



What's in the box today?

Beans, Italian Flat Pod

Celery

Cucumber

Kohlrabi

Lettuce

Pepper, Green Bell

Scallions

Summer Squash

Snap Peas

Radishes



Weeding on a perfect sunny summer day and with a sweltering temperature of 90 degrees Fahrenheit.



## Rare Earth News

A really hot week but nothing to complain about when living in Wisconsin. If you're feeling a little hot and you're unable to fathom the heat think back to February 2nd 1996 when we hit a Wisconsin all time record of fifty-five below zero. Ah! Much better now. That's what all the people in the above photos were thinking during this weeding session.

Weeding is a very important and unavoidable task when farming without the use of herbicides. Not using a chemical means to kill weeds we have to rely on a combination of mechanical and hand weeding techniques.

**Attention to our recycling guidelines.** Our pick-up locations are receiving a lot of unwanted packaging material. We appreciate your intention to recycle these materials but please return only the containers that were issued from the farm. This includes: egg cartons, corrugated vegetable boxes, and plastic clamshell containers. Thank you!

Ask our crew about their level of pain and suffering while hand weeding on hot day in the 90's and they all say "no problem". Actually my crew is well seasoned to this work and what many have claimed is the experience is a peaceful form of meditation. If you subscribe to the philosophy of Buddha according to his teachings, pain in life is inevitable but suffering is optional. Pain is what the world does to you, but suffering is what you do to yourself by the way you process or think about the pain you experience. The next time you're in the midst of what you think is the ultimate suffering rise above it and think to yourself it could be a lot worse. You could be at Rare Earth Farm weeding in the hot sun. Have a great week everyone. Find a way to stay cool in this heat and take a tip from the lettuce in your CSA box and "Romaine Calm"

**"Power is the ability to do good things for others"**

**Brooke Astor**

**-American Philanthropist**

## Green Bean Pate with Basil

½ pound fresh <b>green beans</b> , trimmed	1 tsp. lemon rind
1 Tbsp. vegetable or olive oil	mayonnaise
1 –2 scallions, coarsely chopped	seasoned salt and pepper, to taste
3 hard-boiled eggs	melba toast or crackers
3 Tbsp. finely chopped fresh basil	garnish with nasturtium flowers

Cook beans until tender by boiling or steaming. In a skillet, heat oil; add onion and sauté until softened. Cool. In a food processor or chopper, process or grind green beans, onions, eggs, basil and lemon rind until roughly pureed. Remove to a bowl; mix in just enough mayonnaise to hold mixture together. Stir in seasoned salt and pepper to taste. Chill. Garnish with whole nasturtium blossoms. Serve with melba toast or crackers.

## Korean Cucumber Salad

1 <b>cucumber</b> , about 1 1/2 cup sliced for 1 cucumber	
1 Tbsp. soy sauce	1/2 tsp. or more red chili powder
2 Tbsp. rice vinegar	1/4 tsp. sesame seeds
1 Tbsp. sugar	2 purple scallions , chopped

Slice cucumbers into thin slices. Around 1/8 inch (3 mm).

Mix soy sauce, vinegar and sugar in a bowl. Pour soy vinegar into the bowl with cucumbers.

Then, add 1/2 tsp chili powder and sesame seeds. Mix and taste. Add more chili powder if you want. Doing it in this order allows you to taste and control the amount of chili powder based on how spicy you want it.

Add chopped green onions and mix again.

Serve immediately for the most fresh and crunchy cucumber flavor. You can also let it