



# Rare Earth News



Our staff Danielle Wierikko and Ellie Hrlevich (top left) while picking pole beans take a break for this photo. The picture below was taken on May 10th with our crew setting up the trellis that the beans now cling to. The greenhouse our beans are growing in at it's peak is 14 feet



What's in the box today?

- Cucumber
- Kale
- Kohlrabi
- Lettuce
- Pole Beans
- Radishes
- Parsley
- Salad Turnips
- Scallions
- Snap Peas

high. The plants have now managed to reach all the way to the top. Picking is easy as there's not much bending over to harvest like the bush beans we grow in the field that we'll be harvesting later on. Debra Jo (right) poses with her first bean harvest.





Squatters Rights!. Jenni Herrick, Kris Herrick, Stefanie Lukomski, Jim Anderson, Lindsay Jacobs, and Ellie Hrlevich, indulge themselves with a full morning of pea picking. Their harvest buckets serve a dual purpose as a chair and a container for collecting all the harvested peas. The bucket also has been a proven remedy for those who suffer from HBS. (Heavy Butt Syndrome). Afterwards everyone in this group photo had confirmed that they would not be pursuing a full time career in pea harvesting.

## Soba with Parsley-Pea Pesto and Kale

For the parsley-pea pesto:

2 cups **peas**, shelled  
 1 bunch Italian flat-leaf **parsley**, roughly chopped  
 Zest and juice of one lemon

1/2cup slivered almonds  
 1/2teaspoon ground black pepper  
 1/2teaspoon sea salt  
 balsamic vinegar, small splash  
 1/2cup olive oil, divided, or as needed

Add all ingredients except olive oil to a food processor and pulse until roughly combined.

Add 1/4 cup olive oil and continue pulsing until mixture comes together. Add more olive oil, 1 tablespoon at a time, if pesto needs to be thinned out. You want it to be loose enough that it will lightly coat your noodles.

For the Kale and pea preparation:

100 grams dried soba noodles  
 2 cups **peas**  
 2 cups chopped **kale**  
 1/2cup Parsley-Pea Pesto

Bring a small pot of water to a boil and salt generously. Once water has come to a boil, add dried soba noodles, give a good stir, turn off the heat and cover. Set aside for 4 to 5 minutes. Steam the peas for 2 to three minutes.

Once noodles and peas are cooked, drain both and return to the pot. Add chopped kale and pesto. Toss to coat evenly and serve.

# BUY FREE RANGE CHICKENS

## STRAIGHT FROM THE FARM

Here's an opportunity to buy free-range chickens right from the farmer that raises them. That would be us!

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"](#)**

Order deadline: **July 15th**

**\*\* We do have a limit on how many chicken we'll be starting so place your orders today before it's too late!**

# Kale Fried Rice

Submitted by Carolyn & Don Byrne

2 cups **kale**, finely chopped (stems removed)  
2 garlic cloves, minced  
3Tbsp. olive oil

2 cups rice (white or brown)  
1 Tbsp. soy sauce, or Tamari

Sauté garlic in two tablespoons of olive oil. Add kale and sauté for three minutes. Splash in two tablespoons of water cover and steam seven minutes. Remove cover, stir. Add 1 tablespoon of oil in 2 cups cold cooked rice. Stir fry on high for 3 minutes  
Turn off heat. Stir in soy sauce, or tamari. Serve.

Optional- Add ½ cup finely diced fresh pineapple.



Start'em early! Everett Haven excitedly sits on one of our farm tractors for a photo op by his mom Erica. Could he become one of Americas future farmers? He'll have a few more years to think about that while he waits for his legs to stretch so he can reach the pedals.

“We pay doctors to make us better when we should really be paying the farmer to keep us healthy.”

-Robyn O'Brien, author of  
“The Unhealthy Truth”

# Kohlrabi

No, this is not a UFO disguised as a vegetable but what some researchers believe is a cross between the cabbage and turnip. Don't let its parents scare you off. This vegetable is sweet and distinct in flavor. Long-time lovers of kohlrabi will tell you the best way to enjoy it is raw, sliced thinly and sprinkled with a pinch of salt. Kohlrabi is also delicious cooked and becomes more mild in flavor.

Raw kohlrabi should be peeled before eating. It is often peeled before being cooked as well. However, if the bulb is young and tender you can leave the skin intact when cooking it.

Want to use up your kohlrabi but need a disguise for it? Cube it and add to soups/stews or a vegetable stir-fry.

Cook and mash kohlrabi along with potatoes for a slightly different twist on this common American dish.

Vitamins A and C, potassium, calcium, and fiber are all found in generous amounts in kohlrabi.

# Kohlrabi Chips

Kohlrabi, very thinly sliced, unpeeled

Olive Oil

Coarse salt

Toss kohlrabi with olive oil. Season with salt. Arrange in a single layer on a baking sheet lined with a non-stick mat.

Bake at 250 degrees, rotating sheet, until crisp and deep golden, 35 minutes to 1 hour; transfer chips as they're done to a paper-towel lined plate. Season with more salt and serve.