



What's in the box today?

Basil
Cabbage, Green
Cantaloupe
Carrots
Edamame
Onions, Red
Pepper, Sweet Bell
Sweet Corn
Tomatoes

Pea/oat cover crop in bloom

Rare Earth News

We've anxiously been waiting on our tomatoes to kick into high gear for ripening. We normally like to send more tomatoes out to you at this time of the year but the ripening as we've reported has still been slow. In addition to the slow ripening we're seeing the late blight as mentioned in last weeks newsletter progressing by the day and is slowly taking over our entire field. The hope for sending out an abundance of tomatoes is looking more grim as we move farther into September. We're now coming to the realization that our acceptable tomatoes for sending out to you this year will be limited. We're trying to pick them in somewhat of a non-ripe state in hopes that removing them from the field will ripen them quicker and they won't get ruined by the blight. In doing this you might find some of the tomatoes you receive may not be fully ripe so if they feel a little extra firm or if their color is slightly irregular leave them sit for a few days before eating. Also the blemishes you may see on the surface of the tomato is just on the surface and doesn't affect the inside. By removing the skin you should still have a tasty tomato to eat. At times when nature won't allow us to produce the perfect looking vegetable we have to pass what we can and hope that you'll still enjoy what you eat. Remember "beauty is only skin deep". Have a nice week!

Steve & Debra Jo



Blight infested tomato plants

EDAMAME SOYBEANS



In today's box you'll find fresh green "edamame" soybeans for your eating pleasure. The word edamame means "Beans on Branches". They grow in clusters on a branched bush.

Here's a simple way to prepare them. Remove the pods from the stems. Place the pods in boiling water for 3 to 5 minutes or until you see the pods beginning to split open. Remove the bean and discard the pod. Just a little butter and salt and they're ready to eat. They're also great to sprinkle over salads.

Edamame nutrients include calcium, iron, potassium, and folate which is a B vitamin. They also contain phytoestrogens, which are estrogens that plants produce. Plant research has found phytoestrogens to help fight heart disease by increasing good cholesterol and lowering bad cholesterol levels, prevent breast cancer in premenopausal women, promotes prostate health, and also acts as an antioxidant.

Soy beans have to be harvested before they begin to dry out so we hope to have them in your boxes the next couple of weeks. Enjoy the edamame!

Freezing Sweetcorn

If you can't eat all the cobs at once take advantage of it and freeze some to eat this winter. Here's how you do it.

- Blanch the corn in boiling water for 1-2 minutes.
- Remove it from the boiling water and quench in a cold water bath
- Cut corn off the cob with a sharp knife.
- Put into freezer bags and place into freezer. Remove as much air from the bag as possible



Uncle Jim's Creamed Corn

-from my Uncle Jim

10 ears of corn
 2 Tbsp. butter, melted
 2 Tbsp. flour
 1/4 tsp. salt
 water

Cut kernels off cob with a knife. Cut about half way down the kernel and then scrape the rest of the kernel off the cob with the back side of the knife. Mix all ingredients together. Simmer or heat at low temp until it's hot enough to serve. If the corn is too thick you can add a little water, or milk. Serve over fresh mashed potatoes.

Stuffed Cabbage Rolls

-from "Cook With Tofu" by Christina Clarke

2 small **onions**, chopped
4 Tbsp. Oil
8 large **green cabbage** leaves
1 lb tofu
1 cup cooked rice
1 egg
2 Tbsp. natural soy sauce or tamari
2 Tbsp. Worcestershire sauce
 $\frac{1}{2}$ tsp. paprika
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{4}$ tsp. pepper
salt to taste
toothpicks to fasten rolls

Sauce:

1 quart tomato/spaghetti sauce
1 $\frac{1}{2}$ Tbsp. vinegar
1 $\frac{1}{2}$ Tbsp. molasses
salt to taste

Sauté onions in 2 Tbsp. of oil. Set aside. Carefully remove eight large outer leaves from a head of green cabbage. Splitting the stem end lengthwise helps. Steam the leaves until tender; 3 to 5 minutes should be sufficient. Once steamed, cut out any heavy stem sections.

Crumble and fry the tofu in the remaining 2 Tbsp. of oil for 20 minutes to expel excess moisture and lightly brown. Add the cooked rice, sautéed onions, egg, and all the seasonings to the tofu and mix.

Preheat oven to 350 degrees.

Divide the filling among the eight cabbage leaves, and roll up. You may wish to split the cabbage leaves in half to make sixteen smaller rolls. Fasten the rolls with toothpicks; lay in a 9 by 13 inch baking dish.

Combine the tomato sauce, vinegar, molasses, and salt to make the sauce. Pour it over the cabbage rolls.

Cover the baking dish with foil and bake for 1 $\frac{1}{2}$ hours. Serve hot. 8 servings.

Salsa making workshop and potluck

Date: September 19th

Arrival Time: 2:00pm, salsa making begins @ 2:30 pm

Workshop cost: ***Free to all Rare Earth Farm members**
 ***Non-members - \$15.00/ family**

What to Bring:

- Mexican dish to pass.
- Quart size Ziploc freezer bags or equivalent to bring your share of the finished salsa home.
- Knives for chopping salsa ingredients. (We have some knives to supply. If you bring anything to use put your name on those items somehow so you don't lose them).

Come out to the farm for a day of fun and great food! If you like fresh homemade salsa then this is the occasion for you. A collective effort will be made by all in attendance to prepare and make salsa from all farm raised ingredients. The finished salsa will be divided up among participants for them to take home. After the salsa making workshop portion of the day we'll spend the remainder of our time eating and enjoying the great outdoors. Bring any beverages of choice for your own consumption, or to share with others. Chairs and/or a blanket can be helpful as we have limited seating. If you need suggestions for food to bring just give a call to the farm at 262-285-7070.

Although this is a farm function intended for Rare Earth subscription members, the festival is open to non-members as well. Bring a friend along and introduce them to the farm. A small contribution from non-members or anyone else will be greatly appreciated to help, and will lend a hand to the farm in its effort to continue organic farming and to provide these kind of gatherings. Thank you and we hope to see you at the workshop!

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