



What's in the box today?

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

Cabbage, green "mini"

Garlic

Leeks

Lettuce

Peppers, assorted sweet

Onions, Yellow

Parsley, Italian flat leaf

Tomatoes, slicing

Winter Squash, Acorn & Butternut



Happy Autumnal Equinox! What a beautiful time of the year and yet with the days getting shorter and the temperatures on the downward trend it's kind of a mixed bag of emotions to experience during this transition period towards winter. Work tasks on the farm are now changing over to give precedence to begin preparing the farm for winter. Fall plowing and winter cover crop planting gets to be added to our task list along with the final harvesting of our late season crops. Losing about two minutes of daylight per day you often find yourself working into the twilight hours before you finally get to hit the hay for the evening.

CSA farming creates a full spectrum of sensations. From a feeling of accomplishment and fulfillment to that of total exhaustion from the intense daily non-stop agenda during the growing season. It's all part of the job. Any other type of work that didn't provide as much clear evidence of being a positive influence on someone else's well being would seem fruitless. Many of our members who've shared their own personal benefit by being part of the farm gives us the great satisfaction in knowing our efforts were not in vain. Thank you for offering the golden opportunity this summer to serve as your personal family farmer.

There are four deliveries left for the season and there's still more food coming your way. Many of the items in your weekly shares are vegetables you can easily store for use over the winter. The onions you'll be getting until the end of October are considered ideal for long term storage. Onions are one of the easiest vegetables to store and can last up to four months if you have a cool and dark place to put them. The same with winter squash. If win-



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

ter squash is piling up at home keep the ones that are blemish free and put them in a room where there's good air circulation. If you do this they should hold up well for two months possibly longer. Don't store them in a box, just place them on a shelf, or countertop. If you have any questions about food preservation just drop us an email and we'll be sure to get back to you. Have a great week and eat well!

Pasta with Winter Squash and Tomatoes

Salt and freshly ground black pepper

3 Tbsp. extra-virgin olive oil

¼ cup **onions**

1 Tbsp. chopped **garlic**

¼ tsp. crushed red pepper flakes, or to taste

2 cups chopped **tomatoes**

1 ½ to 2 pounds peeled, cubed or shredded **butternut or other winter squash** about 5 cups

8 ounces ziti or penne cut pasta

Fresh chopped **parsley**, or parmesan for garnish

Bring a large pot of water to a boil and salt it. Put olive oil in a large skillet over medium heat. Add shallots, garlic, and pepper flakes and cook for about 1 minute; add tomatoes and squash, and cook with some salt and pepper.

When squash is tender, about 10 minutes for shreds, 15 or so for small cubes, cook the pasta until it is tender. Combine the sauce and pasta, and serve, garnished with parsley or Parmesan.

Leek and Tomato Soup

3 Tbsp. butter

2 cups vegetable stock

1 Tbsp. olive oil

1 cup milk

6 small **leeks** (green parts only)

3 **tomatoes**, coarsely grated

1 pepper (hot or sweet)

Melt the butter in a pan over medium heat and add the olive oil. Trim the leeks and wash carefully to remove the dirt within the leaves. Take the green parts, slice them in 2-3 cm long pieces and put into the pan. Cut the pepper in small pieces and add to the leek. Simmer for 10 minutes, stirring frequently. Add the flour and let it get golden brown. Add tomatoes, reduce heat and cover with a lid. Boil for 10 minutes and add the milk. Remove from heat and serve either hot or cold.

Watch this you tube video for instructions on how to clean leeks prior to cooking.

<https://www.youtube.com/watch?v=njMtD7Hnlb8&t=143s>

*Tip - The tops of leeks when not used in a recipe are excellent for making stock.

Homemade Haystack Onion Rings

2 Sweet **onions**

2 Cups Buttermilk*

2 cup all purpose flour

1 Tbsp. kosher salt

1/2 tsp. of fresh ground pepper

Vegetable oil or canola oil for frying

Slice onion 1/2 - 1 inch thick and separate the rings.

Pour buttermilk in a bowl and add rings. Cover and store in fridge for at least an hour.

In a dutch oven or a large pot add approximately 3 inches deep with oil. Heat to 360 degrees or if you don't have a thermometer, just dip in the handle of a wooden spoon. When the oil bubbles around the handle, it's ready. Mix flour with salt and pepper in a wide shallow bowl or plate.

With tongs, dredge rings in flour ensuring they are well coated (you can double coat if you want extra batter by dipping back in buttermilk and dredging again) and then add to dutch oven. Be sure to not over crowd rings - fry in batches for 2-3 minutes until rings begin to golden. Watch closely that they do not burn! They'll go from done to burnt quickly. Remove from oil with tongs, shaking off excess oil and cool on a paper towel lined plate.

Parsley Risotto

2/3 cup (4.2oz, 125gr) Arborio rice

1/2 cup (4oz, 120ml) dry, white wine

2 1/4 cups (18oz, 540ml) chicken stock

1/2 medium **leek**, trimmed and sliced

1/2 cup fresh **parsley**, chopped

1/2 cup (2oz, 60gr) Parmesan cheese – freshly grated

1 Tbsp. olive oil

Heat chicken stock and keep hot over low heat. In medium sauce pan heat oil; add leek and sauté until transparent. Add rice and sauté, stirring, for 1 – 2 minutes until rice has white center. Add white wine and stir.

When wine is almost absorbed add a 1/4 cup of stock, stir. (No need to stir constantly but do stir from time to time.) When stock is almost absorbed add another 1/4 cup and continue adding 1/4 cup at a time and stirring.

Before adding the last 1/4 cup taste a few kernels of rice. They should be just 'al dente' – slightly resistant to the tooth, but fully cooked. If more stock is needed add it 1/8 cup at a time and waiting until almost completely absorbed. At this point risotto will be thick but not stiff – there will still be visible liquid and it will not hold its shape on a plate. Add the Parmesan and the parsley, stir well. Spoon into a bowl or risotto platter and serve.

Apple Crisp

8 cups sliced **apples**

1 cup packed brown sugar

3/4 cup all-purpose flour

3/4 cup oats

8 Tbsp. butter, softened (1/4 lb)

1 1/4 tsp. cinnamon

1/2 tsp. ground nutmeg

Heat oven to 375 degrees F. Arrange apples in greased square pan 9 x 12 x 2 inches. Mix remaining ingredients. Sprinkle over apples. Bake until topping is golden brown and apples are tender, about 30 minutes. Serve warm and if desired with ice cream. 10 servings.

Portobello and Leek Carbonara

- 4 slices thick-cut bacon, chopped
- 2 **leeks**, trimmed, cleaned and patted dry
- 12 ounces baby portobello mushrooms, quartered
- 1/2 pound whole wheat linguine
- 2 large eggs
- 3/4 cup freshly grated parmesan cheese

Add in leeks with a pinch of salt, then toss mushrooms on top. Stir everything together to coat, then let cook until ingredients are softened – about 5 minutes. At this time, throw the pasta in the water to cook – it is really important that the pasta is hot. While the pasta is cooking, mix eggs and cheese together in a large bowl. The mixture will be thick. As soon as pasta is finished, reserve 1/2-3/4 cup liquid, drain pasta and immediately throw into the skillet. Toss with the leeks and mushrooms to coat, then remove from heat. With a large spoon in one hand, add the egg mixture right on top and immediately begin stirring the pasta together. I usually stir for a good minute or two. At this time if desired, add the pasta water to the skillet to make things a bit more creamy and saucy. Toss in bacon. Serve immediately with extra cheese!

The garlic in today's share rather than passing it out little at a time we decided to pass what we can share with you all at once. A portion of the total harvest is used every year to re-plant for next year's crop.

Under good home storage conditions a solid, well-wrapped garlic bulb will keep 6 to 8 months. Use the bulbs that are not well wrapped first. Store your garlic at a cool, stable room temperature. A temperature of 15 - 18°C (60 - 65°F) with moderate humidity and some air circulation works well. Hang garlic in a mesh bag, or a paper bag works well too.

Hummus

- 2 cans or 3 1/2 cups cooked garbanzos, drained, liquid reserved
- 4 to 6 cloves **garlic**, chopped
- Juice of 1 1/2 lemons
- 1/4 cup roasted sesame tahini
- 1/4 cup olive oil
- 1/2 tsp. salt

Put all ingredients except the garbanzo liquid in a food processor bowl and spin until smooth. Add about 3/4 cup of the garbanzo liquid or as much as necessary to give it the right consistency.

Makes about 4 cups

