



Rare Earth News

What's in the box today?

Basil
Beans, Italian Flat Pod
Cucumber
Summer Squash
Kohlrabi
Lettuce
Pepper, Green Bell
Radish, Black Spanish
Snap Peas
Scallions

Sitting down on the job. Made our first pass on this years garlic harvest. Took six of our staff to weight down our undercutter to lift the garlic. See more pictures on page 2.

Have you ever experienced picking the perfect vegetable? I have and I must say I get a thrill every time when I come across that ideal specimen laying in the field. It's as if I stumbled upon a pot of gold. I'm always in pure awe when I see an unblemished vegetable in picture perfect condition. Your eyes hone in on your target. It's in that prime ready for harvest state. One final glimpse of its birthplace and

then snip! You grab it, and place it into your shopping cart.

I use the term "shopping cart" with a bit of irony because we all kind of get that same sensation at a grocery store when we snip things off the shelf and put them into our shopping cart. We see at that moment what we believe in our mind is the perfect specimen that's ready to harvest. And the price is right too! Ha!

We feel fortunate to have the opportunity in our life to do almost all of our shopping for produce right here at the farm. We'd like you to have the same experience in life as we do. That's to do your shopping for produce here with us. When you open your box every week I hope you see that same perfect vegetable that we saw the day we picked it. L'chaim (Hebrew for "Too life") and eat well everyone!

Attention. If you have the vegetable boxes your food is delivered in piling up at home please return them to your pick-up location so we can re-use them. Egg cartons too!

Thank you!

Garlic Harvest Time!



We harvested garlic this week and the crop looks great. Growing garlic is quite a long process starting with breaking up the full head and planting the individual cloves in the fall. Straw mulch is applied over the ground to prevent a freeze out during the winter. The new green shoots poking up are usually the first signs

of spring (April 13th photo). The scapes you've already received came from the garlic we're now digging. The bulbs will need to be cleaned and dried before we send them out to you. All that should take us close to the end of July to finish. When that's all done there should be plenty of garlic to go around for everyone.

Black Radish

We have a new vegetable trial at Rare Earth and it's the "Black Spanish Radish". We've grown them for a few years for our restaurant business but we were always afraid some would turn their nose up at them. I must say to me the texture and the color of the skin is very stunning in it's own way. If you're not a big fan of radishes you may not get past their unusual look, but if you make an attempt to cook with them you may perhaps have a change of heart for the black radish.



Consider the health benefits too. Great detoxifier, encourages healthy digestion, supports healthy liver, gallbladder, and intestinal functions. Commercial food supplement manufacturers have products that incorporate the health benefits of eating the black Spanish radish in a simple easy to take pill form. Well why use it in its natural pure form. Their in season right now so eat'em while you can for the health of it.

From a culinary perspective the black radish with its strong peppery flavor can be neutralized by cooking (sautéed or roasted) or by peeling the skins before using it raw. Here's a recipe created at home by one of our staff that knows exactly what to do with these bad boys. It's incredibly delicious! Try it, or try one of your own found preferred recipes for the black radish and then let us know if you'd like more of these in an upcoming delivery. Send us your favorite recipes if you have any for our newsletter. Reply with your black radish comments clicking [HERE](#). Thank you!



Nepali Freshly Pickled Black Radish

-submitted by Netra Sharma

Perfectly suitable for 2 Black radishes

What you need:

2 black radishes

A medium size onion – coarsely chopped

5 cloves of garlic – coarsely chopped

Salt as per your taste

Finely chopped ginger – 1 Tbsp.

Mustard seeds – 1 Tbsp.

Cumin seeds – 1½ tsp.

Sesame seeds – 2 Tbsp.

Turmeric- 1 tsp.

Oil of your choice – 2 Tbsp.

A large size tomato – medium size diced

One lime

A Thai chili pepper (optional) – finely chopped

Fenugreek seeds – 1 tsp. (optional- gives nice fragrance)

Preparation of the spices:

In a small sauce pan, individually roast a teaspoon of brown mustard and a teaspoon of cumin seeds and two tablespoons of sesame seeds until brown.

Put them in a blender and make a ground powder of mixture of them.

Preparing and cooking the black radish

Cut the radishes french fry style in length and ¼th of an inch-thick.

In a large sauce pan, heat two tablespoons of oil of your choice

Fry a teaspoon of fenugreek seeds, followed by ½ a teaspoon of cumin seeds.

Now add the chopped onion and fry until brown.

Add the Thai chili pepper, a tea spoon of turmeric powder and fry lightly

Add the radishes previously cut and add salt to your taste.

Stir for 2 minutes in a medium heat.

Add the chopped garlic, ginger and stir to mix well.

Add the diced tomato and cover for 4-5 minutes, make sure nothing burns.

Cut a lime and add its juice into it and mix it well. Cook the radish in medium heat until it tastes like half cooked, then turn the flame off

Add the spices you previously made and mix well. Your pickle is ready to serve hot or cold. Enjoy!

Summer Squash

Often a welcome sight in early summer, this family of highly prolific squash easily wears out its welcome by the end of the harvest. Zucchini and patty pan are the two varieties of summer squash that we focus on growing here at Rare Earth Farm. Zucchini can be yellow or green and are long while patty pan squash resemble little flying saucers.

Despite being 90 percent water, summer squash offers vitamins A and C, potassium and calcium.



We recommend preparing summer squash within 1 week of receiving as it dehydrates relatively fast. Store it in your crisper or wrapped in plastic.

I often freeze excess summer squash, either cut into coins or grated. Coins are great for tossing into sautés and soups and grated squash makes nice “hash browns”. I do not generally blanch the squash before freezing in a zip-loc style bag.

Cooking Summer Squash

Use the following basic methods to create your own recipes, adding other ingredients, seasonings, or sauces that appeal.

BAKING. Clean the squash, then shred, chop, or cut into thin slices, bite-sized chunks, or julienne. Salt, drain, and dry squash. Or blanch the cleaned squash then cut as desired.

Arrange in layers in a baking dish, add melted butter or a sauce and selected seasonings, and bake in a preheated 350° F oven until tender, about 20 to 30 minutes, or a little less for blanched squash.

BUTTER-STEAMING. Clean the squash then shred, chop, or cut into thin slices, bite-sized chunks, or julienne. Salt, drain, and dry squash. Heat about 3 tablespoons unsalted butter or margarine per 2 cups squash in a pan with a tight-fitting lid over medium-high heat. Stir in the squash and salt, pepper, herbs, and other seasonings to taste, cover, and cook until tender, about 3 to 5 minutes; check often to avoid scorching.

DEEP FRYING. Clean squash and cut into strips, rounds, or chunks, or form into balls with a melon-ball scoop. Salt and drain, then soak in ice water for about 30 minutes. Drain and pat dry with paper toweling. Heat at least 2 inches of cooking oil to 370° F. Drop a piece of batter-dipped squash into the oil to test the temperature; the squash should turn golden within about 30 seconds. Add squash pieces. Being careful not to crowd the pan, fry until golden brown, remove with a slotted spoon or fry basket, and drain briefly on paper toweling. Season to taste with salt and pepper.