



Rare Earth News



What's in the box today?

Brussels Sprouts

Carrots

Celeriac (packed in with potatoes)

Herb, Thyme

Kale

Leeks

Lettuce

Onions, Yellow

Parsnips (packed in with carrots)

Potatoes, Certified Organic Reds from Igl Farms, Antigo, WI

Rutabaga

Winter Squash, Acorn



Our barn yard critters have been enjoying the beautiful fall weather this past week with lots of sunshine and daytime temperatures close to 70. We've been enjoying the weather ourselves, even though we've been busy with the final harvesting. Happy to report no frozen fingers yet. There were even a couple days where a few of us actually broke a sweat. It's been hard to believe it's November being outdoors and not having to be bundled up.

With nice conditions outdoors the last couple weeks have been hard to disci-

Final Delivery for 2016

Wednesday - November 23rd (Final delivery for 2016)

"If you think organic food is expensive, have you priced cancer lately"

-Joel Salatin, American Farmer, lecturer, and author

pline ourselves to sit at our desk's to get caught up with some of our desk work.

Laying out a budget for next year is currently one of our higher desk top priorities right now. Of all things we as farm owners have to do, this is by far one of the hardest tasks to face. Not only to predict our income for the new year but also to proportion it all out over the whole year to cover our necessary expenses. Seeds, fuel, utilities, equipment repairs, labor, farm supplies and the list goes on. Staying on budget is no easy breezy affair either. Thanks to all of you by your interest and support over the years we've gotten pretty good at drawing up a budget and then sticking to it.

One feature of CSA farming we've always appreciated is at least having a greater way of knowing up front what our income will be for the year. That certainly makes it a lot easier to purchase the supplies we'll need to start up production next spring. Seed purchases, and propagation supplies are some of our first expenses for the start of a new season. Knowing how much seed to purchase, and what supplies will be required for the year is based around how many shares we'll be likely to sell.

With a slight decline in membership this past year we were unable to offer a discount as an incentive to our returning members for signing up early. Understandably paying in full for a subscription in advance can be hard for some families to cover all at once. We do offer a couple of payment plan options that makes it a little easier to pay over the calendar year. What's most important to us though is just knowing if you're planning to return. With your confirmation at least we can feel a little more confident that our proposed budget will match the income.



Leekers from left to right; Sarah Heuer, Ellie Hrlevich, Patrick Whalen, and Danielle Wierikko.

If you're not able to sign up right away please take a moment to send us a quick email with your intended plans to return. In any case whether you are planning to return or not, it will be a great help to us knowing your decision. Click here "[Will you be returning in 2017](#)" to send a short message about your intention for next year. We graciously thank you for being with us this year. There's still one more delivery for the year coming up on Wednesday November 23rd so mark your calendars. Take care!

Steve & Debra Jo



We still have honey and maple syrup for sale. Order now in time for our next delivery on November 23rd. Here's a link to place your order:

<http://rareearthfarm.csasignup.com/store/maple-syrup/honey>

Kale & Quinoa Stuffed Squash

1 **acorn squash**

3 Tbsp. olive oil, divided

1/2 cup dry quinoa

1 cup vegetable broth

1/4 cup onion, cut into slivers

3 cloves garlic, diced

1 bunch **kale**, chopped (about 6 cups)

Salt and pepper, to taste

1 lemon

Heat oven to 400°F and line a cookie sheet with foil.

Halve or quarter the acorn squash, remove seeds, and rub flesh with 1 tablespoon olive oil. Place cut-side down on cookie sheet and bake for 30-40 minutes.

Meanwhile, pour quinoa and broth into a saucepan and heat to a boil. Once boiling, cover and reduce heat to low, and let simmer for about 15 minutes.

As the quinoa is simmering, heat a frying pan over medium. Add remaining olive oil, then onions. Cook onions for about 2 minutes and add garlic. Be sure to stir, as we don't want to scorch the garlic.

When the onions are soft and the garlic has integrated with the oil (you'll smell it), add the kale. The kale will wilt as it cooks. Stir often to avoid burning. When the kale is bright green and tender but not mushy, it is done.

Remove kale from heat and stir in the quinoa. Add salt and pepper to taste.

When squash is ready, fill cavities with kale-quinoa mixture. Finish with a squeeze of lemon over the top.

For added flavor, consider a sprinkling of balsamic vinegar, flavored olive oils, or fresh chopped herbs.

Acorn Squash Soup

1 large **acorn squash**

2 Tbsp. olive oil, divided

1/4 tsp. ground cinnamon

1/2 tsp. kosher salt, or to taste

1 medium **yellow onion**, chopped

3 cloves garlic, minced

2 cups unsweetened almond milk

2 cups vegetable broth

Sour cream or plain Greek yogurt for serving (optional)

Pre-heat oven to 375 degrees. Chop off tip and tail of acorn squash, cut it in half lengthwise.

Scoop out the seeds and discard. Drizzle the squash flesh with 1 tablespoon of olive oil and sprinkle with salt and cinnamon. Place both squash halves on a baking sheet, cut side down. Roast squash for 45-50 minutes or until the flesh is very soft. Use a spoon to remove the flesh from the skin. Discard the skin.

Heat remaining olive oil in skillet over medium heat. Add the onion and sauté until brown, about 15 minutes. Add the garlic and sauté an additional 2 minutes. Remove from heat.

Add squash, onion/garlic, almond milk and vegetable broth to a blender and blend until completely smooth. Season to taste with salt and pepper. Serve with sour cream or yogurt.

Carrot, Parsnip and Potato Colcannon

10 ounces **potatoes**, scrubbed
1 lb **carrots**, peeled, quartered, and cut into 3-inch lengths
1 lb **parsnips**, peeled, quartered, cored and cut into 3-inch lengths
Salt to taste
1 Tbsp. extra virgin olive oil
1 medium **leek**, white and light green parts only, cleaned and chopped
2 to 3 Tbsp. unsalted butter (to taste)
 $\frac{3}{4}$ cup milk
Freshly ground pepper
1 Tbsp. chopped fresh **Thyme** (optional)

Place potatoes, carrots, and parsnips in a saucepan and cover by an inch with water. Add salt to taste, bring to a boil, reduce heat to medium-low and cover partially. Simmer until tender, 25 to 30 minutes. Drain, return to pot and cover pot tightly. Leave to steam in covered pot for 5 minutes. Peel potatoes.

Meanwhile, heat olive oil over medium heat in a heavy skillet and add leek. Cook, stirring often, until it begins to wilt, about 3 minutes. Add salt to taste and continue to cook, stirring, until very tender, 3 to 5 more minutes. Remove from heat.

Mash vegetables with a potato masher or in a standing mixer fitted with the paddle, or put through a food mill. Combine milk and butter and heat until butter melts. Gradually add to purée, stirring or beating on low speed. Stir in leeks and mix until well blended. Season to taste with salt and pepper. Put through the fine or medium blade of a food mill, or press through a medium-mesh strainer. Garnish if desired with dill or chervil. Serve hot.

Potato, Carrot and Parsnips Soup

1/4 cup (1/2 stick) butter	1/4 cup chopped fresh parsley
2 large onions , halved and sliced (about 5 cups)	1 teaspoon fresh thyme
4 carrots , peeled, cut into 1/2-inch pieces (about 2 cups)	1 1/4 cups half and half
4 parsnips, peeled, cut into 1/2-inch pieces (about 1 cups)	1/4 cup Sherry
2 14 1/2 ounce cans (or more) low-salt chicken broth	
3 large red potatoes , cut into 1/2-inch pieces (about 2 1/2 cups)	

Melt butter in heavy large pot over medium-high heat. Add onions and sauté until golden, about 15 minutes. Add carrots and parsnips and cook 10 minutes. Add 2 cans of broth, potatoes, parsley and thyme. Cover and simmer until potatoes are tender, stirring occasionally, about 30 minutes.

Puree half of soup in processor. Mix puree into remaining soup in pot. Stir in half and half and Sherry. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

Bring soup to simmer, thinning with additional broth, if desired. Ladle into bowls and serve.

Bacon Garlic Roasted Brussels Sprouts with Balsamic Glaze

- 1 lb. of **Brussels sprouts**, cut in half
- 2 to 4 slices of bacon, diced
- 2 to 4 Tbsp. Olive Oil
- 1 Tbsp. dried garlic or 4 cloves of fresh garlic
- 1 to 2 Tbsp. Balsamic Vinegar

In an oven safe container (we prefer a cast iron skillet), add the Brussels sprouts. Top with the bacon, drizzle on the olive oil and Balsamic vinegar, add the garlic and toss well.

Bake for 30 to 40 minutes in a 350 degree oven. Serve.

Maple Glazed Acorn Squash and Brussels Sprouts with Toasted Pecans

- 1 **acorn squash**, quartered and cut into 1/2 inch slices
- 1 lb **Brussels sprouts** halved
- 6 oz whole pecans
- 3 Tbsp. butter
- 1/4 cup maple syrup
- Olive oil
- Salt

Preheat oven to 375 degree F.

Place the sliced squash and Brussels sprouts on a parchment lined baking sheet. Drizzle lightly with olive oil and season lightly with salt, Spread in a single layer and roast for approx. 30-35 minutes.

In a small frying pan dry toast the pecans. Be sure to keep an eye on them so they don't burn.

Once the pecans are fragrant and lightly toasted, add in the butter and maple syrup. Stir until the butter is melted and combined with the maple syrup.

After the squash is cooked, toss gently with the maple pecan glaze. Season with salt and pepper to taste.