



## Rare Earth News

What's in the box today?

Basil

Lettuce

Crimini Mushrooms Certified Organic from "Gourmet Delight mushroom farm in Eden WI

Radishes

Snap Peas

Strawberries

Volunteer work share members Steph Kaye, Katie Herian, and Sarah Heuer proudly pose with the heads of lettuce they're washing and packing for this weeks delivery. Harvested lettuce immediately after cutting is hydro-cooled in the field and then brought back to a wash and pack station for a second quench and a final inspection. The finished heads are then transferred to storage coolers. Thank you ladies for the personal care and finesse you provided for this task!



(Left Photo) Cucumbers in one of our greenhouses are close to the first harvest. Each plant must be trellised to take advantage of the vertical space.

Flowers on our hairy vetch cover crop attract a lot of beneficial pollinators to our farm. The bumble bee on this flower is just one of the multiple species that offer there pollination services to us at a great bargain price. Just provide them with the habitat and they take car of pollinating the vegetables we grow.



## Sugar Snap Pea

This vegetable could also be referred to as the “little pod of health”. Not only are snap peas high in protein, carbohydrates, and fiber they are a good source of vitamins A, C, K, and B6, iron, potassium, and phosphorous.

Sugar snap peas are high in sugars, which is what makes them so sweet. However, the sugars quickly begin converting to starch after harvest resulting in a bland flavor and chewy texture if they are stored for too long.

The pod is edible but for best results remove the string that runs the length of the top of the pod.

Snap peas freeze well but will not retain their crunch. Blanch the pods for a minute or two, submerge in ice cold water, towel-dry, fill a zip-loc style plastic bag and place in freezer.

Snap peas are delicious when steamed for 2-4 minutes and then tossed with a splash of both olive oil and lemon juice. Add salt and pepper to taste.



## Sugar Snap Pea and Mushroom Sauté

2 Tbsp vegetable oil

10 ounces cremini **mushrooms**, trimmed and sliced

10 ounces sugar **snap peas**, trimmed (about 3 cups)

2 large scallions, white and light green parts, cut into 2 inch pieces (about 1 1/2 cups)

4 cloves garlic, minced

2 Tbsp soy sauce

Crushed red pepper for garnish, optional

Warm oil in a large skillet over medium-high heat until shimmering. Add mushrooms, snap peas and scallions and cook, stirring constantly, until snap peas are bright green and mushrooms have released their liquid, 3 to 4 minutes. Add garlic and cook, stirring, until golden, about 30 seconds.

Add soy sauce and cook for 3 to 4 minutes more, stirring, until snap peas are crisp-tender. Sprinkle with red pepper, if desired. Serve.

## Quick Two-Pea Sauté with Basil and Pecorino

1 Tbs. extra-virgin olive oil	1 lemon
1 Tbs. unsalted butter	Leaves from 4 fresh <b>basil</b> sprigs, cut into thin ribbons
1/2 lb. sugar <b>snap peas</b> , trimmed	Pinch of freshly ground pepper
1 lb. sugar <b>snap peas</b> , shelled	1 small chunk pecorino romano cheese
1/4 cup water	
Sea salt, to taste	

In a large fry pan over medium heat, warm the oil and melt the butter. Add the snap peas and English peas. Pour in the water and add a pinch of salt. Cover and cook for 2 minutes. Uncover and cook, stirring occasionally, until the water has evaporated, about 2 minutes longer. The peas should be tender-crisp and still bright green.

Finely grate 2 tsp. zest from the lemon, then halve the lemon. Remove the pan from the heat and squeeze the juice from 1 lemon half over the peas (reserve the remaining half for another use). Add the lemon zest, basil and a pinch each of salt and pepper to the pan. Grate some cheese over the top and stir well to mix.

Transfer the peas to a warmed serving dish and serve immediately. Serves 4.

## Strawberry Summer Cake

6 Tbsp unsalted butter, room temperature	1 large egg
1 1/2 cups flour	1 cup milk
1 1/2 tsp. baking powder	1 tsp. vanilla extract
1/2 tsp salt	1 lb <b>Strawberries</b>
1 cup + 2 Tbsp. sugar	

Preheat oven to 350F. Butter or oil a cake pan or large pie plate, Place the flour, baking powder, and salt in a bowl and mix well.

First cream together the butter and 1 cup of sugar using an electric mixer. When the mixture is pale and fluffy, add the egg, then the milk and vanilla. Slowly mix in the flour mixture and beat on low until a smooth batter forms.

Pour batter mixture into prepared pan and place the strawberries, cut side down, as close together as possible, pushing them down slightly into the batter. Sprinkle with the remaining 2 tablespoons of sugar. Place in oven and cook for 10 minutes. Reduce the temperature to 170C (325F) and cook an additional 50 minutes. Cake should be golden brown and no wet batter should stick to a toothpick or knife inserted in the cake.

Let cool completely on a cooling rack before removing from cake pan or spring form. Cut into wedges and serve with whipped cream or vanilla ice cream.