



What's in the box today?

Apples, Paula Red's from Barthel's Fruit Farm in Mequon, Wisconsin

Beans, Green & Yellow

Carrots

Celeriac

Dill

Garlic

Lettuce

Onions, Red

Watermelon, Red icebox size from Norman Miller farm in Pardeeville, Wisconsin

Peppers, Lunch Box

Tomatoes



Rare Earth News

A farmer in Wisconsin only has on average 110 days to grow a saleable product. That doesn't leave us with a very big window of opportunity to produce our yearly income. We've managed to survive with the length of our season, and with a great group of devoted subscribers, but we always wish we had at least one more month of good growing weather. That would make farming in Wisconsin so much easier. Of course that's not a real time scenario so I guess we'll just file that thought away into our farmer fantasy folder.

This week we're harvesting winter squash. This late season vegetable all has to be picked up and placed into storage before our first frost which could be in thirty days or less. Not a very enjoyable topic to talk about but it's hard to ignore at this time of the year as fall approaches. Getting started now will ensure that we'll get our squash picked up before the cold weather sets in. Hope to start passing out our first varieties in the next couple weeks.

Another first harvest this week is our Celeriac or "Celery Root". This increasingly favorite root crop originated in the Mediterranean but grows well in Wisconsin and is one of our vegetables featured only at this time of the year. Celery root has been a hard sell since we've grown it here but it's gaining interest and once you take a fancy to the way it can be used you'll find celeriac a welcome sight in your refrigerator. At this time of the year when



it's fresh dug the root can be julienned or grated and added into salads or slaws. We've included a few recipes in this issue that might just turn you into a celery root enthusiast. We have more celery root to harvest and we'll be passing more of it your way but only a couple more times. For those who just can't get enough celeriac there's more for sale on our webstore at: <http://rareearthfarm.csasignup.com/store/produce-celeriac-1?page=1>

Counting the remaining number of deliveries for the season, after this week we're down to just seven more. So what's left you might ask? If you look at our season calendar http://www.rareearthfarm.com/Season_Calendar.htm you'll see there's still plenty of food we're planning to pass along before the end of the season. The number of items in the box may decline a bit but what's still needs to be harvested will yield a great selection of food choices providing for some good fall eating. So keep your stovetop burners alit, and your ovens aglow, and let's all eat well before the snow!

Thanks again for your weekly devotion to put all this food to good use. Spending time in your kitchen with your family is always time well spent. Have a great week!

Celeriac and Apple Slaw

- ½ c. plain yogurt
- 2 tbsp. dijon mustard
- ½ tbsp. fresh lemon juice
- 1 lb. **celeriac**, peeled, and coarsely grated
- ½ **apple**, peeled, cored, julienned
- ¾ tsp. kosher salt
- 1/8 tsp. freshly ground black pepper

Mix together the plain yogurt and dijon mustard. In a large mixing bowl, combine the remaining ingredients together. Toss with yogurt-mustard mixture.

Refrigerate for an hour before serving. Add additional salt and pepper if needed.

Celeriac Mash

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|---------------------------------------|----------------------------|
| 1 large celeriac diced, | a pinch of thyme |
| 1 Tbsp butter | salt and pepper to taste |
| ¾ cup chicken broth or water | chopped chives for garnish |
| ¾ cup heavy cream | |
| Small clove of garlic , minced | |

Sauté celeriac in butter for 2-3 minutes. Add remaining ingredients, cover and cook for about 15-20 minutes, stirring from time to time. If liquid evaporates too quickly, add a few tablespoons of water.

Mash with a potato masher or blend using immersion or regular blender. If you like very thick puree, return to the pot and heat, stirring, for 1-2 minutes until desired consistency is achieved.

Avocado Tuna Salad

2 cans of flaked light tuna

1 ripe avocado

1/2 cup chopped **celery root**

1/2 cup chopped **red onion**

1/2 **red apple**, chopped

1/4 cup chopped, toasted walnuts

1 Tbsp. pickle juice (or water-if using increase salt slightly)

1 tsp. fresh **dill**

1/2 tsp. dijon mustard

1/4 tsp. cumin

salt and pepper, to taste

In a large bowl, mash up avocado with the back of a fork or potato masher. Add in tuna, celery, red onion, apple and walnuts. Mix well. Add in pickle juice, dried dill, dijon, cumin and salt and pepper. Mix well.

Serve on bread, top on salad or eat plain.

Apple Dumplings

Dough

4 cups all-purpose or whole-wheat pastry flour

1 teaspoon salt

2 tablespoon sugar

24 tablespoons cold, butter, cut into small pieces

1 cup ice water

Mix the flour salt, and sugar together in a bowl. Cut in the butter by hand, leaving pea-sized chunks. Sprinkle the ice water over the top by the tablespoon and toss it with the flour mixture until you can bring the dough together into a ball. Press it into a disk and refrigerate for 15 minutes if the butter feels soft.

Filling

1 cup sugar

1 1/2 teaspoons cinnamon

8 medium sized **apples** with the cores removed

Cut the dough into 2 separate balls and roll each one out until the dough is approx. 1/8 thick.

Cut into four quarters and place a cored apple on each quarter. Fill the center cavity of the apple with the sugar and cinnamon mixture to the top of the apple. Fold the dough up around the complete apple and seal top by pressing ends together. Set onto ungreased baking pan.

Preheat oven to 400 degrees F. Bake for 30 to 35 minutes until crust is golden brown on top.