



What's in the box today?

Beets
 Bush Beans
 Broccoli
 Carrots
 Cauliflower
 Kohlrabi
 Summer Squash
 Tomatoes



Rare Earth News

Workers Lucas Young (left), Tim Imp (center), and Rebecca Carriere (right) pulling the last of the Kohlrabi from the field. Below: Kohlrabi's are given a good cleaning with our vegetable washer.

Greetings to everyone on this first week of August. Summer's moving right along. This past week was a great week for rain. Didn't get a lot but what we did get was very beneficial. Everything is looking great but it's still frustrating to see how behind schedule many of our crops are for this time of the year. This week has shown great signs of improvement with the rain and the warmer evening temperatures. Our sweet corn has grown a foot within the last week and the tassels are now starting to poke their way out.

The tomatoes you've receive so far have all been from the greenhouse. The field tomatoes are still quite green so it's going to be a while before we begin our field harvest. We are picking a few cherry tomatoes though and so as their numbers increase over the next couple of weeks you will start seeing those in the boxes. Again warm weather will make all the difference.

Perhaps were moving into a better period of weather. Actually Farmers Almanac predicted warmer temperatures in the beginning of August. Towards the end of this month they are predicting cooler than normal temperatures . Hope that's not the case. I guess we'll just have to wait and see.

We're coming into our busiest time of the year and so there may be a noticeable decrease in the amount of information in our upcoming newsletters. We enjoy publishing these letters together but sometimes our outside work takes precedence over our desk work. We'll still be doing our newsletters but they may be a little more condensed than the earlier editions. Don't worry we'll still be in touch. Take care and have a nice week!

Steve and Debra Jo



Delivery #8 Saute

-By Debra Jo Becker

- 1 small **cauliflower** or half a large, cut into bite size pieces
- 1 quarter to half a head of **broccoli**, cut into bite size pieces
- 1 small zucchini or summer squash, cubed
- 1 teaspoon cinnamon
- 1 teaspoon freshly grated nutmeg
- $\frac{1}{2}$ teaspoon cloves

<ul style="list-style-type: none"> $\frac{1}{2}$ teaspoon sea salt olive oil butter Jarlsburg, or parmesan cheese, shredded
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Heat olive oil and butter over medium heat in a large skillet. Place broccoli, cauliflower and squash in pan. Add cinnamon, nutmeg, cloves and salt and toss to coat vegetables evenly. Sauté the veggies for 8-10 minutes until tender. Add additional olive oil if vegetables look dry during cooking. Sprinkle as much or as little cheese on top of veggies during the last minute of cooking. Serve immediately. Works as a side dish on its own or as a main course over rice or mashed potatoes. Chicken or pork is an excellent partner if you are looking to add a protein to the meal.



John Vue poses with one of the Broccoli plants he just cut. We eat and see for sale in grocery stores only a small part of the entire plant. Although edible, in order to fit the broccoli into the delivery boxes we have to remove the leaves from the head that forms in the center of the plant.

Crop Progress Report

- Field tomatoes are starting to form their fruit. It's going to be a good month before they begin ripening for delivery. Cherry tomatoes are starting to trickle in. It will probably take a couple of weeks before we'll be able to start picking for every member
- Shallots. We've been keeping our eye on the shallots. They will need another week or two before we harvest.

Baked Cauliflower

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| <ul style="list-style-type: none"> 1 head of cauliflower 2 T. flour 2 T. butter 1 C. milk salt and pepper $\frac{1}{2}$ C. green onions chopped | <ul style="list-style-type: none"> 2 T. chopped roasted pepper 1 C. sharp cheese grated $\frac{1}{2}$ C. buttered breadcrumbs |
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Cook cauliflower in boiling water for 8 minutes. Use enough water so that it covers the cauliflower. Water should be boiling when you add the cauliflower. At the end of 8 minutes, remove cauliflower from water and rinse with cold water to stop the cooking. Drain while preparing sauce.

Melt butter in a small saucepan. Add flour and stir until blended. Gradually add milk, stirring until smooth and thick. Add salt, pepper, roasted pepper, green onions and cheese. Stir until cheese has melted.

Place cauliflower in a baking dish that has been sprayed with oil. Pour sauce over cauliflower. Sprinkle with the breadcrumbs.

Bake at 375°F. for 25 minutes or until slightly browned. Serves 4 - 6.

Eggplant & Squash Gratin

-Spiral Path Farm recipe modified by member Elizabeth Leahy Madsen

*This is just as delicious made with all summer squash or eggplant depending which is in season

- 1 Oriental eggplant
- 1 yellow squash or **zucchini**
- 30 cherry tomatoes such as sun sugar, or 1 large/2 small regular **tomatoes**
- 4 oz melting cheese (mozzarella, Chihuahua, Monterey Jack, etc)
- 1-2 tablespoons fresh herbs (such as basil) or to taste, minced
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar

Preheat oven to 350°F. Slice the eggplant and squash into rounds and sauté in additional olive oil, with salt and pepper, until soft. Slice tomatoes (halve if using cherry tomatoes) and grate cheese. Whisk the oil and vinegar together. Grease a small casserole dish (such as 8" square).

When eggplant and squash are done and have cooled a bit, layer the rounds in the dish (there should be enough for about three layers). Between each layer sprinkle 1/3 of cheese, 1/3 of minced herbs, and 1 tablespoon plus 1 teaspoon of vinaigrette. Make sure to end with cheese on top. Bake gratin for 20 minutes. Serves 4 as a side dish.

Creamed Kohlrabi

-from Richard Palm, Pastry Chef at the American Club

- 1 Tbsp butter
- 2 bulbs **Kohlrabi**, peeled and sliced
- 1 cup low-sodium chicken stock
- $\frac{1}{4}$ cup heavy cream
- 2 Tbsp. parsley minced
- $\frac{1}{4}$ tsp nutmeg, freshly grated

Melt butter over medium low heat. Sauté Kohlrabi briefly. Add chicken stock and cover the pan. Cook until tender. Uncover and cook until chicken stock is almost gone. Add cream and heat until boiling and slightly reduced. Add and adjust seasonings.

Cauliflower and Beet Salad

Boil a head of cauliflower in a piece of fine cheesecloth, until tender. Remove from the heat and break into flowerets, sprinkling with a tablespoon of lemon juice. When cold, arrange neatly in a dish, adding two tablespoons of cold boiled beets cut into dice, a tablespoon of chopped parsley and a teaspoon of finely minced wild sorrel. Mix them lightly with a French dressing, and garnish the base of the salad with a border of boiled carrots and beets, cut into fancy shapes.