



What's in the box today?

Beans, Green & Yellow

Beets

Carrots

Cabbage, Green Savoy

Cucumbers, slicing.

Dill

Kohlrabi

Peppers, Colored Bells & mini "Lunch Box" type

Onions, White

Summer Squash, Patty Pan

Tomatoes, Cherry



Rare Earth News



Tomato season is here at last. Our cherry tomatoes are always the first to ripen and then a couple of weeks later we'll begin picking our bigger slicing tomatoes. So far the plants look good but I'm crossing my fingers the organic fungicide treatments made throughout the season will protect the plants from the late blight. This common

disease we experience here in Wisconsin every year was the cause of the potato famine in Ireland in the 1840's. The late blight pathogen (*Phytophthora infestans*) found on almost every continent is difficult to control with organic chemistries but with their use we hope to suppress the disease well enough to send out a good amount of tomatoes before their eventual demise. In all we're going to do our best

to keep delivering tomatoes hopefully right up to the first frost.

The white onions in today's delivery are the first of our large slicing onions. We'll be including onions in all of our deliveries right up to the last delivery of the season. If your onions begin piling up around the house you can squirrel them away for later use. These white onions today are not a true long term storage onions, but the reds and especially the yellow onions to come are well suited for you to begin building a storage supply for use during the winter. Store onions in the coolest place of your house and out of light. If you're a big onion user you can purchase more online before the end of the season. Enjoy this week's harvest.



Link to our online store: <http://rareearthfarm.csasignup.com/store/produce>

Onion, Cheese & Pepper Quiche

Makes two quiches

5-6 cups shredded muenster and/or colby jack cheese, divided in half
2 tablespoons butter plus more for greasing pans
1 large **white onion**, finely chopped
1 cup **red or yellow bell pepper**

12 large eggs, preferably organic or free range eggs
2 cups heavy cream
1 tsp salt
1 tsp ground black pepper
2 tsp dried thyme

Preheat oven to 350 degrees. In a separate skillet, add the butter and melt over medium-low heat. Add the vegetables and sauté until onions are translucent and soft. Remove from heat and cool.

Butter two 10 inch quiche pans or deep pie pans. Put 2 cups of shredded cheese in bottom of each buttered pan. Add 1/2 of cooled vegetable mixture to each pan in an even layer over cheese.

Crack 12 eggs and pour into a large mixing bowl. Add the cream and spices, and whisk together until well mixed and frothy. Pour 1/2 mixture over each pan of cheese and veggies, then use a fork to gently and evenly distribute cheese and vegetables into egg and cream mixture.

Slide quiche pans into oven, leaving an inch of space between pans. Bake for about 20-25 minutes or until set and puffy and slightly golden in the center. You can also use a knife to insert into middle of one of the quiches, and if it comes out clean, they are done.

Cut each quiche into 6 equal sized servings for a total of 12 servings. Serve immediately, or cool and refrigerate or freeze. These will keep in the freezer for a two weeks, or the refrigerator for a week.

Refrigerator Dilly Beans

1 pound whole **green or yellow wax beans**, rinsed and trimmed
1-1/4 cups water
1 cup apple cider or white vinegar
2 tablespoons kosher salt
4 medium cloves garlic, *slightly smashed*

6 to 8 sprigs fresh **dill**
2 small dried chile peppers
1/4 teaspoon dried red pepper flakes
2 teaspoons mustard seed

Sterilize two wide mouth pint jars, and lids; dry and set aside. Blanch and shock beans by dropping them into boiling water first, then return to a boil for 2 minutes. Drain immediately, then transfer to a bowl filled with iced water until cold. Drain.

Meanwhile bring water, vinegar and salt to a boil, boiling until salt is dissolved. Remove from heat and set aside. Distribute beans, trimming if needed, garlic, dill, chilies, red pepper flakes and mustard seed, evenly between the two jars. Pour hot vinegar mixture over beans to cover plus 1/4-inch. Add lids and set aside to cool; refrigerate at least 24 hours or up to several days before using. Not shelf stable so keep leftovers stored in refrigerator.

Parmesan Dill Biscuits

- 2 cups all-purpose flour
- 1 tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups + 1 tbsp. heavy cream divided
- 1 1/4 cup shredded high-quality Parmesan cheese divided
- 1/4 cup + 1 tbsp. **fresh chopped dill** divided

In a medium bowl, whisk together flour, sugar, baking powder, and salt.

Add heavy cream, 1 cup Parmesan, and 1/4 cup dill.

Stir with a wooden spoon just until the dough forms, which will happen quick - just a few stirs. The cream absorbs very fast.

Form dough into a 3/4-inch thick disk on a lightly floured surface.

Cut dough into rounds with a 3-inch biscuit cutter or round cookie cutter. Reform scraps to continue cutting biscuits.

Place rounds on a parchment paper-lined baking sheet, at least 1 inch apart.

Brush the tops lightly with remaining heavy cream.

Sprinkle with remaining Parmesan cheese and dill.

Bake at 450 degrees for 15-18 minutes, or until the bottoms are golden brown. Serve warm!

Buttery Cabbage with Dill

- 4 tablespoons butter, divided
- 1 pound **Savoy Cabbage**, cut in half, cored, thinly sliced lengthwise
- 1/4 pound **carrots**, cut into matchsticks
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 3 tablespoons chopped fresh **dill**



Harvesting Dill

Heat a large skillet over medium-high heat. Add 2 tablespoons butter. Once melted, add the cabbage, carrots, pepper, and salt. Stir well. Cover and reduce heat to medium. Simmer for 5 minutes.

Add the remaining butter and the dill. Cook for 1-2 minutes, until the butter is melted. Stir well. Serve.