



Rare Earth News

What's in the box today?

Basil
Beans, Italian Flat Pod
Cucumber
Garlic Scapes
Lettuce
Radishes
Salad Turnips
Scallions
Strawberries



Strawberry Banana Frozen Yogurt Bars

10-1/2 graham crackers

¾ cup **strawberries**

½ cup banana, chopped

1 cup plain Greek yogurt

1 heaping cup cool whip, thawed

1 tsp. vanilla extract

Line 9-inch square pan with foil. Be sure the ends of the foil extend up and over the sides of your pan.

Arrange half of the graham cracker pieces into three rows of 7 pieces each along the bottom of pan.

Pulse strawberries in blender, then add banana and blend.

Spoon fruit into medium bowl. Stir in whipped topping, yogurt and vanilla extract.

Spread over graham pieces in pan and top with remaining graham pieces, aligning them over the bottom layer.

Place in freezer for 4 hours. Lift dessert from pan and let stand for 5 minutes. Cut between grahams into 21 bars.

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](#)



This week the lettuce in your delivery is a Boston style “butterhead”. What a beautiful sight to see as this is one of everyone’s favorite. You can tell by the sheer look of awe on our staff as they bag each head.

This year with all the rain and cool weather our lettuces have done well. We hope that what you’ve received thus far has been to your liking. Especially the lettuce. During the winter we are dreaming of our own home grown lettuce and are overly critical at times of the lettuce we have to buy at the grocery store. Now that it’s here we’re eating lettuce every

day. I think it’s safe to eat that much lettuce but if you find yourself acquiring a greenish look to your complexion, you might want to cut back a little on the greens and find another color such as beets to bring the skin color back to normal. Speaking of beets we are a little ways off from our first harvest of beets but it won’t be long. So without beets available at this time you might have to settle for the greenish tint to your face knowing it’s a healthy green glow and from a healthy source. Have a nice week!



Boston Lettuce Salad with Buttermilk, Green Onion, and Maple Dressing

- 1 large head **Boston butterhead lettuce**
- 2 **green onions**
- 1/4 cup buttermilk
- 2 Tbsp. maple syrup
- 2 Tbsp. grapeseed oil
- 1 pinch flaky Sea Salt
- 1 grinding of black pepper

Tear up a head of delicious, soft and crunchy Boston lettuce into bite-sized pieces, carefully rinse in a bowl of cold water, and dry the leaves off with a salad spinner or cloth.

Place the leaves in a big bowl and snip up the green parts of two green onions over the bowl of lettuce.

Make your dressing in a separate little bowl.

Pour the buttermilk in the bowl, followed by the two tablespoons of Ontario maple syrup. Whisk in the grapeseed oil and crush over some salt and black pepper. Whisk again to combine and pour a few spoonfulls over the salad. Take the dressing to the table and pass it around!



Garlic Scape Pesto

1/3 cup raw sunflower seeds lightly toasted

1/2 cup roughly chopped **garlic scapes** bulbs discarded

1 cup fresh **basil** roughly chopped

Juice and zest of 1/2 a lemon

1/2 tsp kosher salt

Cracked black pepper to taste

1/4 cup grated parmesan cheese plus more, if desired

1/2 cup extra virgin olive oil

Toasting your sunflower seeds.

Position a small dry pan over very low heat. Add the sunflower seeds and lightly toast them, stirring often, until they begin to turn a golden color — about 2-3 minutes. Remove from the heat and set aside to cool.

Garlic Scape Pesto.

Place the sunflower seeds, garlic scapes, basil, lemon juice and zest, salt, and pepper in a food processor or blender (if using a high-powered blender, take it slow and make sure you don't completely puree the in-

Harvesting garlic scapes is easy. The hard part is digging up the bulbs. We plan to harvest the garlic in mid July and should be ready to pass by the end of July. Can't wait!

gredients). Pulse a few times and then, with the processor running on low, gradually add the olive oil. Continue until the mixture is thoroughly blended but still had some texture to it.

Taste, and adjust salt/pepper to your preference, if necessary.

Transfer the pesto to a jar or container. Add the grated parmesan and stir until completely mixed in.

If you want a looser consistency, you can add a bit more olive oil.

Seal and refrigerate for up to a week, or freeze for up to three months.

Slather it over your fave pizzas, sandwiches, meats, or add to pasta long with a bit of starchy pasta water for a creamy and herbaceous sauce! Or, of course, grab a cracker and just dig in.



Flat pod Italian pole beans are different in both the way they grow and the way they should be prepared for cooking. The pods hanging from their vines when harvested can be anywhere from 6 to 10 inches long. With the size they are normally its best to cut them into pieces for cooking. The method we like to use is to cut the bean lengthwise as shown in the lower photo and then lightly steam just long enough to make them tender but still keeping their nice green color. Serve them as you would with any other fresh green bean. Butter with a bit of salt is all you need. If you're a fan of cheese sprinkle a little parmesan over the top prior to serving.



Charred Romano Beans with Whole Lemon Dressing and Mozzarella

½ garlic clove, grated

½ lemon (peel and all), sliced, seeds removed, chopped

2 Tbsp. fresh lemon juice

3 Tbsp. olive oil, plus more

Kosher salt and freshly ground black pepper

1 lb. flat **pod (romano) beans**, trimmed

½ lb. fresh mozzarella, coarsely torn

½ cup torn fresh **basil** leaves

Prepare a grill for medium-high. Toss garlic, lemon, lemon juice, and 3 Tbsp. oil in a small bowl; season dressing with salt and pepper. If using Romano beans, toss on a baking sheet with a little oil; season with salt and pepper. Grill until lightly charred on 1 side and crisp-tender, about 2 minutes. Transfer to a platter.

If using green and/or wax beans, grill until just crisp-tender, about 1 minute; transfer to platter.

Top beans with mozzarella, drizzle with dressing, and scatter basil over.

“Don't Judge each day by the harvest you reap, but by the seeds that you plant.”

Robert Lewis Stevenson