



Rare Earth News



Patrick Whalen, Ellie & Frances Hrlevich planting garlic for next year

What's in the box today?

Beets

Brussels Sprouts

Cauliflower

Carrots

Celeriac

Leeks

Onions, Yellow

Potatoes, "Certified organic" Yukon Gold from Igl Farms, Antigo, WI

Sage

Winter Squash, Sunshine
Kabocha

A very productive week for us with a lot of harvesting, planting, and fall plowing. We're still harvesting our cold tolerant crops from the field for the last remaining deliveries. For October as warm as it's been our work outside has been most enjoyable. One great task to have finished is our garlic planting for next year. We would have liked to sent out more garlic to you this year but we're still recovering from the loss of our garlic 3 years ago when our entire garlic crop froze out from a winter warming and freezing cycle. Little by little each year we've been slowly replenishing our stock, passing out what we could while still reserving a percentage for replanting. Happy to say we're close to where we normally like to be with our garlic production and next summer we're expecting to be passing out a greater amount of garlic your way. We know everyone loves garlic and that's why we feel the need to grow a lot more.

Delivery Schedule for November

Thursday - November 10th

Wednesday - November 23rd (Final delivery for 2016)

Our sign-up for farm shares has begun and you're now able to renew your membership for next season. When you go into the sign-up page you'll probably notice right away that we had to raise our share price. We haven't raised our prices for the last two years and so the increase at this time is necessary. In an earlier newsletter we explained how the market interest in CSA programs is on a slow decline while our production cost for all of our crops is on the rise. Certified organic foods that are produced for the wholesale market on industrial scale farms make it difficult for us to compete with the relatively cheap price of foods in grocery and big box stores.

However, rest assured a CSA share with Rare Earth Farm will still, even with the price increase be a great deal. Our 2017 price of \$645 means that your weekly price will be \$30.71. This is only \$2.20 more per week than this year. We've been tracking the cost of each weekly share, based on if we were selling our produce at a farmers market. Every week you, our members, have been saving an average of \$7 by purchasing in advance via the CSA share.

The other perks of being a CSA member are:

Receiving our informative newsletters with news from the farm and cooking/storage tips.

The chance to participate in our on-farm activities or visit the farm at a pre-scheduled time convenient to you.

You are assured that your food is produced in a safe way without synthetic chemistries and with the interest of the farm ecosystem and biodiversity as a priority.

Trying new and unusual foods. Maybe you discovered a new favorite vegetable or herb. If not you have at least diversified your diet which is great for providing your body with a wide variety of dietary needs.

Knowing your farmer and your farm, should you take the opportunity to connect with us in person.

Supporting a small, local and family run business that employs other local community members. We could not "steer this ship" without the assistance of our 2 full time and 3 part time staff members, a 3 member "on-call" work crew and a handful of workshare volunteers.

And last but not least we hope you recognize the learning and family building that likely took place in your own kitchens as you figured out how to utilize all this fresh produce. For those of you that have kids we hope they were able to lend a hand and learn about whole foods and seasonal eating just like the adults!

Thank you from the bottom layer of soil that stains our hard working hands for your support and membership this year! We also could not run this farm without YOU!

Enjoy this delivery and the 2 more to come before our delivery season officially comes to an end.



We still have honey for sale. Order now in time for our next delivery on November 10th. Here's a link to place your order:

<http://rareearthfarm.csasignup.com/store/maple-syrup/honey>

Leek

Leeks are related to the onion but have a softer, subtler, sweeter flavor.

European chefs call leeks "poor man's asparagus." Asparagus is actually a distant relative of the leek. Onions, leeks and asparagus are all in the Lily family.

Leeks are easily cleaned. Trim green tops to about 1.5 inches of the white section. Remove outer layer, cut leek in half lengthwise and rinse to remove any field soil.

Eat leeks raw, sautéed, steamed, in soups.....**substitute in any recipe calling for onion**. The result is a mild, delicate flavor.



Don't discard your leek greens! They make a delicious veggie stock. If you don't have enough leek greens to make leek stock now then freeze them until you have enough. Here at the farm we eyeball things in the kitchen so our leek stock is whatever amount of leek greens on hand with enough water to cover them, followed by a low simmering of the greens for about 30 minutes

Leeks store well in the refrigerator for up to 3 weeks. Wrap in plastic and place in crisper drawer. To see how to clean leeks take a look at this tutorial: <http://toriavey.com/how-to/2014/02/how-to-clean-and-slice-leeks/>

Carrot and Leek Soup

2 tablespoons olive oil

4 cups chopped **leeks** (about 4 leeks, trimmed)

4 cups chopped **carrots** (about 1 lb.)

1 medium **onion** (about 1 cup)

1/2 teaspoon salt, or to taste

4 cups vegetable broth

4 cups water (or more broth)

2 teaspoons cumin (optional)

In a large stovepot, heat oil over medium heat for 1 minute. Add chopped leeks, carrots and onion and salt. Stirring continuously, cook until carrots are slightly tender, about 5 minutes.

Add broth and water, and mix. Let simmer over medium-low heat for 10-15 minutes. Remove from heat.

Using an immersion blender, blend together to reach desired consistency. Add more water or broth if desired.

Stir in cumin if using, and serve hot.

Tip: Take the Brussels Sprouts you received today and steam them lightly but not over cook them, and then add them to the soup after puree.

Celeriac

Celeriac is also known as celery root. Its flavor is very similar to celery but more concentrated. Unlike celery, it is the bulb (technically a tuber) not the greens that is most often used for culinary purposes. Celeriac can be substituted for celery in any recipe.

This veggie can be eaten raw when fresh. Try celeriac sticks with dip or grated celeriac on a salad. If the bulb is stored for more than a couple months it is better to cook with it as the bulb begins to dry out and its texture is not as palatable in the raw form.

The un-peeled bulb will store for 6 months in a root cellar or if kept at a constant cold as possible temperature without freezing.

Peel only the amount of the celeriac bulb that you plan on using. The peeled flesh will brown when exposed to air for too long. A knife works best for peeling this thick-skinned, gnarly bulb.

It may be low in calories but it is high in dietary fiber, carbohydrates, vitamin C, vitamin B6, magnesium, phosphorus and potassium.



Carrot, Celeriac, and Potato Mash

½ cup carrot chunks

2 cups celeriac chunks (peel and cube 1 large or 2 medium celeriac)

2 cups potato chunks (peel and cube into about the same size as the celeriac)

2 Tbsp. butter

1 Tbsp. heavy cream

salt and pepper

Place vegetables in a large pot. Cover with water and add a generous pinch of salt.

Bring to a gentle boil over medium heat and simmer, covered, until chunks are tender. This took me about 20 minutes.

Drain the vegetables. It's probably a good idea to save the water, but I did not. Return to the pot or transfer to a bowl (whichever place you want to mash in).

Add the butter and cream to the hot vegetables.

Using a potato masher or sturdy fork, mash everything together.

Salt & Pepper to taste. Serve.



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 tsp. 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.



Simple Fried Potatoes with Sage and Garlic

- 2 **Yukon Gold potatoes**, sliced and cut into wedges
- 1 medium **onion**, chopped
- 4- 5 large fresh **sage** leaves, chopped
- 2 Tbsp. Butter
- 2 Tbsp olive oil
- 1 clove of **garlic**, minced
- Salt and pepper to taste

Heat butter and olive oil in fry pan over medium heat. When butter starts to turn brown drop in all ingredients and add salt and pepper to taste. Stir to coat all ingredients. Cover pan to help cook potatoes. Remove cover periodically and stir or pan flip. Slowly reduce heat and continue frying until the outside of the potatoes are golden brown. Serve.



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.