

What's in the box today?

- Beets
- Broccoli
- Celery
- Cabbage, Green
- Cucumbers, slicing and pickling
- Garlic
- Summer Squash
- Kohlrabi
- Lettuce
- Marjoram
- Parsley
- Peppers, Bell & Banana
- Snap Peas
- Scallions



An ample amount of rainfall has made weeding one of our very important daily routines. These Brussels sprout are approaching three feet in height and yet we still need to keep the weeds at bay to save the crop and insure you'll have Brussels Sprouts for your Thanksgiving dinner.

When I was little boy I played in my 8 x8 sandbox with toy trucks and tractors. In that sandbox I built cities, roads, bridges, buildings, and created farms. These activities I came to realize were the prerequisite childhood lessons that prepared and paved the way to an eventual career in farming.

Starting out small in 1990 with the intention of staying a small I soon realized after five years in I was going to need more than just a roto-tiller and a couple of garden hand tools to make it in farming. Further capital investments made over the next five years put a lot of those necessary tools and equipment in place to manage Rare Earth's twenty acres.

I'm now working quite a bit more land than I had in my little 8 x8 sandbox, but somehow today seeing



That's me on the tricycle and my neighborhood friend in the wagon.

the scale on which most of our food is grown I feel like I'm back in my sandbox once again. Everything that modern agro and micro economics tell you is in today's world the only possible way to achieve a viable business in farming is to scale up and mass produce food crops. And besides do it at a cost well below the wholesale market value. So what should I do with this 20 acre sandbox in today's economy? The answer to that question has a lot to do with what our main supporting consumer group will choose. What will the majority of us be eating in five, ten, or even in twenty years? Will raw and locally grown produce take a stronger demand, or will we chose other food choices that don't come directly from the producer?

We all have a lot of decisions to make for the future of our planet. How our global food system will continue to supply us with wholesome and nutritional foods will greatly depend on the food choices we make for ourselves today. As for my twenty acre sandbox. I wish at times it was bigger but it's plenty big enough for me to put food onto your table, and that all that matters. I thank you for that privilege to be your farmer. Small is beautiful!

Keep eating fresh foods and talk to others into doing the same. It could save the earth. Rare earth that is! Have a nice week!

よく食べる (Japanese translation for "eat well")

Roasted Beets with Feta

4 **beets**, trimmed, leaving 1 inch of stems attached

1/4 cup minced **scallions**

2 Tbsp. minced fresh **flat-leaf parsley**

2 Tbsp. extra-virgin olive oil

1 Tbsp. balsamic vinegar

1 Tbsp. red wine vinegar

salt and pepper to taste

1/4 cup crumbled feta cheese



Preheat oven to 400 degrees F (200 degrees C). Wrap each beet individually in aluminum foil, and place onto a baking sheet.

Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.

While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.

To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.

Zucchini noodles are easy to make with either a kitchen appliance called a “spiralizer” or just by using a common vegetable peeler. You can buy vegetable spiralizers for under \$20 dollars and will last for years. The zucchini harvest is strong this year and with the million different ways you can prepare them you won’t be lost for ideas. Let’s eat our way through the summer squash season together. Here’s something else we found you can do with your spiralized zucchini noodles. Click on this link : <https://youtu.be/0-HGzjRduJc>

Zucchini Fettuccine with Creamy White Bean Alfredo Sauce

1 (15-ounce) can cannellini beans (white kidney beans), drained and rinsed
2 medium cloves **garlic**, peeled
3/4 cup unsweetened almond milk
1/2 teaspoon kosher salt (plus more to taste)
1/4 teaspoon freshly ground black pepper (plus more to taste)
1 1/2 pounds **zucchini**, spiralized or cut into ribbons with a vegetable peeler
2 tablespoons extra virgin olive oil (divided)

OPTIONAL TOPPINGS:

Fresh minced **parsley** and/or fresh basil cut into ribbons
Extra drizzle of olive oil



Make the sauce: Add the drained beans, garlic, almond milk, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and 1 tablespoon olive oil to the pitcher of a blender (high-speed blender is best). Puree, blending for about a minute until completely smooth. Taste and add additional salt and pepper if desired. You may also want to add more garlic if your garlic is mild and/or if you really love garlic.

Make and cook the zucchini pasta: Using a spiralizer, cut the zucchini into ribbons. Set a large sauté pan over medium-high heat. Add 1 tablespoon olive oil and a pinch of salt. When hot, add the zucchini.

Sauté, stirring occasionally, until tender and reduced in size a bit, 2-3 minutes.

Add sauce! Pour the sauce over the top. Cook, stirring occasionally, until heated through, about 2 more minutes. Top with herbs and a drizzle of olive oil if desired. Serve.



Scallion and Celery Quiche

2 Tbsp. extra-virgin olive oil, to taste

2 bunches good-size **scallions**

1 cup finely diced **celery**

Salt to taste

2 garlic cloves, to taste, minced

Freshly ground pepper

1 tsp. fresh **marjoram** leaves

2 Tbsp. minced Italian flat-leaf **parsley**

2 egg yolks

2 whole eggs

1(9-inch) whole wheat *pâte brisée* pie crust, fully baked and cooled

Freshly ground pepper

$\frac{2}{3}$ cup milk

2 ounces Gruyère, grated (1/2 cup)

1 ounce Parmesan, grated (1/4 cup)

Salt to taste



Preheat oven to 350 degrees.

Heat oil in a medium skillet over medium heat and add scallions and celery. Cook, stirring, until celery is just tender, about 5 minutes. Add a generous pinch of salt, the garlic and thyme, and cook, stirring, until fragrant, about 30 seconds. Season to taste with salt and pepper. Remove from heat.

Beat together egg yolks and eggs in a medium bowl. Set tart pan on a baking sheet to allow for easy handling. Using a pastry brush, lightly brush bottom of the crust with some of the beaten egg and place in oven for 5 minutes. Add salt (I use 1/2 teaspoon), pepper, and milk to remaining eggs and whisk together.

Spread scallion and celery mixture in an even layer in the crust. Stir together cheeses and sprinkle evenly on top. Very slowly pour the egg custard over the filling. If your tart pan has low edges, you may not need all of it to fill the shell, and you want to avoid the custard spilling over. Place quiche, on baking sheet, in the oven and bake for 30 to 35 minutes, until set and just beginning to color on the top. Remove from oven and allow to sit for at least 10 minutes before serving. Serve hot, warm or at room temperature.

Cabbage with Zucchini and Sesame Seeds

- 1 Tbsp. Sesame seeds
- 1 tsp. Olive oil
- 3 cups finely chopped zucchini
- 6 cups thinly sliced cabbage (about 1 ½ pounds)
- ¼ cup rice vinegar
- ¼ cup low sodium soy sauce
- 1 tsp chile paste with garlic
- 1/8 tsp. black pepper
- 1 Tbsp. chopped fresh mint (optional)



Toast sesame seeds in a large skillet over medium heat 3 minutes or until lightly browned, shaking the pan frequently. Remove from pan. Heat oil in pan over medium-high heat. Add zucchini; cook 3 minutes or until tender, stirring frequently. Add cabbage and next 4 ingredients (cabbage through pepper). Cover, reduce heat to medium, and cook 6 minutes or until tender, stirring occasionally. Remove from heat; stir in sesame seeds and mint, if desired. Serve immediately. Yield: 4- 1 cup servings.

Sautéed Broccoli with Garlic

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| 1 bunch fresh broccoli | 2 to 3 Tbsp. olive oil |
| 2 cloves garlic, minced | Salt to taste |

Slice off and discard ends of fresh broccoli stalks; peel stalks only if they are tough. Split stalks, leaving florets attached, in half or into quarters. Steam or drop into boiling salted water and cook just until fork tender. Drain well. (If using frozen broccoli, cook according to package directions until barely tender).

Over medium heat, sauté garlic in olive oil or until golden. Add drained broccoli and salt to taste; sauté just until broccoli is lightly coated with oil and minced garlic, about 3 minutes. Serve at once. Makes 4 servings.

Broccoli-Rice Pilaf

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| 1 Tbsp, olive oil | 1 clove garlic |
| 1 medium onion or equivalent amount of scallions | 1 cup long grain white rice |
| Kosher salt | 1 bunch broccoli crowns (florets only) |
| Pepper | |

Heat the oil in a medium saucepan over medium heat. Add the onion, season with 1/2 teaspoon each salt and pepper, and cook, covered, stirring occasionally, until tender, 6 to 8 minutes. Stir in the garlic and cook for 1 minute. Add the rice and stir to coat. Add 2 cups water and bring to a boil. Reduce heat and simmer, covered, for 12 minutes. Add the broccoli and continue cooking until the rice is just tender, 3 to 5 minutes more. Remove from the heat and let stand, covered, until the broccoli is tender, about 5 minutes. Fluff with a fork.