



Rare Earth News



What's in the box today?

Cilantro

Lettuce

Maple Syrup - from Dorchester, Wisconsin

"Ovation Greens Medley" an assortment of mild and spicy leafy greens

Radishes

Spinach

Potted plant- Tulsi Basil

Work crews harvest spinach this week for our first delivery of the season. Cool temperatures and reasonable amounts of rain have produced a really nice harvest of lush spinach. With predictions for a cooler than normal summer it could turn out to be a good year for greens.

Greetings everyone and a very warm welcome to all. With the start up of our season a little over four months ago it seems the days past since the first seeds were sown have gone by in a flash. Here we go again we both say to each other as our delivery season begins. We imagine some of our returning members also saying to themselves "here we go again". What is it that gets people coming back to join our program for another year? Perhaps it's the excitement of eating freshly harvested produce after a long winter of eating nothing but food from our pantries and from the grocery store. If this is your first year subscribing to a CSA you might find it somewhat of a challenge to figure out what to do with some of the foods you'll be getting. Our newsletters will help you with ideas on what's in the box and how to use it. If some of our suggestions and favorite recipes don't appeal to your taste then take the opportunity to explore the internet for a recipe that looks appealing.

Sitting down to write for our newsletter at times we end up with a serious case of writers cramp. Usually we have a million things on our mind to write about but when we start writing especially late at night our mind goes blank. So to try and still maintain communications of what's going on at the farm we're going to be writing more brief bits of information along with pictures to keep you informed. Our main goal is to keep you abreast of what's happening at the farm while still devoting our primary time and attention to growing food.

Frequent rain and cool weather has been the pattern of weather we've been getting. Not all that bad for vegetable plants but to get their growth into high gear they need a little warmer temperatures. This really isn't anything out of the ordinary for us at this time of the year. As usual our food boxes will be a little on the light side

and limited in selections until we get a little farther along in the season. Frustrating a bit but then again this is not central valley in California. Every year we face similar spring weather but after living in Wisconsin our whole life we know it will improve as the summer progresses. We grow a lot of food at our farm every year, but one thing we've grown plenty of over time is patience. As farmers we watch the seasons progress with patience while at the same time knowing you can't rush mother nature. She's on her own schedule and she will provide for us but not until she's ready. Have a great week and find a way in your life to celebrate the upcoming summer solstice. If you're looking for ideas come out to the farm this weekend for our summer solstice gathering. Take care all!

Steve & Debra Jo



Work staff topping radishes. Happy people makes for tasty food!

Braising Greens

In your box today we've included a nice hefty bag of what's called "braising mix". It consists of a variety of greens both mild and a bit spicy. Mustard, arugula, kale, Swiss Chard, tatsoi, and mizuna. Typically they are not eaten raw but that's up to you. The word braising is a term used when cooking greens quickly. Par-boiling for 25-30 seconds and then drop into



hot oil for another 25-30 seconds and serve. You can also sauté meat or other vegetables and then use the residual heat to cook or "braise" your greens.

Here's a recipe found online for "Braised Greens Tacos" <http://www.serious-eats.com/recipes/2008/02/dinner-tonight-braised-greens-tacos.html>

The seed we purchase for this crop is certified organic and as with our other greens crops we don't spray unless a crop loss is certain then we use a certified organic spray, but today's greens are free of all insecticides. Great eating to all!

Planting Every Chance we Get

With the large number of crops we grow we are planting and seeding every chance we get. Inside our greenhouses and outside in the fields all throughout the summer we are always planting something. At times our planting is put on hold with rain which can put a furrow in



your brow but soon the soil dries and we jump back on the tractors and get back to planting.

The plants in the picture to the left are eggplants. Barely noticeable at this stage but what's more important is they were

transplanted into a freshly mowed cover crop lightly tilled prior to planting. This technique we use in order to reduce our tillage, and to leave more residue at or just below the surface providing good armor to the soil, food for microbes and a barrier to inhibit weed growth.



Transplanting Celery and Celery Root

Holy Basil/Tulsi/*Ocimum americanum pilosum*

Debra Jo's love for Tulsi and it's sweet & rich scent goes back a few years and is thanks to another local CSA farmer. Calming and refreshing she uses the essential oil of Tulsi as a room freshener and mind cleanser. Debra Jo wondered if others would love the scent and tea of the Tulsi leaves as much as she does so here we are with it as our live plant of the season.

Tulsi is great for tea (esp sore throats), is used in Indian and Thai cuisine and if left to flower is a wonderful nectar source for beneficial insects.

Some folks consider Tulsi an "adaptogen". Adaptogens are used for combating stress within the body.

If you'd like to learn more about Tulsi just type the word into a search engine and you'll have plenty of investigating to do.

Tulsi Tea

¼ cup tulsi leaves & 2 tsp. lemon juice

Combine the tulsi and 1½ cups of water in a deep non-stick pan, mix well and cook on a medium flame for 10 minutes, while stirring occasionally. Strain the water using a strainer in a deep bowl. Add the lemon juice and mix well. Serve warm.





Summer Solstice Party & Farm Yoga at Rare Earth Farm

Join us in welcoming Summer!

We have multiple fun activities happening throughout the day.....

11am-12pm Yoga with Paula Evans E-YRT

12noon Picnic Lunch: bring your own picnic & blanket.

Eat with family and friends beside our veggie fields.

Homemade desserts & ice cream provided by the farm.

12noon-5pm Outdoor Games: Volleyball, Horseshoe Toss, Gunnysack Races,
Piñata Fun & Farm Tours by request

Saturday, June 18th, 2016

6806 Hwy KW, Belgium, WI 53004

Suggested donation: \$5/person or \$10/family Public Welcome

