



Rare Earth News



What's in the box today?

Beets
Brussels Sprouts
Bell Pepper
Celeriac
Lettuce
Onions, Yellow
Potatoes, Yukon gold,
certified organic from
Springdale farm, Ply-
mouth, Wisconsin
Thyme
Rutabaga
Winter Squash,

Harvesting celery root on a brisk fall morning

Thought I should mention a little on the subject after receiving a few emails about this year's schedule. In thinking most everyone read the information on our website I disregarded to say much thereafter. Our schedule did change a bit this year. In the past we switched over to a bi-weekly delivery schedule in mid October, and finished up at the end of November. Although we know many of our members liked receiving food in late fall just before Thanksgiving we have to openly admit our facilities for harvesting and packing during that time of the year have never been suitable for working conditions. Our staff struggles with work when our pack house has no means to be heated and is operating just barely above freezing. Unfortunately I've never been able to cost out the upgrade to get the building insu-

lated and with a heating system installed. If we ever return to having deliveries in November, or beyond we're going to need to build a new packing house, or make a significant upgrade to our existing building. Where the money would come from for either option is hard to say. In the meantime until funding becomes available to improve our facilities our easiest and possibly only solution is to reduce our delivery calendar.

In spite of a shortened delivery season we plan to continue producing and providing weekly deliveries of a full summer selection of fresh quality and organically grown produce. I don't want to rule out the possibility of ever returning to a longer delivery schedule but until then I have to work a program that truly works for us in all respects.

In 1990 I started CSA farming by transitioning from a white collar desk job to a career in agriculture. I feel I walked into farming at one of the greatest opportune times in the history of food cultivation in America. The

chance to go into farming would have never happened if it hadn't been for the CSA concept and a generation of consumers wanting a direct connection to their food source. Food trends are changing and as they do we'll undoubtedly need to make some changes too. Not totally certain what those changes will encompass but our main focus will always be devoted to quality and a good variety of seasonal produce. I put everything ounce of time and energy into my farm work. The thought of ever going back to a desk job motivates me to stay on task. So I humbly ask for your interest and continued support to keep my feet and hands in the soil. Hope to see you back again next year. Take care and have a great week!

Beef and Ale Casserole

1 lb cheap cut lamb or beef such as Braising chuck or brisket steak

1 **onion** sliced

3 cloves garlic chopped

15 to 20 medium **Brussels Sprouts**, whole

½ cup **celeriac root** peeled and chopped

1 small to medium **rutabagas** chopped

handful of mushrooms whole

2 Tbsp. olive oil

2 Tbsp. cornstarch

2 Leaves Bay

3 Tbsp. balsamic Vinegar PLUS 2 Tablespoons Olive Oil

2 cups stock

1 Tbsp. Tomato Puree

1 1/4 Cups or 300 ml Brown Ale choose your favorite ale

Salt & Pepper to season

A small handful of chopped fresh parsley and a sprig of **thyme**

Set your oven to 170 C , Gas 3, 325 F if using the oven to cook this.

First of all, place the beef in a zip bag and bash using a meat hammer on BOTH sides so they are about 1/2 inch thick. Do this for all your slices then cut them into 2 inch pieces and place in a dish.

To the meat, add the balsamic vinegar, olive oil, cornstarch, crushed garlic and pepper. Do not add the salt. Mix it all together then arrange the meat so it is sitting flat. Leave for 30 minutes.

In the same pan you will use for the oven, add a drop of olive oil, chopped onion, mushrooms and fry until translucent.

Add the meat and fry until brown to seal the juices.

Note: If using a slow cooker, just add everything straight to the slow cooker.

Add your meat and remaining ingredients to your casserole dish / slow cooker. Combine everything well and cook in the oven for 3-4 hours or in your Slow cooker for 6 - 8 hours on LOW. Season with salt.

When ready, serve with some nice mashed potatoes, rice or anything you like!

Note: If the liquid is not thick enough for your liking, add a drop of water to 1 -2 tablespoons of cornstarch, dissolve it then add to the casserole and give it a stir. Repeat this until you get it as thick as you like.