



What's in the box today?

- Apples, Honey Crisp from Barthel's Fruit Farm in Mequon, Wisconsin
- Broccoli or Cauliflower
- Brussels Sprouts
- Red Cabbage
- Kohlrabi
- Garlic
- Salad Mix
- Onions, Yellow
- Peppers, Assorted Sweet
- Lunch Box Peppers
- Sage
- Spinach
- Winter Squash, Spaghetti



Rare Earth News

Harvesting Brussels Sprouts



It's that time of the year again and our campaign for renewing memberships begin at the end of October. Earlier this summer we asked what interest our members would have if we offered them a way to customize their boxes and whether or not a home delivery would be of interest. From the responses received we discovered some members would like having greater flexibility in choosing what they receive. Having their food shares

There are just three more deliveries for the season and are scheduled for every other week. Mark your calendars so you don't miss out. The dates are:

-Thursday October 26th

-Thursday November 9th

-Wednesday November 22nd (the day before Thanksgiving)

delivered to their home was not a key factor in renewing their membership. Surprisingly the biggest percentage of responses said they liked the program just as it is. Receiving an assortment of food oblivious to the week's selection people equated it to getting a "Christmas or birthday" present. The feeling of excitement isn't quite the same when your present isn't gift wrapped, or when told beforehand what you're getting. With that kind of feedback it has us feeling people are more entertained by getting a surprise assortment of food each week than by given a free choice in the selection of specific items. So it's probably in everyone's best interest that our program for the most part is left as is. However, we are planning to add some features to our CSA that will allow us to offer some flexibility in choice while keeping the core part of our program the same. Doing this is our best way to compromise with everyone's needs while still tending to the needs and capabilities of our farm. Disheartening for us at times that we can't give you the Amazon treatment, but we're going to try our best to come damn close.

Next year we plan to continue offering our standard one size share. One new feature we're planning to have is the capability for members to customize a weekly delivery to add items of interest via our online webstore. Regrettably we won't have the means to offer any flexibility to pick and choose from the so-called "standard" share. However, there will be a way to give someone the option to buy more of the items they would like more of, and have it shipped along with their standard CSA share. Links in our weekly newsletters and/or emails will guide you to our webstore and allow you to make additional weekly purchases. This will give you greater flexibility in choosing items of greater interest and allow you to specify the amounts you want. If you don't order anything special by the designated weekly deadline you'll still get the standard share that you paid for with your farm membership. This way there'll still always be that surprise that so many of you still look forward to. We sincerely thank you all who still like getting a surprise box of vegetables each week, and finding great ways to use the produce. It's all for the health of it. Eat well!

Egg deliveries today!

Egg deliveries are back on today but they're only for those who bought a weekly share.

The last three deliveries in October and November all egg share members, weekly or bi-weekly, will receive eggs.

For those who missed eggs on August 10th and October 5th we hope to be squared up with most of you by the end of November or early December. Your eggs will hold up well in the fridge. Don't feel you need to eat them all at once. They'll be just in time for the holidays to bake cookies and cakes. Thank you!



Our annual "Harvest Festival" weekend event is this weekend. Come out to the farm to celebrate this year's harvest. The fun begins at 3:00 pm with pumpkin carving, followed by a potluck dinner at 5:00 pm.



Please bring a main dish, dessert, or snack to pass. It would be helpful if you could bring some tools for the pumpkin carving such as spoons, knives, and containers to take home pumpkin seeds. Afterwards with weather permitting we'll gather around the bonfire for conversation, and entertainment by anyone attending who feels like performing. Anyone is welcome to bring a tent and sleeping bag to camp out for the evening. Friends of family members are welcome

to attend. Sorry, no pets are allowed at farm events.



Hope to see you there!

Steve & Debra Jo

Roasted Balsamic Brussels Sprouts

- 1 1/2 pounds **Brussels sprouts**, trimmed and halved
- 3 garlic **cloves**, minced
- 1/4 cup olive oil
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 Tbsp. balsamic vinegar glaze or syrup
- 1/4 cup freshly grated Parmesan cheese



Preheat your oven to 400 degrees F.

Place the prepared Brussels sprouts in a large bowl. Drizzle with olive oil. Add the garlic cloves, salt, and pepper. Stir with a spoon to mix. Evenly spread out the Brussels sprouts in a single layer on a sheet pan. Roast for 20-30 minutes, until tender and browned. Turn once during the roasting process.

Remove from the oven and drizzle with the balsamic vinegar and toss again. Plate, then garnish with Parmesan cheese.

Caramelized Brussels Sprouts with Sage and Garlic

- 1 stalk **Brussels sprouts** (or 2 pounds of fresh Brussels sprouts)
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. **fresh sage**, chopped
- 2 cloves **garlic**, minced
- 2 Tbsp. brown sugar
- 1 tsp. black pepper
- 1 tsp. salt

If using a stalk, cut the Brussels sprouts from it. Wash the sprouts and then cut each of them in half.

Preheat the oven to 400°F. Place the cut Brussels sprouts in a 9" x 13" baking dish. Drizzle the oil over the top and toss the sprouts to coat them. Sprinkle the chopped sage, minced garlic, brown sugar, pepper, and salt over the top and toss gently to combine.

Place the pan in the oven and roast for 25-30 minutes, stirring occasionally, until the sprouts have browned. Remove from oven, and serve while warm.

Spaghetti Squash with Sausage and Greens

- 1 **spaghetti squash** (about 3 1/2 pounds), halved lengthwise
- 1/3 cup grated parmesan cheese
- Salt and black pepper
- 1 1/2 tsp. extra-virgin olive oil
- 12 ounces sweet Italian sausage
- 1 bunch **spinach**, stems discarded and leaves coarsely chopped
- 1/2 tsp crushed red pepper

Place a squash half, cut side down, in a large, microwavable dish. Add 1/2 cup water and microwave until tender, 10 to 15 minutes. Repeat with the remaining squash half. Discard the seeds. Using a fork, comb the squash into strands into a bowl. Toss with the parmesan and season with black pepper.

Meanwhile, in a large skillet, heat the olive oil over medium-high heat. Add the sausage and cook until no longer pink, about 6 minutes. Add the spinach and crushed red pepper and cook until wilted, about 2 minutes; season with salt and black pepper. Serve on top of the squash.

Red Cabbage & Apple Soup

- 4 **Honey Crisp apples**, about 1 lb. (500 g.) total
- 2 Tbsp. unsalted butter
- 1 **yellow onion**, minced
- 1 head **red cabbage**, about 3/4 lb. (375 g.),
cored and very thinly sliced
- 1/4 cup (2 fl. oz./60 ml.) red wine vinegar
- 4 1/2 cups (36 fl. oz./1.1 l.) beef broth
- Salt and freshly ground pepper
- 2 tsp. fresh lemon juice
- 1/3 cup (3 oz./80 g.) sour cream
(optional)
- 1/4 cup (1/3 oz./10 g.) chopped dill

Leaving them unpeeled, cut 2 of the apples into quarters, core them and then cut into 1-inch (2.5-cm.) cubes. Set aside.

In a large, heavy pot, melt the butter over medium heat. When it is foaming, add the onion and sauté until translucent, 2-3 minutes. Add the apple cubes and sauté until softened slightly, 3-4 minutes. Add the cabbage and sauté, stirring often, until it glistens and the color has lightened, 5-6 minutes. Add the vinegar and bring to a simmer, stirring to scrape up any browned bits on the pan bottom. Add the broth, 1/2 teaspoon salt and 1/2 teaspoon pepper and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer until the cabbage and apples are tender, about 15 minutes.

While the soup is simmering, peel, halve and core the remaining 2 apples, then shred them finely on a box grater. Place in a small bowl, add the lemon juice, and toss to coat. Set aside.

When the soup is ready, remove from the heat and stir in three-fourths of the shredded apples. Serve, topped with sour cream, if using, and sprinkled with the remaining shredded apples and the dill. Serves 4.