

What's in the box today?

- Brussels Sprouts
- Eggplant
- "Rare Earth" Raw Honey
- Leeks
- Lettuce
- Onions, Yellow
- Kale
- Marjoram
- Peppers, Sweet
- Winter Squash, Spaghetti, Kabocha, Butter-nut

## Rare Earth News



In my twenty-eight years of CSA farming there's been on occasion times where I've felt a little overwhelmed by the amount of work stacked and packed into my day. Yet in spite of the busy days during the growing season I find my work to be quite satisfying and worthy knowing my skill growing food benefits so many others. When I see where mainstream agriculture has been headed all along I think, should I perhaps have pursued farming on larger scale? Vegetable farming at any scale is very tough work but on my scale it's exponentially even more challenging. You





would think by now I would have come to my senses and surrendered to an easier path. A stubborn but determined Taurus I'm determined to continue farming as long as there's people out there who choose to buy from a small farm in the traditional CSA fashion. Our membership base has declined a bit over the last several years with CSA programs everywhere now being challenged by a flood of other options for accessing food. Downsizing membership is an intriguing thought but somehow the farm still has to support itself by what's it able to produce for the core group of customers it serves. We're looking for just a few good people who recognize the benefit of buying from a smaller farm who have the time and ability to pay greater attention to their organic growing practices. Thank you again for your participation this summer and I look forward to your return next year. Two more weeks are on the schedule for delivery and there's still plenty of food coming your way. Have a great week and eat well!

Leeks are in abundance this year and we plan to have them in one more delivery. Leeks can be frozen and used later on for making soup. Remove tops and cross-cut the white parts. Wash the cut pieces and place on a flat pan and freeze. Once frozen place them into freezer bags making it easy to pull out just what you need to make soup later this winter.

Although leeks grown on a massive scale are harvested by machines, our leeks are all dug and cleaned by hand. All of our staff involved in this process

deserves a well round of applause for their effort. Their hands-on personal touch gives them that home garden flavor you don't quite sense from leeks mechanically harvested. Watch this video of mechanically harvested leeks and you may find an even greater appreciation for their handy work.

<https://www.youtube.com/watch?v=5pxXxOuajWY>



## Balsamic Roasted Brussels Sprouts and Leeks

1 bunch **brussels sprouts**, cut in half  
3 **leeks**, washed and cut into 1/2-1 inch pieces  
Extra virgin olive oil  
Balsamic vinegar  
No salt Greek seasoning (optional)  
Kosher salt  
Freshly ground black pepper

Preheat the oven to 400 degrees and line a baking sheet with foil. Drizzle the foil with a bit of olive oil.

In a small bowl toss the brussels sprouts with balsamic, Greek seasoning, more oil, and season with salt and pepper to taste. Lay the sprouts cut side up and spread the leeks in between. Spoon any remaining balsamic mixture on the sprouts and leeks. Roast for 20 minutes. Using tongs, flip the sprouts and leeks over and roast for about 10 more minutes until the sprouts are crisp on the outside and the balsamic vinegar has caramelized. Serve warm.



Harvesting Brussels Sprouts

## Eggplant-Cheddar Bake

12 1/4-inch-thick slices **eggplant**, (about 1/2 medium eggplant)  
1 egg  
1/2 cup plain dry breadcrumbs  
6 teaspoons extra-virgin olive oil, divided  
1 8-ounce can reduced-sodium tomato sauce  
1/8 teaspoon salt, or to taste  
1/4 cup chopped fresh **marjoram**  
1/3 cup shredded Cheddar cheese, divided

Preheat oven to 450°F. Coat an 8-inch-square glass baking dish with cooking spray.

Whisk egg in a shallow dish. Place breadcrumbs in another shallow dish. Dip eggplant slices in the egg and then dredge in the breadcrumbs to coat thoroughly; transfer to a plate.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the eggplant slices and cook until browned on the first side, about 2 minutes. Turn the slices, add 1 teaspoon oil and reduce heat to medium; cook until browned on the second side, about 2 minutes. Transfer the cooked eggplant to the prepared baking dish. Repeat with the remaining oil and eggplant; transfer the cooked slices back to the plate.

Wipe out the pan; add tomato sauce and salt, and bring to a simmer over medium-high heat, stirring constantly. Remove from the heat and stir in marjoram. Pour half the sauce over the eggplant in the baking dish. Sprinkle with half the cheese. Layer on the remaining eggplant. Top with the remaining sauce.

Cover the baking dish with foil. Bake until bubbling, about 10 minutes. Remove the foil, sprinkle with the remaining cheese and continue baking until the cheese is melted, 3 to 5 minutes. Serve.

## Squash and Black Bean Enchiladas

2 cups cooked rice  
2 cups cooked black beans  
1 baked acorn or **butternut squash**, flesh scooped out  
1 small **onion**, diced  
1 bell pepper, diced  
corn from one ear  
1 4-oz can diced, green chilies --drained  
10 sprigs of cilantro, chopped

6 oz sharp cheddar, grated and divided  
salt  
1 15-oz can red enchilada sauce  
1 dozen corn tortillas  
1 15-oz can green enchilada sauce  
1/2 cup plain yogurt or sour cream

Preheat oven to 350. Combine rice, beans, squash, onion, pepper, corn, chilies, cilantro, and 4 oz of cheese. Season with salt.

Pour red enchilada sauce into a deep plate; dip each tortilla to coat. Fill each tortilla with one large spoonful of enchilada mixture, roll tightly and place in 9X13 pan. When dish is full cover enchilada with green enchilada sauce.

Cover with foil and bake for 45 minutes. Remove foil and top enchiladas with remaining cheese. Bake 10 more minutes. Serve immediately, topped with yogurt or sour cream.

## Curried Butternut Squash Bisque

1 medium **butternut squash** (about 1 3/4 lbs)  
1 Tbsp. butter  
3/4 cups finely chopped **onion**  
1 clove garlic, minced  
1 large cooking apple, such as Cortland or McIntosh peeled, cored, and chopped into 1/4-inch pieces  
1 tsp. curry powder  
1/4 teaspoon grated nutmeg

2 Tbsp. all purpose flour  
4 cups chicken broth  
1 Tbsp. tomato paste  
1/2 cup half and half  
1 Tbsp. minced fresh sage leaves or 1/2 tsp. dried sage  
Salt and pepper  
Whole sage leaves for garnish

Preheat the oven to 350°F.

Wrap the squash in aluminum foil and bake for 1 1/2 hours, or until squeezable to the center. Remove and cool enough to handle, then seed, and scoop out the pulp. Set aside.

Melt the butter in a large soup pot. Add the onion, garlic, and apple and cook over low heat until soft, about 10 minutes. Add the curry, nutmeg, and flour stir until the flour disappears.

With a food processor or a food mill purée the onion-and-apple mixture along with the squash and 1 cup of the broth. Return the purée to the pot and stir in the tomato paste, half-and-half, minced sage, remaining 3 cups of broth, and salt and pepper to taste. Heat over medium heat, stirring constantly, until beginning to boil.

Serve right away, garnished with the whole sage leaves.