



What's in the box today?

Beets
Cantaloupe
Carrots
Onions
Pepper, Sweet Bell
Sweet Corn
Tomatoes
Winter Squash

Irrigating newly seeded spinach in hopes for a late fall harvest.

Rare Earth News

Greetings! We've been without rain again now for a little over three weeks. Not a very good time of the season to be lacking rain. We're still continuing to irrigate our fall seeded crops. Normally September provides us with enough rain to help get our fall crops started, but not this year. As of today we're still about seven inches short of what we had last year by this time. Just glad to have an ample supply of water coming from our well to help us out. One nice feature of dry weather though is we're able to continue our harvesting without being deterred by rainy days and tromping through the mud.

Hope your getting hungry for winter squash now that the first day of Autumn is this Monday. The squash harvest looks great and so you can expect to see squash in your deliveries until the end of the season. We have a lot of great ways to use squash and we intend to share that information with you.

Sorry for the short newsletter this week but we haven't had much time to sit at our computer. This week in addition to harvesting we've been getting ready for the salsa making workshop this Saturday. The weather forecast sounds pleasant for Saturday so we hope you can make it! Have a great week!
Steve & Debra Jo

Don't' forget salsa making workshop and potluck

Date: Saturday, September 19th Arrival Time: : 2:00pm, salsa making begins @ 2:30 pm

What to bring: Mexican dish to pass and containers to take salsa home.

Those of you with children please mention these few precautions to them before you arrive:

- Forewarn them about the handling of hot peppers.
- Don't play on any of the farm equipment.
- Stay out of the barns and the greenhouses. You're welcome to visit our hen house in the lower part of the barn.
- Please be gentle if handling or playing with any of the resident cats. If mishandled, or mistreated they may scratch, or bite.

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



New Sport invented at Rare Earth: Pogo Carrot Digging

Work share member Jackie Walczak (left) appears to be standing on a pogo stick but it's a garden fork as she attempts to dig carrots out of some very dry ground. The dry weather has really made digging carrots a tough task. As several workers dig the carrots Katie Herian (right) and others carry them to a near by field bin where they will be brought back to our processing building for topping, washing, and final bagging.



Spaghetti squash with sautéed vegetables

1 **spaghetti squash**, halved lengthwise and seeded

2 tablespoons vegetable oil

1 **onion**, chopped

1 clove garlic, minced

1 1/2 cups chopped **tomatoes**

3/4 cup crumbled feta cheese

3 tablespoons sliced black olives

2 tablespoons chopped fresh basil

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.



Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

Note: Spaghetti like all other winter squashes vary in color and shape. With spaghetti squash the color will vary from a pale green to a bright yellow. Spaghetti squash is edible and delicious at any color stage, however you might find the flesh a little more tender and sweet when the color is a bright yellow to almost an orange color. To further ripen let it sit indoors in a place where it will be in direct contact with sunlight. A noticeable color change will occur within just a few days.

Adobe Chicken Corn Chowder with Red Wahini Rice

-submitted by work share member Stef Kaye

- 2 Tbsp olive oil
- 1 small **onion**, peeled and thinly sliced
- 1 medium red bell pepper, seeded and sliced
- 4 cloves garlic, finely chopped
- 1 (4-ounce) can fire-roasted green chilies
- 1 medium jalapeño pepper, seeded and finely chopped
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp freshly ground black pepper
- 1 (8-ounce) boneless free-range chicken breast, thinly sliced
- 1 quart (4 cups) chicken/veg broth
- 1 cup fresh or frozen organic **sweet corn**
- 1/2 cup Red Wahini rice
- 1/2 cup organic heavy cream

Put the vegetable oil in a heavy-bottomed pot over medium-high heat and sauté the onion, red pepper, and garlic until the vegetables are soft and beginning to color. Add the green chilies, the jalapeño pepper, the smoked paprika, cumin and black pepper and sauté, until the vegetables are heated through, a few minutes more.

Add the chicken and cook 5 minutes, turning the chicken pieces three or four times as they begin to brown.

Pour in the chicken broth and bring the soup to a full rolling boil. Stir in the corn kernels and the rice, reduce heat to low and simmer until the rice is very tender, about 45 minutes.

Stir in the heavy cream, garnish with green onion, cilantro and squeeze of fresh lime juice. Serves 4



Not a very welcome sight! Deer have been visiting the farm at night to snack on our lettuce. This photo although hard to see shows what deer will do when they discover the taste of these tender greens. They move right on down the row eating the core out of the head. Hope they'll leave some for us.



Workshare members Karen and Bob Helminiak harvesting sweet corn for this weeks delivery.