



Pole beans reaching for the sun in the greenhouse

Summer's almost here but it's not like the summers most of us are use to. Unusual and consistent cool weather here have delayed our plantings. What's been planted is growing slowly. Vegetables like people prefer warmer weather but they also have a limited tolerance to heat. Ideal temperatures for vegetables are between sixty-five and seventy-five degrees Fahrenheit. The average day and night time temperatures here at the farm have been below that optimum range. Our close proximity to the lake has also contributed to a very cold spring. Now the first day of

summer arrives this Friday and perhaps we'll see a change in the weather that resembles more like an actual summer.

Most of the food in the deliveries for the next few weeks will be coming from our greenhouses. The leeks however in this weeks box are a first time surprise for a spring delivery, and it's our first harvest from outside. Leeks we never harvested last fall overwintered and being in excellent shape I couldn't think of just plowing them under. Enjoy the leeks because we won't see them again until late summer.

This year I'm having to switch the publishing of my newsletters to monthly instead of a weekly edition. I need

to spend more time on my tractors and less time at the desk. I'll still be sending out an early notice at the start of each week to let you know what will be in the upcoming delivery. As far as recipe tips I think most of you will find some way to search for cooking ideas on the internet. It's been hard making this decision because I enjoy providing recipes and finding new ways myself to use the food. With a lean crew this year I'm going to need more time this year with actual food production rather than with publishing newsletters. If you're ever stumped after searching for ways to use the food send an email and I'll try to offer some advice.

Once again we'll be customizing CSA boxes, and including items purchased

online from our webstore. There may be a few things this season that will only be offered as an "add-on" and can be included in your weekly delivery if you order and pay for them prior to an upcoming delivery. The deadline for ordering each week will be Sunday's by 5:00 pm. All customized CSA boxes will be clearly marked with your name on a bright green label.

This year will be the twenty-ninth season in my farming career and marketing produce through a CSA program. I've been grateful to everyone for eating my food over the years. A big welcome to those who are new to Rare Earth this year and I hope your interest will continue to grow over time. To those who know little about my practice, although not "certified organic" everything I do here is in compliance with the national organic program standards. My greatest focus is with soil health. I believe healthy food starts with healthy soil. Bottom line - I eat all this food and I wouldn't want to eat anything harmful to myself, or to anyone else who consumes what comes from here. Cover crops, our own compost, certified organic fertilizers, and a lot of T.L.C. is important to the farms total output. Hope you enjoy all the food we'll be harvesting throughout the season. Eat well everyone and have a great summer! Farmer Steve

So what's in the box on our first delivery for the season:

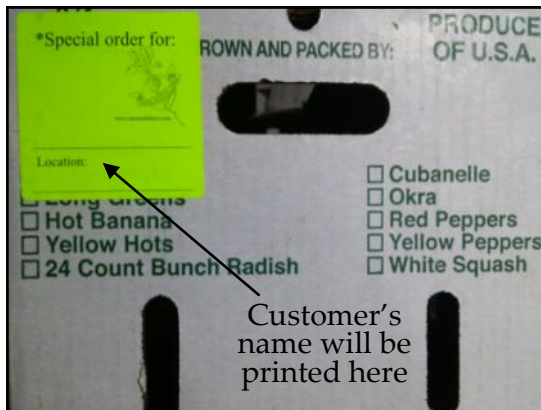
- Lettuce
- Bok Choy
- Leeks
- Kale
- Maple Syrup

If there's anything from our webstore you want next week, place your order before June 23rd and we'll include it in the delivery on June 27th. Bookmark this link for your future shopping convenience.

<http://rareearthfarm.csasignup.com/store>



Cucumbers on trellis in the greenhouse.



Kale with Leeks & Cream

1 Tbsp. Butter

2 Tbsp. Olive Oil

2 leeks, halved and thinly sliced (white and light green parts only)

2 cloves garlic, smashed with the side of a knife.

Sea salt

1 tsp. chile flakes

Zest and juice of 1 lemon

Black pepper

1 cups heavy cream

1 bunch of lacinato kale, (about 1/2 lb) thick stems trimmed, leaves chopped in quarters.



In a large sauté pan with a cover, warm the butter and olive oil over medium-high heat. Add the leeks and garlic cloves, season with salt, and sauté for 5 minutes, stirring regularly, until the leeks are fully softened (if they look like they might start to brown, turn down the heat). Add the chile flakes, lemon juice and zest and loads of black pepper, stir well, and add the cream.

Let the cream come to a simmer (you want some gentle bubbles here) and then add as much kale as the pan can hold in a single layer. Cover the pan, lower the heat to medium, let the kale wilt for a minute or so, then give it a thorough stir to coat it with the cream. Add a splash of water (2-3 tablespoons) and another sprinkle of salt; cover again, and let cook for another minute or two, stirring it occasionally, until the kale is wilted enough to make room for more.

Repeat as many times as needed (but don't add water unless your cream has cooked away too quickly) until all the kale is fully wilted in the cream. Lower the heat even more and let it cook a bit longer. You want it to cook way down, until it's dark, soft, and creamy. Before serving, check for seasoning: You may want a bit more black pepper, a bit more salt and a final sprinkle of chile flakes.



Transplanting tomatoes with our 1930's vintage transplanter.