

Rare Earth News



What's in the box today?

- Beets
- Cabbage, Red
- Carrots
- Garlic
- Onions, Red & White
- Sweet corn
- Thyme
- Potatoes, our own grown assortment
- Peppers, assorted sweet
- Tomatoes, gold cherry



Got our potatoes dug this week. After not growing them here for over 10 years I pulled the digging machine out of the weeds (top photo) and surprisingly it worked fine. Even the tires still held air. When you're eating them remember they were still in the ground less than a week ago. Hope you can taste the freshness.

More potatoes are coming a little later on but I'll be buying them from another Wisconsin farm. Did you know that Wisconsin ranks third in potato production behind Idaho and Washington?

Another crop harvested this week was our sweet corn. Our corn did pretty good this year. However, considering the amount we were able to grow today's share of sweet corn will be the last for the season. Our electric fence didn't seem to hold back the raccoons as well as I hoped for this year. We even found two raccoons who were willing to work for their corn. That's rare but it's been know to happen here on occasion.

If you want to come out to the farm and glean what's left in the field give us a call. I'll even turn the electric fence off.

Wish I would of had more time to write this week but September has been traditionally a very busy month and so with that I'll say enjoy this weeks selection of food. There's more great veggies on the way. Have a wonderful week!



"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

Jim Davis

-American Cartoonist

Thyme Carrots

1 lb **carrots**, peeled & cut into 1/4 slices
4 tbsp. balsamic vinegar
2 cloves **garlic**, minced
4 tbsp. olive oil
salt
pepper
fresh **thyme** to taste, stems removed

Boil carrots in a large pot of water until tender about 7-9 mins. Strain carrots and mix with the remaining ingredients. Adjust as needed according to your taste. Taste and add more thyme or vinegar as needed.

It's getting to be that time of the year and soups are back on our home menu. The recipe below is one classic I've had on file for some time and because we have the bell peppers, corn and onions in your box today we thought of publishing it again. We've had a pretty good year for colored peppers and so it's the perfect way to kick off the soup season in your own household.

If you're finding yourself getting backed up on peppers it's real easy to remove the seeds, cut them into slices, and freeze them for winter.

Hope you enjoy the chowder!



Fresh Corn Chowder

2 Tbsp. butter

1 cup chopped **onion**

1/2 cup minced celery

1 sweet **red or yellow bell pepper**, minced

4 cups **fresh sweet corn** (approximately 4-5 cobs)

1/2 tsp salt

freshly ground black pepper

1/4 tsp. thyme

1/2 tsp. dried basil

1 cup stock or water

1 cup milk

In a medium-sized saucepan begin cooking the onions in the butter over medium-low heat, stirring. After about 3-5 minutes add celery, and keep cooking. Five minutes later add peppers and corn.

Add seasonings, stir well, and cover. Reduce heat; let it cook 5 minutes.

Add stock. Cover and simmer about 10 minutes. Using a blender or food processor, puree about half the solids in some of the soups own liquid.

About 10 minutes before serving time, add the milk. Don't actually cook the soup any further; simply heat it gently to eating temperature.



A line in the lyrics of Elton John's song "Sorry Seems To Be The Hardest Word", is all I can say about this year's tomato crop. "It's a sad sad situation" that the tomato season has come abruptly to an end. Late blight has once again taken its toll on our tomato production. I have always wanted to take greater measures to disease prevention but I always come up short with a viable solution. I've tried some years using certified organic fungicides and have not seen any actual good results. So I will continue my search and determination to grow tomatoes in hopes to one day improve my odds for success. Disease during this time of the year where conditions become perfect for fungus to thrive is almost impossible to overcome. We'll try again next season in hopes for a better tomato year.



Thank fully we still were able to pick enough cherry tomatoes for today's delivery so enjoy ever last one.

It's been a banner year for onions. That's one vegetable most people don't need help finding a use for. If you find yourself getting backed up with too many onions they're easy to store for later use. For dry storage choose a place out of direct sunlight and preferably the coldest spot of your house. Do not put them into a sealed container. Use up the red and white onions first. The yellow storage onions are still in the drying stage but you'll get plenty that should last you all winter. Nothing worse than a winter without onions.



Braised Red Cabbage

- 1 Tbsp. coconut oil
- 1 medium **red onion**, thinly sliced (or any other variety)
- 1 head **red cabbage**, halved, cored, and cut lengthwise into 1/2-inch-thick slices
- 1/2 cup apple cider vinegar
- 3 Tbsp. balsamic vinegar
- 1/2 cup red wine
- 3/4 cup water
- 2 Tbsp. coconut sugar
- Coarse salt and freshly ground pepper
- 1 larger granny smith apple, peeled, cored, and cut into 1/2-inch pieces

In a large skillet that has a cover, melt the coconut oil over medium-high heat. Add apples and onions and saute for 2-3 minutes, stirring frequently. Add shredded cabbage and continue to saute for about 5 more minutes, stirring often. Add the coconut sugar, balsamic, apple cider vinegar, & water. Reduce heat to low (very low, like a 1-2 on the dial) and cover. Continue to cook, stirring every 10-15 minutes or so, until softened. Resist the urge to turn up the heat to shorten the cooking time. The mixture will burn to the bottom of the pot easily if you do so. Start checking for doneness around 45 minutes but it may take up to an hour. Top with toasted pecans and serve.

Buttery Sautéed Peppers & Onions

- 1 Tbsp. olive oil
- 2 Tbsp. butter, divided
- 2 red, yellow and/or orange bell peppers, seeded and sliced, 3 cups
- 1 **red onion**, sliced, 1 cup
- 2 cloves **garlic**, thinly sliced
- 1/2 tsp. dried basil
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper

Melt olive oil and 1 Tablespoon butter in large non-stick skillet over medium-high heat.

Cook peppers, onion, garlic, basil, kosher salt and pepper until tender-crisp, 10-12 minutes, stirring occasionally.

Stir in remaining 1 Tablespoon butter and serve.