

Rare Earth News



Our summer solstice gathering started with a yoga meditation guided by yoga instructor and farm member Paula Evans. Food, fun and games followed throughout the day.



It's been an interesting week at the farm and one nice change of pace was our solstice event on Saturday. Yoga, refreshments, games, and a walking tour of the farm. Thanks to all who attended. Great to see a good turnout on a really beautiful day.



Our main focus at the farm this week has been strawberry picking. The strawberries in today's delivery is a collected effort of almost twenty volunteers and hired staff over the last several days. In addition to the berries picked for CSA members we've had numerous orders to fill for our restaurant customers. To see all the finished containers neatly stacked in our coolers is quite a spectacle. We have tons of admiration and appreciation for those who crawled on their hands and knees for four hours each day starting at 7 am. Next week we're going to give it another shot so we can get more berries to you. Strawberry season comes on in a flash and then it's over. If the weather holds out we should have one more good week for picking. Hope you enjoy them while they're in season.

What's in the box today?

- Basil
- Garlic Scapes
- Lettuce
- Spinach
- Strawberries

Ever wonder what it takes to fill those plastic clamshells you see stacked on the shelves in the grocery stores? It's all done by the hands of many people who are making



I can't see you little microbes but I can sure smell you. This soil smells good enough to eat. Then again maybe not! But the food grown on this soil? Excelente!



well below what people would consider a true living wage. It's challenging as farm operators to find people both willing to work for farm wages and willing to bend over to harvest berries for several hours in the heat of the day. Whether its here at the farm, or in the produce section of a grocery store we have come to truly respect and honor those who contribute their skills and abilities to harvest the fruits and

vegetables we eat. Three cheers for the farm laborer!

As a general crop report at this time we are pleased to say all our main crops are in. Plant growth at this time is somewhat slow to normal; there's good signs that all crops are adjusting well to their new home outdoors. Our variety and volume at this time of the season will typically be on the light side but with the progress we're seeing in our fields our boxes soon will be filled. Have a great week!

Steve & Debra Jo



Strawberry Cream Cheese Cobbler

- ½ cup butter, melted
- 1 cup all-purpose flour
- 1 cup sugar
- 2 tsp. baking powder
- ½ tsp salt
- 2 cups **strawberry** halves
- 1 - 4 ounce package of cream cheese, cut into small pieces

Preheat oven to 400 degrees F. Pour melted butter into the bottom of a 9 x 13 inch glass baking dish.

Mix flour, sugar, Baking powder and salt together in a small bowl; pour over the butter in the baking dish. Arrange strawberry halves in a layer into the baking dish. Dot the strawberries with the cream cheese pieces.

Bake in preheated oven until top is golden brown and edges are bubbling, 30 to 45 minutes.



Garlic Scape Basil Pesto

1/2 cup (about 6) **garlic scapes**, flowers and tough ends removed

1/2 cup fresh **basil** leaves

1/2 cup grated Parmigiano Reggiano

1/3 cup extra virgin olive oil

kosher salt, fresh pepper to taste

Cut the garlic scapes into small pieces. In a food processor or mini blender pulse scapes, basil, parmigiano, salt and pepper until smooth. Slowly add the olive oil while pulsing. Store in an air-tight jar for up to two weeks.

Most years the other farm priorities cause **garlic scapes** to be forgotten about until they are well past their culinary prime. This season is different. I snapped one off last week on the first day of strawberry picking. The 2 crops are side by side, and it was a spicy sweet garlic delight. We hope you enjoy the first garlic of the season as much as you do. What better than basil to go with it, huh? This marks the start of pesto making season for us.

Be creative with them: sauté the scapes whole in butter (YUM!), or mince/press the tender scape in its entirety, like you would use a garlic clove.



Garlic Scape Hummus

1 - 14.5 ounce can garbanzo (chickpeas) beans, ¼ cup liquid reserved

2 Tbsp. tahini

2-4 **garlic scapes**, depending on your preference

1 lemon, juiced

1 tsp. kosher salt

¼ tsp. cayenne pepper

½ to ¾ cup extra virgin olive oil

In the bowl of your food processor place the garbanzo beans, reserved liquid, tahini, garlic scapes, lemon juice, salt and cayenne pepper. Pulse until completely broken up into a paste.

With the motor running drizzle the oil from the top, stopping when the hummus is smooth and creamy. You may or may not need all the olive oil.

Spinach and Ricotta Stuffed Shells

16 jumbo pasta shells

1-1/2 tbsp olive oil

2 tsp fresh garlic, minced

4 cups (packed) **fresh spinach** leaves, roughly-chopped

12 oz skim-milk ricotta cheese

1 cup shredded skim-milk mozzarella cheese

1/2 cup grated Parmesan cheese, plus more for serving

1 large egg

Preheat the oven to 375 degrees F. Cook the pasta al dente, according to package directions. Drain and set aside.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. When the oil begins to shimmer, add the garlic and cook until it begins to brown, about a minute or two. Add the spinach and cook, stirring occasionally, until the leaves begin to wilt but are still bright green, about 3 to 4 minutes. The spinach should be reduced by half. Remove from the heat and let cool.

In a mixing bowl, stir together the spinach, ricotta, mozzarella, Parmesan, egg, basil and salt and pepper until thoroughly combined. Pour 1/2 cup of the marinara sauce into the bottom of a shallow 8-inch by 8-inch baking dish. Stuff each pasta shell with a generous amount of the spinach and ricotta mixture, and place in the baking dish.

Cover with the remaining sauce and bake covered with aluminum foil for 25 minutes. Remove the foil and continue baking until the top begins to brown and the sauce begins to bubble, another 10-15 minutes. Serve warm with a dusting of Parmesan.

1 tbsp fresh **basil**, finely chopped

1 tsp kosher salt

1/2 tsp freshly-ground black pepper

1-1/4 cups marinara sauce

Basic Quiche

1- 9" non-deep dish frozen crust

3 large eggs

1/2 c cream or milk

1/2 c cheese (matched in flavor to fillings)

1 1/2 – 2 cups loosely packed filling ingredients (sausage, **spinach**, onions, mushrooms, etc)

Pre-bake frozen pie crust. Let soften for 5-10 minutes, then prick crust with a fork (it may crack if pricked while still hard). Bake for 10 minutes at 350 degrees. (I tried the packaged instructions and burnt my first crust—at 425 it goes from raw to burnt fast.) Beat eggs and cream together, then add filling ingredients of your choice, reserving half of the cheese. Pour into crust, then top with remaining cheese.

Bake at 350 for approximately 30 minutes until egg is solid and quiche is golden. To test for doneness, be sure a knife inserted near the center of the quiche comes out clean.