cook it for about 2 minutes. Then, before you drain it, save about a cup of the cooking liquid. After draining it, return the pasta to the warm pot.

Cook the bacon in a skillet and then set it aside. Add kale in the skillet and cook until it is wilted.

Pour the eggs over the spaghetti and add the cheese, bacon and wilted kale.

Toss with tongs, adding a little reserved pasta water if you like, until the eggs are cooked, which is about one minute or two.

You don't need to add all the liquid you saved. It will depend on how liquid you want your sauce to be.

Season with fresh ground black pepper.