



# Rare Earth News



What's in the box today?

- Basil
- Cucumbers
- Kale
- Kohlrabi
- Lettuce, head
- "Salanova" Salad mix
- Pole Beans
- Scallions
- Snap Peas

Kris & Jenni Herrick begin the Salanova salad mix production by harvesting individual heads of several different specialty lettuce varieties. In the pack house Frances Hrlevich, and Patrick Whalen (below) cut and mix all the different lettuces together Last Ellie Hrlevich (right) dunks and spin dries the mix to complete the process.





Flat pod Italian pole beans are different in both the way they grow and the way they should be prepared for cooking. The pods hanging from their vines when harvested can be anywhere from 6 to 10 inches long. With the size they are normally its best to cut them into pieces for cooking. The method we like to use is to cut the bean lengthwise as shown in the lower photo and then lightly steam just long enough to make them tender but still keeping their nice green color. Serve them as you would with any other fresh green bean. Butter with a bit of salt is all you need. If you're a fan of cheese sprinkle a little parmesan over the top prior to serving.



## Green Bean Pate with Basil

½ pound fresh green beans, trimmed

1 Tbsp. vegetable or olive oil

1 onion, coarsely chopped

3 hard-boiled eggs

3 Tbsp. finely chopped fresh basil

1 tsp. lemon rind

mayonnaise

seasoned salt and pepper, to taste

melba toast or crackers

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.

Makes 2 cups

## CUCUMBER BASIL SORBET

- 4 cups chopped **cucumber**
- ½ cup honey or maple syrup
- ½ cup fresh **basil** leaves
- 1 tablespoon rum

Put all the ingredients in a blender and process until smooth. Transfer to a container and refrigerate until cold. Pour the mixture into an ice cream maker and process until the mixture is thick and creamy.

## CHEESY KALE CHIPS

- 1 cup white miso paste
- 2 cloves garlic, (minced)
- ½ teaspoon unrefined sea salt
- 1 cup nutritional yeast
- 2 tablespoons extra virgin olive oil
- 2 tablespoons dulse granules
- 3 bunches **kale**, (trimmed of stems and torn into bite-sized pieces)

Looks like the work of quintillion quantities of flea beetles. Time to use our bat dehydrator and make these cheesy kale chips.



Holy Kale Robin! What on earth will we do with this pile of perforated plunder?

Combine miso, garlic, salt, nutritional yeast, oil and dulse into a food processor, and process until it forms a smooth paste.

Working in batches, place kale into a large mixing bowl. Massage kale with the seasoned miso paste so that the paste adheres to the kale leaves. Layer the kale onto a lined food dehydrator tray and dehydrate at 125 F until crispy - about 12 hours.

# BUY FREE RANGE CHICKEN FROM RARE EARTH FARM

The deadline is today to place your order for free-range roasting chickens.

Our chickens raised at Rare Earth are fed and grazed in what is referred to as a "free range" environment. These birds for the main part of their life cycle are left to forage outdoors searching for their own natural foods. The feed provided to balance their diet contain no antibiotics or growth hormones and is **100% certified organic**. The birds also have access to a fresh water supply and comfortable shelter.

If you would like to purchase roasting chickens please place your request by clicking on the link below. Give our chickens a try this season. Once you try our chicken you'll never go back to factory raised poultry!

## About the chickens

- Chickens will be processed and available for delivery in October.
- All chickens are bagged and freezer ready
- Whole birds only, and include giblets.
- All chickens are processed at a local state licensed non-automated facility.
- Weights will be in the range of 3.5 to 6 lbs.

**Price: \$5.00 per pound.**

\*No deposit required. Just click here: ["Order Chicken"](#)



Scallion harvest at Rare Earth as with most of our crops requires a lot of hands for the entire process. Digging, cleaning, and washing takes hours of work. The scallions as they continue to grow will eventually graduate to a sizeable "mini-onion" status that are still excellent for fresh eating and cooking. Don't throw out the tops. They're edible too or can be used for making stock. They serve a great purpose at this time of the season until our regular storage onions are ready.

Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.

-Thomas Jefferson