



Rare Earth News

What's in the box today?

Basil
 Broccoli, Gai lan
 Carrots
 Bush Beans, Green & Yellow
 Watermelon, Yellow Doll
 Certified organic from the Norman Miller farm in Pardeeville, Wisconsin
 Dill
 Garlic
 Kale
 Onions, Red & White
 Lettuce
 Parsley
 Peppers, Hot Jalapeno & Poblano
 Peppers, assorted sweet
 Tomatoes, Slicing & Roma
 Tomatoes, gold cherry



Our staff in the picture above is harvesting a vegetable that looks almost like broccoli but in fact it's a type of broccoli where the leaves and the small florets are both used for cooking. A member in the Broccoli family it's called Broccoli "Gai Lan", or Chinese broccoli. Whatever you care to call it, its simple to prepare and it's delicious.

When you see it in your box today you'll probably notice there's been some insect pressure on these plants. The perforations in the leaves are a result of their persistent eating habit. Good pest management requires constant attention and precision timing. Those are two factors of vegetable farming that at times we fall short on. The effectiveness of insect controls are highly depend-

ant on the timing of the applications, and also keeping up a consistent spraying schedule. For personal safety and for ecological reasons even though we use all organic insecticides we prefer to stick to a limited use of them when trying to keep insects in check. Every now and then when the weather doesn't cooperate, or when we simply don't have the time to spray we have to determine an acceptable tolerance to the damage that insects cause. We hope your tolerance to insect damage is on the same level as ours.



Try the recipe below for Dim Sum style Gai-lan. If you want to experiment without a recipe just slice the leaves into ribbons. Lightly steam or sauté together with the florets. Add butter and seasoning of your choice and it's ready to eat. Great served over rice.

As August comes to a close we find ourselves in the midst of the busiest time of the year. Even though the work load is non-stop and tiring there is still a high level of thrill when seeing all the food coming in from the field. This time of the year has always provided us with a lot of fond memories. Now in the middle of our peak harvest time for Wisconsin, it looks like it will end up being another great year to remember.

Our work here is like a long distance race, and now the finish line is within our view. My old high school track coach always told me to never look back during a race. But I just couldn't help at times to sneak a quick peek to see who was closing in on me. Coach was right because I lost more races than I won. A farmer now and not a track star I take a momentary mental look back at the days gone by. I see fall closing in on me now, but my senses tell me I can win this race. To be triumphant I have to put out one more last blast of energy and sprint towards the finish line. Just give it and go for the gold! We can do it! Thank you for cheering us on all along. Have a great week and eat well!

Dim Sum Style Gai-Lan (Chinese Broccoli)

1 lb Gai Lan or 1 lb chinese broccoli

2 tsp. salt

1tsp. baking soda

1garlic clove, sliced

1inch gingerroot (1 inch piece, peeled)

2 tsp. toasted sesame seeds

Sauce:

3 Tbps. oyster sauce

3 Tbps. water, or 3 Tbps. chicken broth

1 Tbps. mirin or 1 Tbps. dry sherry

1 Tbps. sugar

Gai Lan: Rinse gai lan and trim the end of the stems. Bring eight cups of water to a boil in a large saucepan or stock pot. Stir in salt, baking soda, garlic and ginger. Add gai-lan. Cover and simmer about 4 minutes, until the gai lan turns bright green and is tender-crisp. Drain and serve drizzled with the oyster sauce and sprinkled with sesame seeds.

Sauce: Mix oyster sauce with water or broth, mirin and sugar in a small saucepan. Bring to a boil to melt the sugar. Remove from heat.



Cleaning out the chicken coop is no easy task. With shovels and scrapers the manure and straw mix is removed from the hen house and gets hauled out to our compost pile and turned into fertilizer for next year.

Caramelized Onion and Kale Frittata

4 large eggs

4 large egg whites

1/4 cup Asiago cheese, shredded

1/2 bunch **kale** (about 4 cups), washed well

1 large white **onion (2 cups)**, sliced thin

1 Tbsp butter

1 Tbsp. olive oil

pinch of salt and fresh pepper to taste

Combine large eggs and egg whites and Asiago cheese. Salt and pepper to taste. Set aside.

Remove the stems from the kale then cut the leaves into thin 1/8th inch strips.

Heat a 10-inch skillet on low heat; melt 1 tbsp butter & olive oil blend, then add the onions. Slowly cook the onions, stirring occasionally until the onions become translucent, about 8 to 10 minutes. Bring the heat up to medium and cook until the onions caramelize. Set aside on a dish.

Add the remaining 1 tbsp butter & olive oil and kale and sauté until wilted, about 4 to 5 minutes. Season with salt and pepper.

Reduce heat to low; pour eggs and onions into the skillet, mix well to blend. Reduce heat to low and cook until the edges set, about 6 to 8 minutes. Once the bottom and edges set, place in the oven and bake until completely set through, about 8 minutes.

Refrigerator Dilly Beans

1 pound whole green beans (about 3-1/2 inch in length), 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.



Basil Butter

1/2 cup butter at room temperature

2 tsp. lemon juice

1 Tbs. chopped fresh parsley

3 Tbs. chopped fresh basil

salt and pepper to taste

Cream the butter and beat in the lemon juice, a little at a time. Beat in the parsley and the basil. Season with salt and pepper. Serve in a serving dish or place on waxed paper and roll into a log. Chill overnight. Slice to serve.