



Rare Earth News



What's in the box today?

Cabbage, Green

Carrots

Bush Beans, Green &
Yellow

Cantaloupe, Certified or-
ganic from the Norman
Miller farm in Pardee-
ville, Wisconsin

Eggplant

Garlic

Onions, Red & White

Kohlrabi

Salad Mix

Peppers, assorted sweet

Tomatoes, gold cherry

It's carrot digging day today. Our staff grabs broadforks from the tool shed and they then head out to the carrot patch. Not having any specialized equipment for harvesting carrots the only way to dig them out is doing it by hand. A bin like the one in the picture above will hold around two hundred pounds, and with four people digging it's takes a good couple hours to fill. Filled to the brim the bin is transported back to our pack house where further time is spent to remove the tops before they're placed in a machine that washes the mud off. That leaves the shiny orange roots ready for bagging.

Vegetable farming whatever the scale of your operation, it's still a very labor intensive business to be in. All we

do to grow and pack the vegetables that end up in your weekly deliveries has to be done in the most efficient means possible. Not having the luxury of using specialized machinery to perform the specific tasks harvesting or packing, the job is done often by a lot of ambitious people who find the physical element of working here highly worthwhile. What other occupation offers the benefit of getting great exercise, daily tanning, and a plethora of food to eat. At times the methods used to perform the work seem a little archaic but the result is good. Or at least it has been so far.

So where do we put ourselves as farm operators to maintain an operation like ours and to stay in business? We're finding the challenge of running a small business in the big world of commerce is getting harder to compete. The traditional CSA style market that has served us well for over twenty years is now become somewhat out of date and there's a need for change. Across the nation all CSA farms have had to make some drastic changes to their program, or face having to close their doors. In some respects we're feeling the need to make some changes too. In the scope of our business we've always wanted to do everything possible to satisfy your needs for buying fresh produce. We're now coming to believe we've lost a few points with some consumers in the category of convenience and choice. We're trying to lay some groundwork for next year's program and we hope some of the changes we make will be of benefit and interest to you. Two things that are on the list of considerations is possibly doing a free choice, getting to choose the produce you want, how much, and doing-home delivery is also under consideration. Both options have become attractive features to consumers. However we look at it, it most likely will change our game plan.

At this point it's just an idea so let's wait to see what we can come up with together. We want to include your valued input as we develop ideas for next year. Please take the time to give us your feedback about how we could make our program more attractive to you. Click [Here](#) and let us know if you'd like your choice of what you get, and also have it brought to your door. Our biggest question we ask ourselves constantly is what we can do to improve your experience with us. It's been personal and direct all along with our customers, and somehow we'd like to keep it that way. Thank you and have a nice week!

Haluska

¼ cup butter

1 medium head of **cabbage**, shredded or very finely sliced

1 large **onion**, halved and sliced

1 pound egg noodles

1 pound carton sour cream (fat-free or reduced-fat is fine)

Salt and pepper

Begin heating a large pot of salted water for the noodles.

Melt the butter in a large Dutch oven over medium heat. Add the cabbage and onion and sauté, stirring frequently, until the cabbage is limp and completely tender, about 10 minutes.

Cook the noodles in the boiling water until tender, 7-9 minutes, or according to package directions. Drain well.

Add the noodles to the cabbage and mix well. Add the sour cream and stir until distributed throughout the dish. Season with salt and pepper to taste. Serve immediately. 6-10 servings



As an accomplished eggplant farmer I've always felt that I should eat and love all the vegetables I grow. Of all the vegetables I've discovered over my lifetime the eggplant has been one of my more recent culinary breakthroughs. I always enjoy growing them but it took me a good many years to catch onto this incredible vegetable. Now I am happy to say I love eating eggplant even more than growing them. I

hope if your still a ways off from loving the sight of these perhaps I might be of some help in finding an exciting way in preparing eggplant that you'll end up craving.

Our favorite use seems to be with the sandwich. At this time of the year sandwiches are in. One night we fired up the grill and grilled eggplant and made sandwiches. Oh Wow! Another excellent use.

So if you want to begin somewhere to change your mind on eggplant try a good sandwich recipe. Good on stove tops too but charcoal grilling is by far the best.

Check out this google link: [*Pictures of eggplant sandwiches on Google:*](#)

Here just one idea and if you like a breaded eggplant version.

Cut the eggplant into 1/2" thick steaks. Salt the slices and let sit for about 10 minutes. Dip the slices in flour, egg, and bread with a mix of Panko bread crumb and your favorites seasonings. Spice it up and put a little chile powder with salt , garlic powder, and parmesan cheese. Put the slab steaks on the grill using an indirect method for placing the coals. Grill slowly with about 5 to 8 minutes per side. Place cover on grill for the first have of the cooking time and then finish uncovered. This will cook the inside of the eggplant and the last half uncovered with give you that nice crisp outside.

If this doesn't do it for you then perhaps nothing will. Give it a try and good luck!

Grilled Eggplant Sandwich

- 3 Tbsp. extra-virgin olive oil, plus more for grill
- 2 **garlic** cloves, minced
- Coarse salt and ground pepper
- 1 loaf crusty bread (10 ounces), such as ciabatta, sliced in half lengthwise
- 6 ounces fresh mozzarella, thinly sliced
- 1 medium **eggplant** (8 ounces), cut lengthwise into 1/4-inch slices
- 2 medium tomatoes, cut into 1/2-inch slices
- 14 fresh basil leaves

Heat a grill or grill pan to medium-high. Clean and lightly oil hot grill. In a small bowl, combine garlic with 1 tablespoon oil; season with salt and pepper. Brush garlic oil on cut sides of bread and grill until lightly toasted on both sides, 1 to 2 minutes. Top bottom half with cheese.

Brush eggplant with 1 tablespoon oil and season with salt and pepper. Grill until tender and lightly charred, 12 to 15 minutes, flipping once. Layer eggplant on cheese. Brush tomatoes with 1 tablespoon oil and season with salt and pepper. Grill until lightly charred, 2 to 3 minutes, flipping once. Layer tomatoes on eggplant, top with basil, and sandwich with top half of bread. Cut crosswise into 4 pieces and serve.

* Don't have slicing tomatoes coming in yet halve cut some of the cherry tomatoes and put those on fresh!

Cabbage, Onion and Sweet Pepper Tart

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| 1 yeasted olive oil pie crust | 2 garlic cloves, minced |
| 2 tablespoons extra virgin olive oil | 1 tablespoon tomato paste |
| 1 large onion , finely chopped | Freshly ground pepper |
| Salt to taste | 3 eggs |
| 3/4 pound red or mixed bell peppers (2 large), cut in small dice | 1/2 cup low-fat milk |
| 1 pound cabbage , shredded or chopped | 2 ounces Gruyère cheese, grated (1/2 cup) |

Heat the olive oil in a large, heavy skillet over medium heat and add the onion. Cook, stirring, until it begins to soften, about 3 minutes, and add a generous pinch of salt and the peppers. Cook, stirring often, until the onion and peppers are tender, about 5 minutes, and add the cabbage. Stir together, add salt to taste, cover and cook, stirring often, for 20 to 25 minutes, until the cabbage is very tender and sweet. Add the garlic and tomato paste and continue to cook, uncovered, stirring often, for 5 minutes. Season to taste with salt and pepper and remove from the heat.

Preheat the oven to 375 degrees. Oil a 10-inch tart pan or cake pan and line with the dough. Whisk the eggs and milk together in a large bowl, add salt and pepper to taste and stir in the vegetables and cheese. Mix together well and scrape into the pie shell.

Bake 45 to 50 minutes, until the top is lightly browned. Remove from the heat and allow to cool for at least 10 minutes before serving. Serve hot or at room temperature.

