



What's in the box today?

- Bok Choy
- Basil
- Spinach
- Garlic Scapes
- Lettuce
- Radishes
- Maple Syrup
- Strawberries

Hurray! Summer is here and once again it's vegetable delivery season. Some of the emails we've received from our members over the last month sounds like some of you are as excited as we are to get the season underway. That's always encouraging and good to hear for us on this end.

Farming on any scale encompasses a tremendous amount of work but it's so much worth the effort when you get to eat what you grow. If you happen to

Rare Earth News



Strawberries are in season again! The above photo is what the field looks like during the winter and bottom photo is what it looks like today. Nestled underneath the lush green canopy are those spectacular fruits that we all love to eat. Hope we can get at least a couple deliveries before the harvest is over.

be a home gardener then perhaps you'd agree the hard work pays off when you sink your teeth into something fresh from your plot. If you don't have a garden at home then consider Rare Earth your own personal backyard garden. A garden without all the work. Just the pure and simple pleasure of eating what comes in your weekly CSA box. Analogous to the old greyhound bus company slogan we like to say "Go Rare Earth and leave the farming to us". What more could one ask for!

In growing the diverse selection of vegetables and fruits offered with our shares we've conditioned ourselves to withstand long hours of work doing everything from farm field duties to the front end part of the business with accounting and customer communications. It does get a little demanding at times when there's so much that needs to be done daily and often with so little time to complete one task before moving on to another. This year with a little smaller workforce I'll be needing to assist in more of the production work than what I normally engage with. So in order to give greater assistance to our staff and to keep up on my beauty sleep I'm going to be a little more brief with my newsletters this year. I want to spend more time with growing food which is what I believe most of you subscribed for in the first place. Looking for ways to use the farm produce personally has always been fun for me. Today with access to the internet it's easy to search for your own preferred recipes, and it may even broaden your own culinary talent as it's done for me. The main purpose of our work here is of course to grow the food and so we're hoping to shift more of the searching for recipe ideas over to you.

As always we're honored to share with you the bounty of food from our toil in the soil. With total gratefulness and gratitude to all of you as the financier's of my long time study into organic farming I thank you deeply for the profound opportunity to serve you. Welcome to all and thanks again for being with us this year. Steve

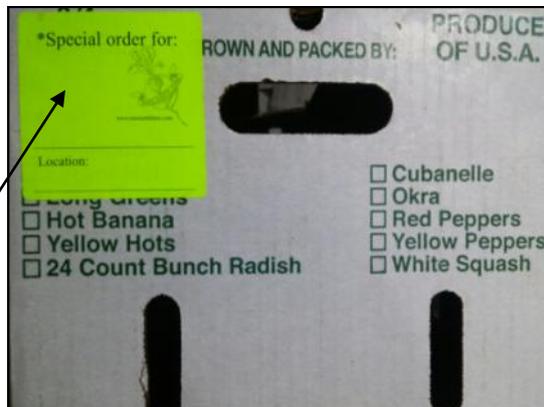


**" Far and away the best prize that life offers is the chance to work hard at work worth doing."
-Theodore Roosevelt**

Additional purchases through our online webstore

This year at your pick-up location you'll notice boxes with a brightly colored label which indicates that this box has been modified for a special customer order. These custom built boxes in addition to the weekly selection of food will include items that were purchased from our online store. Printed on the label will be the customers name who placed the order. Make sure you don't mistakenly grab one of these boxes. All unmarked boxes on the stack will be the standard CSA share for the week.

Customer's name will be printed here



Quick reminder for picking up your weekly food share:

-Check you name on the Check-off list before you leave.

-Bi-weekly egg share members pay close attention to the weeks that you're to receive eggs. Remember starting with today you'll receive eggs every other week. Mark your calendars!

-Carefully collapse your boxes and leave them at the pick-up location. Note: The boxes are designed to easily collapse and fold down. If you force or end up tearing the box to break it down you're not doing something correctly. Study the design of the box and be careful not to tear the flaps. Once the flaps are torn the box in many cases will no longer hold the contents and then has to be disposed of.

-All pick-up locations are open until 8:00 pm unless you pick up at the farm. If you don't contact your host to make other arrangement for picking up your box it most likely will get passed to someone else. It will not be our responsibility to replace the box if you haven't made alternative arrangements for pick-up with your hosts.

-The only containers we'll accept back for reuse is what originally came from the farm. This would include: egg cartons from our supplier - our own clamshell containers - and the cardboard boxes your food comes in each week.

Thank you for reading this guidelines.

Spinach Avocado Pasta

Pasta 2 cups

¼ cup fresh **spinach**

1 avocado

1 -2 **garlic scapes** minced

1 Tbsp. Olive oil

Salt & Pepper to taste

2 Tbsp. lemon juice

Boil the pasta. Heat a small pan and add a tsp. of oil with spinach and the garlic scapes. Sauté until cooked. Using a food processor or blender pulse the spinach with the ripe avocado, olive oil pepper, salt and lemon juice. Pulse until creamy. Mix with the cooked pasta and serve.

Spinach-Basil Pesto

1 ½ cups fresh **spinach**

¾ cups fresh **basil**

½ cups toasted pine nuts

½ cup grated Parmesan cheese

4 cloves garlic, peeled and quartered

¾ tsp. kosher salt

½ tsp. freshly ground black pepper

1 Tbsp. fresh lemon juice

½ tsp. lemon zest

½ cup extra virgin olive oil

Blend the spinach, basil, pine nuts, Parmesan cheese, garlic, salt, pepper, lemon juice, lemon zest, and 2 table-
spoons olive oil in a food processor until nearly smooth, scraping the sides of the bowl with a spatula as neces-
sary. Drizzle the remaining olive oil into the mixture while processing until smooth

We'll be picking garlic scapes over the next couple weeks and will be included in your food share. The scape comes from all "hard-neck" variety garlic which is technically the seed pod. The scape can be used in any recipe where garlic is called for. To use chop or mince to the finest possible consistency. The garlic scape may not be as sought after as the bulb itself but they're a great substitute for that great fresh garlic flavor until we harvest the plant for the bulbs in mid to late July. Enjoy the scapes and here's a link to some ideas on what to do with garlic scapes.

<https://www.bonappetit.com/test-kitchen/ingredients/article/garlic-scapes>



Sautéed Radish

This is a simple way to prepare radishes and with the cooking it removes the heat usually found in a fresh radish. Slice radishes thin. Heat olive oil, or any other cooking oil to frying temperature. Drop radishes into oil and sauté until the radish takes a golden brown appearance. During the sauté add any of your favorite spices and add garlic to taste. Combine with other cooked vegetables or just eat by themselves topped with fresh ground parmesan cheese.



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.

Basic Stir-Fry with Peanut Oil and Garlic

1 pound **Bok Choy**
2 Tb peanut oil
1 tsp sugar
1 tsp minced **garlic scapes**
salt or soy sauce to taste

Cut stems into 1-inch pieces and slice leaves coarsely.
Heat wok or heavy frying pan. Pour oil in. Add stems and toss over moderately high heat until somewhat softened, about 2 minutes.

Add sugar, garlic, salt and soy sauce. Add reserved leaves. Toss another 2 minutes.

