



What's in the box today?

Bok Choy

Brussels Sprouts

Carrots

Celeriac

Leeks

Sweet Potatoes, organically grown but not certified from Piper Farm in Mt Pleasant, Wisconsin

Onions, Yellow

Rutabaga

Winter Squash, Acorn & Butternut



Rare Earth News

One of the last few fresh greens from the farm are these beautiful Bok Choy. This is one crop that excels at this time of the year. Lower temperatures and very little insect pressure makes for the ideal growing conditions.

I've mentioned before about how the summers around here seemingly soar by with the speed of a lightning bolt. Once again crossing the finish line today we're left with that same sensation. As we look back at the whole season in retrospect we think our season fared out pretty well. What's most important however is knowing how you did yourself with your share of the harvest. Your feedback is

important to us in our planning for next year. If you have a moment and care to send us a few words on your experience this year we'd be glad to hear from you.

Our greatest ally in planning for next season is you! Send us an email by clicking here: ["CSA Feedback"](#)

Thank you again for giving us the great opportunity to put food on your table.

Eat well & have a happy Thanksgiving!



CSA vegetable shares are now available for next summer. Click on "Sign me up for 2018" and you'll be redirected to our online sign-up page. If you're a returning member be sure to first click on the link at the top of the web page inside the green box.

[Sign me up for 2018!](#)



Rutabaga and Carrot Mash

4 cups roughly chopped **rutabagas**

1½ cups roughly chopped **carrots**

¼ cups light table cream

⅓ cups shredded asiago

1 Tbsp. butter

salt and pepper to taste

Chop your rutabagas and carrots and place them in a steamer. Steam for 15 minutes, or until they squish easily when pressed with a fork.

Place your cooked root vegetables in a mixing bowl with table cream and butter. Using a potato masher, mash vegetables together. Be careful not to over mash so that there are still some lumps remaining.



Braised Onions, Carrots, & Brussels Sprouts

2 Tbsp. butter

1 lb **carrots**, peeled

1 cup **onions**, chopped

1 cup water

1 tsp. fresh or ¼ tsp dried thyme leaves

½ tsp. salt

1 lb **Brussels Sprouts**, trimmed and halved

In a 5 quart Dutch oven, melt butter over medium heat. Add carrots and onions; sauté until lightly browned, about 5 minutes. Stir water, thyme and salt into carrot mixture; cover and heat to boiling. Reduce heat to low and cook 5 minutes.

Add Brussels Sprouts to mixture in Dutch oven; cover and cook 5 minutes or until vegetables are just tender. Remove cover and cook until liquid is almost disappeared, about 3 minutes.

With spoon, remove vegetables from Dutch oven to a serving bowl; drizzle any remaining liquid over the vegetables. Top with fresh thyme sprig; serve immediately.

Serves 8



The 2017 Season Food Summary

The following is a list of all fruits and vegetables Rare Earth Farm members received over the course of the entire 2017 season. Thank you and we hope that you were pleased with this year's harvest.

Description	Qty.	Description	Qty.	Description	Qty.
Apples (lb)	17	Garlic (hd)	16	Peppers, Lunch Box (pt)	8
Basil (lb)	1.30	Garlic Scapes (lb)	1	Potatoes (lb)	10.75
Beans, Bush (lb)	1.5	Honey (oz)	8	Radishes (bch)	5
Beans, Pole (lb)	3.75	Kale (lb)	3.5	Rutabagas (lb)	4
Beets (lb)	3.5	Kohlrabi (ea)	10	Sage (bch)	4
Bok Choy (hd)	4	Leeks (lb)	6.50	Salad Mix (lb)	.80
Broccoli (hd)	7	Lettuce (hd)	14	Scallions (bch 8-10Oct)	5
Brussels Sprout (stalk)	8	Maple syrup (qt)	1	Spinach (lb)	2.50
Cabbage, Green (hd)	6	Melons, Cantaloupe (ea)	1	Squash, Summer (ea)	9
Cabbage, Red (hd)	2	Melons, Water. (ea)	2	Squash, Summer, Patty Pan (lb)	3.0
Carrots (lb)	10.5	Onions, Red (lb)	7.25	Squash, Winter (ea)	15
Cauliflower (hd)	2	Onions, White (lb)	3.25	Strawberries (lb)	3
Celery (bu)	4	Onions, Yellow (lb)	12.00	Sweetcorn (ear ct)	12
Celeriac Root (lb)	5	Parsnips (lb)	1.5	Sweet Potatoes (lb)	5
Cilantro (bch)	2	Parsley (bch)	7	Swiss Chard (lb)	.5
Cucumbers, slicing (ea)	13	Peas (lbs)	4.50	Thyme (bch)	3
Cucumbers, pickling (lb)	1.5	Peppers, Sweet , Green. (ea)	5	Tomatoes, Slicing& romas (ea)	7
Eggplant (ea)	3	Peppers, Sweet Asstd. (ea)	8	Tomatoes, Cherry. (pt)	6
Escarole (hd)	1	Peppers, Assorted Hot (ea)	9	Turnips, Salad (lb)	1
		Peppers, Colored Bells (ea)	9	Lemon Balm, live plant (ea)	1

Key

lb = pound hd = head ea = each bch= bunch oz = ounce pt = pint qt = quart



It may be November but it's still summer in the greenhouse where Janelle Kaiser and Ellie Hrvlich harvested Bok choy for our last season delivery.



Celeriac, Ham and Potato Hotpot

2 yellow onions , chopped	3 Tbsp. crème fraîche
5 medium garlic cloves, minced	Salt and pepper to taste
¼ cup butter	2 handfuls of chopped fresh herbs, or 2 teaspoons dried
¾ cups white wine	1 celeriac , peeled
1 ¾ cups chicken or vegetable stock	3 ½ Tbsp. melted butter
2 cups potatoes, chopped and boiled until just tender	3 Tbsp. grated fresh Parmesan
2 cups cooked ham, chopped	

Preheat your oven to 350°F. Heat the butter in large pan over a medium heat, add the onion and garlic and sauté until the onion is soft. Add the wine, stock, potatoes and ham, and simmer for about 7 minutes. Remove the pan from the heat and stir in crème fraîche and herbs. Season to taste with salt and pepper. Pour the mixture into an oven-safe dish. Grate the celeriac, mix with melted butter and Parmesan and season lightly with salt and pepper. Spread on top of the casserole and level it with a fork. Lightly cover the dish with buttered foil or baking paper and bake for 10 minutes. Remove the cover and bake for another 15 minutes until the topping is browned. Allow to sit for about 10 minutes before serving. Serves 4.

Roasted Butternut Squash & Carrot Soup

2 small butternut squash (about 3 lbs) seeded and halved	Kosher salt, freshly ground black pepper
4 carrots , peeled and cut into ½ -inch pieces	1 cup water
1 onion , quartered	½ tsp ground ginger
1 Tbsp. unsalted butter	Pinch of cayenne pepper
1 Tbsp light brown sugar	Pinch of hot paprika
4 cups chicken broth, preferably homemade	2 Tbsp. fresh parsley for garnish

Preheat the oven to 375°F. Put squash halves, cut side up in a large roasting pan and distribute carrots and onion around them. Dot vegetables with butter; sprinkle with brown sugar. Pour 1 cup of broth over vegetables. Season to taste with salt and pepper. Cover with aluminum foil. Bake for 1 hour, or until the squash is tender.

Let squash cool in pan until cool enough to handle, Scoop squash flesh from the skins and transfer to a large soup pot; discard skins. Add carrots, onions, any pan juices, water and the remaining 3 cups of broth. Bring to a boil over high heat, reduce heat to medium, stir in ginger and simmer, uncovered, for about 15 minutes.

Transfer soup to a blender or food processor; puree until smooth (do in batches). Return it to the pot. (At this point, you can refrigerate the soup, covered, for 2 or 3 days, or freeze in for up to a month. Bring soup to a gentle boil over medium-high heat, stirring well. Season to taste with cayenne pepper, paprika, and serve with a garnish of fresh parsley.

Sweet Potato and Black Bean Enchiladas

2 medium **sweet potatoes**, peeled and chopped into ½-inch cubes (about 3 cups)
1 small **onion**, finely chopped
15 oz. can black beans, rinsed and drained
4 oz. canned diced green chiles (about ½ cup)
1 Tbsp. chili powder
½ Tbsp. cumin
½ tsp. garlic powder

¼ tsp. Kosher salt
¼ tsp. freshly ground black pepper
2 cups salsa
8 oz. Colby jack cheese, shredded
8 8-inch whole-wheat flour tortillas
Greek yogurt or sour cream, for serving

Preheat oven to 350 degrees F.

Place sweet potato cubes in a steamer basket atop a pot of water; bring to a boil. Cook until tender, about 15 minutes. In a large bowl, combine the cooked sweet potato, red onion, black beans, green chiles, chili powder, cumin, garlic powder, salt, and pepper. Stir to combine. Spread ¾ to 1 cup of the salsa in the bottom of a large baking dish. Warm the tortillas for a minute in the microwave. Fill each tortilla with a heaping ½ cup scoop of the filling, a few tablespoons of cheese, and roll it up. Place enchiladas seam-side down in the baking dish. Once all of the enchiladas have been assembled, top with the remaining salsa and cheese. Bake for about 20 minutes in the preheated oven, until the filling is hot and the cheese is melted. To serve, garnish with Greek yogurt or sour cream (mix with a little bit of water to loosen it if desired) and fresh chopped cilantro.

Chicken, Bok Choy and Almond Stir Fry

1 packet of egg noodles
1 Tbsp. oil
2 cloves of garlic, sliced
a handful of blanched almonds
1 chicken breast, thinly sliced across the grain
4 spring onions, sliced on the diagonal
1 head of Bok Choy, sliced
sesame oil

Sauce:
1 Tbsp. soy sauce
1 Tbsp. grated fresh ginger
2 Tbsp. dry sherry or Chinese rice wine
4 Tbsp water

Boil the kettle. Put the noodles in a pan with a lid, pour over the boiling water and keep to one side. Mix the sauce ingredients and keep to one side. Heat the wok or large frying pan, then add the oil, and heat until almost smoking. Stir in the garlic, heating it until golden brown, then scoop it out and throw it away. Add the almonds, cook until pale gold, then scoop out and keep to one side. Spread the chicken out in the wok, allow to sizzle for a few seconds, then toss until lightly colored. Scoop it out and add the spring onion and chili (if using) to the pan, plus a little more oil if necessary. Cook, stirring, for one minute, then tip in broccoli, and stir for another minute, until just cooked. Return the cooked chicken and nuts to the wok. Add the sauce, and heat through, stirring and tossing, adding a little more water if necessary. Drain the noodles and toss with a few drops of sesame oil. Serve with the stir fry.