



What's in the box today?

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

Cilantro

Eggplant

Leeks

Lettuce

Peppers, Bell or Lunchbox mini

Onions, Yellow & Red

Peppers, Sweet colored, & Banana

Peppers, Hot jalapeno & Poblano

Potatoes, Russet from Springdale farm, Plymouth Wisconsin

Tomatoes, Cherry & slicing

Winter Squash, Spaghetti & Butternut

Making one last final inspection and preparing for the honey harvest this coming week. Scoping out the hive prior to harvest helps to give a little better idea of how much honey we're most likely going to get. From the looks inside the hive the bees have done real well. The extraction and bottling process may take another couple more weeks but we should have it ready for one of our deliveries in October. Keeping bees at the farm and seeing the amount of honey they produced this summer tells us they've been in excellent health and habitat. Being their food source was right outside their hives with all the cover and food crops bearing nectar they didn't have to fly far. With honey production it does have an impact. The farther their nectar source is from the hive the longer it takes them to fly to it and then return back to make a deposit. More transport time, less honey. If all goes well we should have enough honey to sample some to all of you and then the rest will go on sale through our webstore

Three new items in our boxes this week are cilantro, eggplant, and leeks. The leeks will be available in future deliveries but the eggplant and cilantro will only be available as add-on items to your weekly delivery. Knowing these two items are not highly sought after by many of our members, putting items like these on our webstore gives those who love both eggplant and cilantro a way to special order them and get more while they're in season.

As we add some new items to our weekly offering we have to say good-bye to some others. Our tomatoes are at a point where we may have one more week of slicing tomatoes but this will be our last week for the cherry tomatoes.

We're beginning to transition into our fall crops being mainly a lot of storage crops. There will be a lot of win-

Link to our online store: <http://rareearthfarm.csasignup.com/store/produce>

ter squash coming your way until the end of the season. Some of the butternut squashes may have some blemishes on the outer skin that really don't affect the flavor. It's a fungal pathogen called "black rot" The only disadvantage is that it will reduce the shelf life for long term storage. If you receive butternut squash with the markings shown in the photo use those up first. They'll keep well enough to have a great meal for the next several weeks. Any winter squash we'll be selling on our webstore will be with minimal blemishes. Although we can't guarantee they'll last the winter they should last longer than ones with visible defects.



We have five delivery's left for the season after today and there's plenty more food still to come. Thank you again for eating seasonal with Rare Earth. We hope you've had a great experience and are already thinking about signing up again next summer. We're not quite at that point yet to start renewing memberships but as a heads up it will be coming up before the end of the year. Hope to see you all again next year. Have a great week and eat well!

Apple & Butternut Bisque

1 **Butternut Squash**

1 Tbsp. olive oil

3 large **apples**, peeled, seeded and diced

1 large **onion** diced

2 large carrots peeled and diced

1/2 tsp. kosher salt

1/2 tsp. cinnamon

1/4 tsp. nutmeg freshly grated

6 cups vegetable broth

1/2 cup heavy cream

1/4 cup Calvados or other apple brandy

In a large dutch oven, heat olive oil over medium high heat. Add the diced apple, onion, carrots and kosher salt. Sauté until softened and onions are slightly translucent (do not brown, adjust heat lower if vegetables start to take on color). Add the cinnamon and nutmeg and cook for an additional minute or so until very fragrant.

Add the roasted squash and chicken broth. Heat just to boiling, then reduce heat to low and cover with the lid slightly askew. Simmer for 10 minutes.

Working in batches transfer the mixture to a blender and puree until smooth. If soup is too thick, add additional broth about half a cup at a time. Return the soup to the dutch oven, and add the cream and Calvados. Heat the soup over medium heat, stirring occasionally until it's hot. Taste and adjust seasoning if needed.

Crunchy Broiled Eggplant

Eggplant

Mayonnaise

Freshly grated Parmesan Cheese

Fresh **Basil** leaves

Slice an eggplant thinly and spread one side of each slice sparingly with mayonnaise. Then dip or sprinkle the mayonnaise coated side in grated Parmesan. Arrange the slices on a non-stick or slightly oiled cookie sheet and broil the coated side until they are a golden brown crunchy outside and soft and tender inside. Flip over each slice and coat with mayonnaise. Place a basil leaf on top of each slice and then sprinkle parmesan cheese over the top. Place in broiler again and remove when cheese is golden brown and crunchy. Four servings.

Babaganoush

1 eggplant (about 1 pound)
1 1/2 Tbsp. extra virgin olive oil,
2 Tbsp. roasted tahini
1 garlic clove
1 tsp. ground cumin
1/4 cup fresh flat leaf parsley (finely chopped)
2 Tbsp. lemon juice (about 1 lemon)
1/4 tsp salt
cayenne pepper
1 Tbsp chopped cilantro



Preheat oven to 450°F. Prick eggplant with a fork, brush it with olive oil, and place it on a cookie sheet lined with

foil. Bake the eggplant until it is soft inside, about 20 minutes. Let the eggplant cool. Cut the eggplant in half lengthwise, drain off the liquid, and scoop the pulp into a food processor. Process the eggplant until smooth, and transfer to a medium bowl.

On a cutting board, work garlic and 1/4 teaspoon salt together with the flat side of a knife until it forms a paste. Add the garlic-salt mixture to the eggplant. Stir in the parsley, cilantro, tahini, and lemon juice.

Season with more salt, to taste. Garnish with additional parsley.

Classic Pico de Gallo

1 cup finely chopped white onion (about 1 small onion)
1 medium jalapeño or poblano pepper, ribs and seeds removed, finely chopped
1/4 cup lime juice
3/4 teaspoon fine sea salt, more to taste
1 1/2 pounds ripe red tomatoes (about 8 small or 4 large), chopped
1/2 cup finely chopped fresh cilantro

In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.

Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.

For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your pico. Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.

Potato Leek Soup

3 fist sized potatoes	3/4 tsp. salt
3 cups cleaned, chopped leeks	1/2 cup stock or water
1 stalk celery, chopped	3 cups milk
1 large carrot, chopped	optional: snippets of
4 Tbs. butter	Thyme, marjoram, basil
freshly ground pepper	



Scrub the potatoes, and cut them into 1-inch chunks. Place them in a saucepan with the leeks, celery, carrots, and butter. Add salt. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes).

Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer. Cook until the potatoes are soft (20-30 minutes). Check the moisture level occasionally. You may need to add a little extra stock or water, if it gets to low.

When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a blender, or a food processor fitted with the steel blade). Make sure the mixture is utterly smooth. Return it to the saucepan.

Add optional herbs (or not). Grind in some black pepper. Taste it to see if it wants more salt. Heat the soup gently, covered, until just hot. Try not to let it boil. Serve right away.

Potato Leek Gratin

- 4 cups milk
- 2 cups thinly sliced **leek** (about 2 large)
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- 3 pounds **potatoes**, peeled and cut into ¼ inch thick slices
- 2 thyme sprigs
- 1 bay leaf
- 1 garlic clove, minced
- 1 cup (4 ounces shredded Gruyere cheese)

Preheat oven to 375°. Place milk, leek, salt, pepper, potato, thyme, bay leaf, and garlic in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potatoes are tender. Discard thyme and bay leaf. Spoon half of the potato mixture into a 13 x 9-inch baking dish coated with cooking spray or equivalent. Sprinkle with ½ cup cheese. Top with remaining potato mixture and remaining 1/2 cup cheese. Bake at 375° for 1 hour or until golden brown.