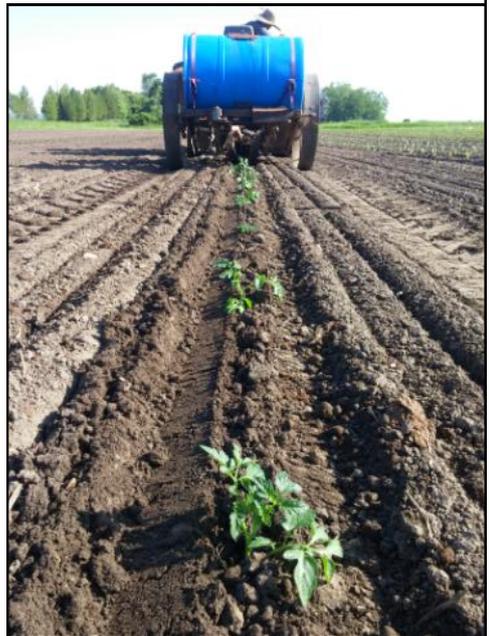




What's in the box today?

- Maple Syrup from Dorchester, Wisconsin
- Basil
- Lettuce
- Pac Choi
- Sage
- Spinach
- Radishes

What a relief to have our tomato planting finished. Almost 2500 plants of different varieties and if all goes well we should have plenty of tomatoes to go around for everyone. The transplanter we use for tomatoes and a few other of our crops was built and used back in the 30's. Unlike today using a tractor like we do, this implement at the time it was built was drawn by horse. I can only imagine what that must have been like trying to keep a straight row. Today it's still working just as well as it did when it was new. Amazing! Very few things made



today that'll still be in perfect working condition eighty years down the road. On the scale we're at this machine serves us a very useful purpose.

We've been doing a lot of planting the last three weeks now that the threat of frost is past. In addition to tomatoes we planted potatoes, winter and summer squash, lettuce, egg plant, broccoli, brussels sprouts, and more! We're especially excited about the potatoes being we haven't grown them here for quite a few years. We've

**Note:** We still have quarters of Grass fed beef available that will be ready in July: For more information or to order email us today. Click here to order: [Beef Order](#)



been buying organic potatoes from another farm in Wisconsin. Our hope will be to get this planting of potatoes to finish before the potatoes from our grower are ready. The photos on this page show our staff cutting the seed potatoes into small chunks. Once again using the same one row transplanter we used for tomatoes, amazingly works great for planting potatoes too.

The reality of farming at times isn't always as enjoyable as you would sometime think. Of course just like everyone else we have our good days and bad. I was dismayed by a walk in our chicken



pasture yesterday when I came across a dead hen. My first reaction was "What happened to this poor girl". Walking further around the area I started seeing another one, and then another one, and then another. What the \_\_\_\_! I'm thinking. After looking at the carcasses I realized that a hawk had moved into the area and within a couple days it had taken out enough birds that might possibly compromise our production. It's really disappointing, and down right depressing when this happens but that's the risk you take with free ranging chickens. I think of the trauma my flock of hens must have experienced during the attacks, but I also think about our customers who rely on our hens to provide them with those beautiful eggs. No eggs for breakfast? Very traumatic!

I don't exactly know how many we lost but we're hoping our production will still hold up well enough to get us through the season. That's unless that hawk comes back. More to think about on top of everything else. Whew! Not such good news. Sorry about that and now the girls will have to stay inside for a few days to entice the hawk to take his business elsewhere. Raptors with a known food source will often stay in the area until the supply is totally gone. We're determined not to let that happen.

On that note I'll say everything else is still looking well for today. That's the nature of farming. Keep calm I tell myself and everything will be fine. I offer you those same words of wisdom. Keep calm and have a great week!



The lettuce is awesome! Just brought in a head and wow! what a difference from store bought lettuce. Lettuce grows well at this farm and I've been both blessed and cursed for giving out too much lettuce in our CSA shares. You can overcome the fear of greens overdose by getting more creative with what you do with it. I put in a few recipes for lettuce wraps this week. If your looking for an all gluten-free meal, lettuce wraps are great. So get over it and eat it your greens! Enjoy!



**Chinese "Pac Choi" or "Bok Choy"** as it's also called is a vegetable in the same family as Chinese cabbage. It's been cultivated and used in China cooking for some 6000 years. Pac Choi is in a distinct group of its own and as far as cooking with it, we find Pac Choi has a much greater range of uses than just the ordinary "Napa" type Chinese cabbage.

It's traditional use is mainly as a component vegetable in stir-fries. The taste of the stalks is something like that of romaine lettuce, while the leaves have a cabbage-like flavor. Bok choy is a fine source of vitamins A, C and calcium. The stalk of the plants contain a lot of moisture so when added to any recipe it contributes a fair amount of liquid.

### Cooking Times for Bok Choy

**Boiling** 3 - 4 minutes for the stalks, 1 - 1 1/2 minutes for leaves.

**Steaming** about 6 minutes for the stalks, 2 - 3 minutes for leaves

**Stir-fry** about 5 minutes for stalks, 2 minutes for leaves - the leaves should be just wilted and bright green.

Not only is bok choy high in Vitamin A, Vitamin C and calcium, but it is low in calories.

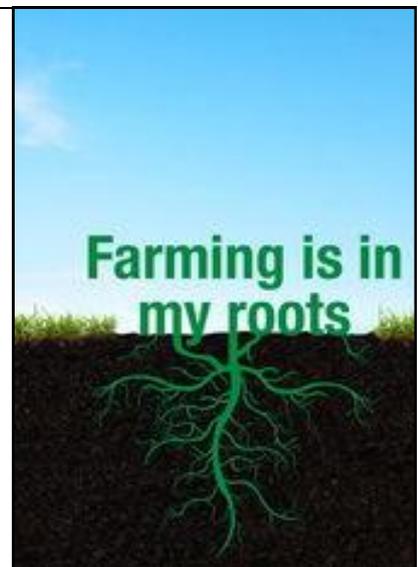
## Bok Choy Salad

- ½ cup red wine vinegar
- ½ cup olive oil
- ½ cup white sugar
- 1 Tbsp. soy sauce
- 2 Tbsp Butter
- 2 Tbsp blanched slivered almonds
- 2 ½ Tbsp sesame seeds
- 2 (3 ounce) packages ramen noodle pasta, crushed
- 1 medium head **bok choy**
- 3 green onions

In a small bowl, whisk together the vinegar, oil, sugar and soy sauce. Set aside.

Melt the margarine over medium heat in a small skillet. Crush the ramen noodles while still in their packaging, and add to the margarine along with the almonds and sesame seeds. Sauté until everything is golden brown. Remove from heat and drain on a paper towel.

Chop the bok choy and green onions and add to a large bowl. Just before serving, sprinkle with the noodle mixture and dressing, and toss to coat.



## Vegetarian Lettuce Wraps

- 2 tsp. Peanut Or Olive Oil
- 1 package (about 12-14 Oz. Size) Firm Tofu
- 2 ears Corn (or 1 1/2 Cups Frozen Corn Kernels)
- 1/4 tsp Chili Powder (more To Taste)
- 1/4 cup Soy Sauce
- Romaine Lettuce Hearts
- 2 whole Avocados, Sliced
- 1 tsp. Balsamic Vinegar (optional)

Heat oil in a nonstick skillet over medium-high heat. Throw in the tofu, and then break it up into very small pieces. Cook tofu for several minutes, until much of the liquid cooks off and tofu starts to turn golden. Cut kernels off the cobs of corn and throw it in with the tofu. Cook for a few minutes (corn can remain crunchy.)

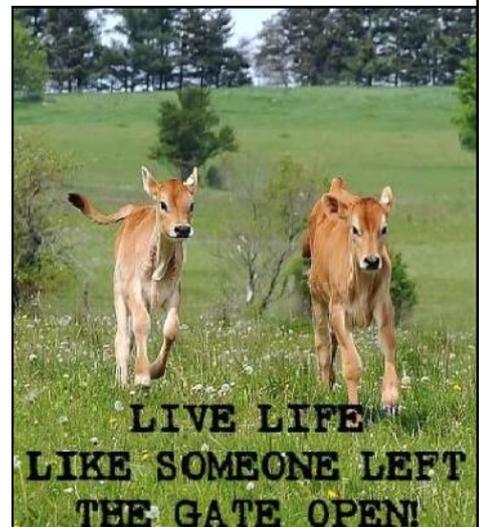
Add chili powder and soy sauce, and then cook until most of the liquid has been absorbed. Turn off heat and stir in balsamic if using.

Pile mixture into romaine hearts, then add sliced of avocado. Fold up and chow down!

## Paleo Pork Lettuce Wraps

- 2 Tbsp. coconut oil or extra virgin olive oil
- 1/2 yellow onion, chopped
- 1 lb. ground Italian sausage
- 2 carrots, diced
- salt and pepper to taste, about !/2 t each
- 2 Tbsp. parsley, chopped
- 2 Tbsp. fresh sage, chopped
- 1 Tbsp. thyme, chopped
- 2 garlic cloves, minced
- 2 pears, cored and diced
- 1/4 chopped almonds
- Your favorite lettuce for wraps

In a large skillet, sauté onions in the coconut or olive oil. Add the ground sausage, carrots and salt and pepper. Cook until sausage is no longer pink. Add parsley, sage and thyme, allow to cook 4-5 minutes. Add the garlic, pears, and almonds and allow to cook until warm. Serve with lettuce to wrap filling in.





## Help put up another greenhouse at Rare Earth.

About two years ago Debra Jo and I applied for a grant from the USDA to put up another greenhouse. Greenhouses have been essential in having greater control of our crop production, and also to extend the harvest season. Everything is there, from irrigation to temperature control for year round production.

After the first year passed from our application date we gave up on the idea thinking that for some reason we were disqualified. Well nothing gets done in Washington to quickly, and perhaps Donald Trump would now agree with me. Low and behold though last March we finally got notice that our grant was finally approved!

We have one year to start the project and two years to complete the building and its final inspection. When all done the USDA will reimburse us for a maximum of \$10,000.00.

We really want to put this greenhouse up for a number of reasons. One big reason is having more indoor growing space would greatly improve our ability to extend the harvest season. Getting an early start in our greenhouses makes it all possible to start our CSA deliveries in June. Bottom line, more greenhouses more food choices.

Another big reason that's a close tie for taking advantage of this program is our president is proposing a \$325 million dollar cut to the "Environmental Quality Incentives Program (EQUIP)". This is the government program that's awarded us this grant. This conservation program provides farmers with financial and technical support to adopt conservation practices on their land that's in agricultural production. We have also often relied on technical assistance from the "Conservation Technical Assistance" government program which is being targeted for an additional \$91 million dollar cut. These programs are an important resource to further our education on sustainable and organic farming. So you see there is actually a part of the USDA that continues to promote and encourage organic farming. But possibly not for long. Our president wants to scrap these programs.

So before the program is killed in Washington and before our time allotment for starting the project expires we want to get this greenhouse up and running. Thinking we weren't going to get the grant we didn't put enough funds aside from our budget to finance the project. So we're looking for an individual or group of people who can allow us to take advantage of this grant before the EQUIP program is discontinued. So without further ado if any one is interested in loaning the funds to Rare Earth and getting reimbursed after the building is complete please contact us to talk further about partnering up on this project. Make an investment for the future of your food supply, and for the future of sustainable agriculture. Thank you!

Thank you and here's a link to our email. Greenhouse project: [rareearthfarm@frontier.com](mailto:rareearthfarm@frontier.com)

## Basil Lemonade

12 cups cold water & two 12 oz cans frozen lemonade concentrate,  
or 12 cups pre-made lemonade (Debra Jo used Oberweis)  
1/3 cup sugar (leave out if you want a more tart lemonade)  
1/4 cup fresh lime juice  
1/2 cup firmly packed fresh **basil** leaves, torn  
Lemon slices & fresh basil, for garnish

In extra-large bowl or pitcher combine water, lemonade concentrate, sugar and lime juice. Stir well to combine. Stir in torn basil leaves. Cover & refrigerate 8 hours.

Strain through a fine mesh strainer into serving container; discard basil leaves. Chill up to 3 days.

Serve over ice with a lemon slice and fresh basil leaf for garnish.

\* RARE EARTH FARMER APPROVED \* delightfully refreshing!

## Roasted Radishes with Balsamic Vinegar Recipe

One bunch of **radishes** with tops (about 10 radishes)

2 Tablespoons olive oil

2 teaspoons balsamic vinegar

1/2 teaspoon sea salt or kosher salt

black pepper to taste



Preheat oven to 350 degrees. Wash radishes, remove roots and remove stems. Blot dry with paper towel. If radishes are big, cut them in half. In large bowl, combine olive oil, balsamic vinegar and salt. Whisk ingredients together. Toss in radishes and greens until everything is coated evenly with oil.

Spread out radishes and greens on roasting pan or baking dish. Bake in oven for about 10 minutes or until the greens are crispy. Remove the greens and continue roasting the radishes for about another 5 minutes or until tender.

## Orzo Salad Florentine

1 (16-ounce) package orzo

chicken stock

2 Tbsp. olive oil

1 cup julienned fresh **basil**

1 1/2 cups crumbled feta cheese

3/4 cup toasted pine nuts

1 bunch green onions, chopped

1 bunch fresh **spinach** or swiss chard, chopped

1/2 tsp lemon juice

1/4 cup olive oil

Salt and cracked pepper to taste

Cook the orzo using the package directions substituting chicken stock for the water. Drain well and toss with two tablespoons olive oil. Combine with basil, cheese, pine nuts, green onions and spinach in a large bowl and mix gently. Whisk the lemon juice and 1/4 cup olive oil in a bowl. Toss with the salad. Season with the salt and pepper. Yield 6 servings.