



What's in the box today?

Broccoli
Cabbage, Green Savoy
Celery
Cucumbers
Kohlrabi
Lettuce, Butterhead
Pepper, Green Bell
Pole Beans
Bush Beans, Green & Yellow
Parsley
Scallions
Summer Squash

“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.”

Masanobu Fukuoka



Rare Earth News

With the forecasted high heat index of over 100 degrees for the next several days staring at the above photo may offer you a slight psychological cooling effect. The panoramic landscape at the farm takes on a whole different perspective in December. The fields then blanketed with snow are now lush with a diverse selection of plant growth from vegetables and flowers, to soil building cover, crops, Forage crops for Ruti and Oz are in their prime eating too. It's "bovine candy" season for them. Ah yes what a great time of the year. Enjoy the heat while it's here!





Garlic will soon be showing up in your weekly deliveries. Looks like a pretty fair crop this year. The garlic is now in one of our buildings curing which will take about another two weeks before we can start passing it out.



Parmesan Celery Salad Recipe

- 8 large **celery** stalks, stripped of strings
- 3 Tbsp. extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 4 tablespoons freshly grated Parmesan, plus more for topping
- 1 1/2 cups / 10 oz / 285 cooked cannellini or garbanzo beans, heated
- 3 tablespoons currants (or golden raisins)
- 1/2 cup / 1 1/2 oz / 40 g sliced almonds, deeply toasted
- sea salt or homemade celery salt
- freshly chopped herbs (or herb flowers), or reserved celery leaves

Slice the celery stalks quite thinly - 1/8-inch or so. Then, in a small bowl, make a paste with the olive oil, lemon juice, and Parmesan. Set aside. In a large bowl toss the heated beans with the olive-Parmesan mixture. When well combined, add the celery, currants, and most of the almonds. Toss once more. Taste and add a bit of salt if needed. Serve in a bowl or platter topped with herb flowers and/or celery leaves.



Roasted Green Beans with Lemon Vinaigrette Drizzle

- 1 lb. **green beans, or yellow wax beans**
- 1 medium sweet onion, halved and sliced into thin wedges (**scallions** can be substituted)
- 1 clove garlic, finely chopped
- 4 Tbsp. butter
- 1 Tbsp. lemon juice
- 1 tsp. honey

1 tsp. Dijon mustard

1/8 tsp. ground black pepper

2 tsp. finely chopped fresh **parsley**

Preheat oven to 425°. Toss green beans, onion, garlic and 2 tablespoons melted butter in 13 x 9-inch baking or roasting pan. Roast, stirring once, until beans are tender, about 25 minutes.

Meanwhile, combine remaining 2 tablespoons melted butter, lemon juice, honey, mustard and black pepper in small bowl with wire whisk. Stir in parsley.

To serve, arrange green bean mixture on serving platter, then drizzle with lemon mixture.

Green Bean and Cucumber Salad

1/4 pound trimmed **green beans**

1 teaspoon Dijon mustard

1 teaspoon lemon juice

3 tablespoons olive oil

1/4 teaspoon kosher salt

Zest of 1 lemon

1 **cucumber**

Bring a small pot of water to a boil and cook green beans for about 3 minutes. Drain and rinse with cold water. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and zest. Halve and seed cucumber length-wise, then slice.

Add the cucumber and green beans to the bowl; toss.



Savoy Cabbage Gratin

About 4 tbsp. butter, divided

1 small head **savoy cabbage** (about 1 1/2 lbs.), cored and cut into 8 wedges

About 3/4 tsp. kosher salt

About 1/2 tsp. pepper

1 garlic clove, chopped

1 1/2 teaspoons chopped fresh thyme leaves, plus thyme sprigs

1/4 teaspoon nutmeg

1 tablespoon flour

1 cup heavy whipping cream

3/4 cup shredded aged gouda cheese*

1/2 cup fresh bread crumbs

Butter a shallow 2-qt. baking dish (about 8 by 11 in.) and preheat oven to 400°.

Melt 2 tbsp. butter in a sauté pan* or large frying pan over medium-high heat and add cabbage wedges cut side down. Sprinkle with 3/4 tsp. salt and 1/2 tsp. pepper; cook, turning once, until lightly browned, 5 to 7 minutes. Add 1/4 cup water to pan. Partially cover and cook cabbage until it's just tender, 3 to 5 minutes more.

Transfer cabbage and any stray leaves to prepared dish, arranging wedges so they lie flat (they should fit snugly). Return pan to medium heat and melt remaining 2 tbsp. butter. Add garlic, chopped thyme, nutmeg, and flour. Stir until thoroughly combined, add cream, and cook, stirring, just until thickened and bubbling, about 2 minutes. Pour cream mixture over cabbage. Top with cheese and bread crumbs. Bake until browned and bubbling, about 20 minutes. Garnish with thyme sprigs and season to taste with more salt and pepper.



Broccoli and Kohlrabi Stir Fry

1-2 small heads of broccoli

1 kohlrabi

2 scallions

Olive oil for pan

chili garlic paste

Wash, trim and cut up roughly equal amounts of broccoli and kohlrabi, and about half as much scallion as either of them. (Exact amounts and proportions will vary, depending on how much you have, and how many people you serve.)

Heat a heavy pan until it is evenly hot. Add the oil and chili garlic paste, and stir rapidly. Add the vegetables, stir to coat with oil, and let rest about two minutes to start to sear. Stir again every two minutes, and test for doneness - time will vary by the tenderness of the vegetables and your taste - I had a perfect tender crisp in about five minutes.

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 as directed, 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.

PAN FRYING. Clean squash and cut into strips, rounds, or chunks. Dip squash pieces into beaten egg. Bread with flour, salt and pepper. Heat cooking oil of your choice and fry turning occasionally until both sides are golden brown.

