



What's in the box today?

Apples "Honey Crisp" from Barthels Fruit Farm, Mequon, Wisconsin

Carrots

Leeks

Peppers, Bell

Potatoes, Red Salad, Certified Organic —from Nicolet Farms, Suring, WI

Spinach

Winter Squash

This colorful mountain of vegetable trimmings will be transformed over time into valuable organic compost fertilizer which will be used to grow more of the vegetables visible in this heap.

Rare Earth News

Today is our last weekly delivery. Our remaining three deliveries for the season will occur on the following dates. Please mark your calendar. On the last delivery for the year we would appreciate you bringing something to put your food in and leaving the box at your pick-up location. Any egg cartons to return would be appreciated too. Thank you!

-October 29th Thursday

-November 12th Thursday

-November 25th Wednesday (The day before Thanksgiving)

Fall Harvest Festival this Weekend

Don't forget this **Saturday October 17th** to come out to the farm and 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. A microwave oven is accessible for heating food. Electric for crock pots or other devices will also be available. It would be helpful if you could bring some tools for pumpkin carving such as spoons, knives, and containers to take home pumpkin seeds. Afterwards we'll gather around the bonfire for conversation, and entertainment by anyone attending who feels like performing. Hope to see you there!

***Sorry! No pets welcome at the farm during family functions. Thank you for your cooperation!**

We are now officially accepting memberships for the 2010 growing season.

It's that time of the year again. We're now accepting memberships for the 2010 growing season. Returning members who would like a guaranteed share for next year should sign up before December 1st. After that we'll accept all memberships on a first come first serve basis. To secure a share send in an agreement form with either a half or full down payment before the 1st of December. You can obtain an agreement form by following this link :

<http://rareearthfarm.com/Sign-up%20Form.htm>

Spinach Cleaning Tips

The spinach in today's box has been through some tough times with the excess rain we've had over the last couple of weeks. Because of the condition of it you'll need to take some time to clean it. The rain brought on a surge of gastropod mollusk's or what's more commonly known as a "slug". Their chewing has permeated some of the leaves with holes. The spinach will still be quite good for cooking but has not been washed, so take these steps to clean your spinach.

1 Fill your kitchen sink with cold water.

2. Place the spinach in the cold water for approximately five minutes. Stir the leaves around in the water well enough to remove all dirt.

3. Rinse with fresh water and then remove excess moisture using a salad spinner, or towel. Once excess moisture has been removed put spinach into a container that will still allow a small amount of air into and around the leaves.

The following recipe is a great one for spinach in this condition.

Leek and Spinach Soup

-adapted from Better Homes and Gardens New Cookbook

2/3 cup **leeks**, thinly sliced, white portion only
1 small onion, sliced
2 tablespoons butter
2 1/2 cups **potatoes**, peeled and sliced
2 cups chicken broth
Kosher salt to taste
6 ounces fresh **spinach**
1 1/2 cups milk
1 cup heavy whipping cream
fresh chives for garnish

In a saucepan sauté leeks and onion in butter until tender but not brown; add potatoes, broth and salt to taste; bring to a boil, cover and simmer for 35 minutes. Remove from heat and add 1/2 cup heavy cream and the milk, puree in a food processor and return to saucepan; set aside.

Blanch spinach 1 minute in boiling water; immediately plunge into ice water; drain and squeeze out excess water; puree in food processor with 1 cup of leek soup and 1/2 cup cream; add salt and pepper according to taste. Pour into a separate small saucepan. Both soups can be refrigerated at this point and reheated before serving.

Place a ring mold in the center of a flat bottomed bowl, fill with green soup then pour the white mixture around the outside. Insert long chives in a cooked small diced potato so that they stand up; place in the center, remove the ring and serve.

Honeycrisp Apples

The variety of apples in this week's box are called "Honeycrisp" and were grown by Bob Barthel and Nino Ridgway at Barthel Fruit Farm. This apple is known for its extraordinary crispness and a juiciness that leaves you wiping your mouth with the back of your hand. This variety is not recommended for baking/cooking because of the high water content. But who could ask for a better eating apple! Don't worry if you don't get to eating them immediately- they store exceptionally well. In fact, Steve and Debra Jo ate their last 2008 Honey crisp in late March of this year. Apples store best wrapped in a plastic bag and placed in the refrigerator. Small apples store longer than large ones so eat accordingly. Enjoy!!!!!!

Barthel Fruit Farm experienced a bumper apple crop this season so be sure to stock up on apples for the winter. They are open 7 days a week and expect to be selling through the New Year. Call or check their website for more details. (262) 242-2737 www.barthelfruitfarm.com.

Kabocha Squash

Of all the winter squashes we grow one of our all time favorites is the "Kabocha" squash. Because it's difficult to grow sweet potatoes in our region we found the flesh of this squash to be the closest one to resemble the flavor of a sweet potato.

The orange colored variety of kabocha squash in your box today is called "*Sunshine*". In 2004 the creator of this squash was awarded the "All-American Selections" winner which is deemed one of the highest and most prestigious awards given to vegetable breeders. Once you try this squash you'll see why this squash was worthy of its honor. Baking this type of winter squash is like any other squash.

350° to 400° degrees F for approximately 1 hour. We suggest cutting in half, removing seeds, and placing in a covered roasting pan with about 1/2 inch of water. Here's a recipe we found using a kabocha squash combined with leeks which are also included in today's delivery, Hope you'll enjoy the recipe and the squash. Bon Appetite!



Kabocha Squash with Sage and Leeks

- 1 kabocha squash (2.5-3 lbs)
- 1/2 cup butter
- 4-8 leaves fresh sage, chopped into ribbons
- 1 leek, julienned white part only
- 1 teaspoon salt

Preheat oven to 350°F. Prepare squash by washing, poking 2-4 holes into center with sharp knife. Bake whole squash in oven for 60-90 minutes, until soft. When squash is done, cut in half, remove seeds and fibers, and scrape flesh from skin into a bowl, mash but do not puree squash. Melt butter in a large skillet. Add sage leaves and fry until crisp 1-2 minutes. Add leek and salt and continue heating 2-5 minutes until leeks are soft and translucent. Add squash to skillet and mix until all butter is incorporated. Serve.