



# LOON ORGANICS

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## What's in the box 6/23:

**Head Lettuce:** Romaine, leafy, or oakleaf lettuce. Outside leaves got ravaged from rain, but flavor is not affected.

**Mixed Greens:** Our team is calling this baby lettuce and spinach the "Gourmet Mix".

**Strawberries:** wash right before eating. Taste of summer!

**Carrots:** last of the hoop carrots!

**Broccoli:** first pick of broccoli. It has great flavor. Don't forget to eat the stem. Seriously, it's sweet

**Kohlrabi:** Purple or White variety. Both need their skin peeled to get to the tender bulb underneath. We like to grate the peeled bulb for coleslaw, taste is similar to cabbage.

**Scallions:** Wonderful salad topper

**Hakurei Turnips:** White salad turnips are meant to be eaten raw like radishes in a salad or lightly cooked. They are sweeter and softer-textured than a radish. Greens are edible and very good.

**Green Curly Kale:** The first pick of kale is the sweetest and tenderest. Try the kale recipe on page 2!

**Garlic Scapes:** This is the flowering shoot of the garlic plant that is edible raw or cooked. They make an amazing pesto, or just chop and add to any dish where you want a slight garlic flavor.

**Baby Cilantro:** A little taste to add to burritos, tacos, salads.

**Potted Basil Plant:** Sweet Basil Plant. Likes partial to full sun.

## CSA: Week Two (*Group B Half Shares*)

Welcome to the second group of Half Share Members getting their first box this week! Check out last week's newsletter for tips on getting through your CSA box, prepping veggies, and lots of recipe ideas. Each week's newsletter is on our blog and posted on our website's newsletter page. Everyone will get it in their e-mail inbox each week as well. Make sure that our e-mail address is on your safe contact list so that our e-mail updates don't go to your junk mail!

**Lightning, Hail, and Rain-Oh My!** I can't keep track anymore of how much rain we've received this month, but we're dumping out the rain gauge about every 2-3 days. It's a frustrating wet weather pattern that we are stuck in. Just about the time that the fields finally start to dry out so that we can get in and plant, weed, cultivate, and seed, the next rain storm comes. Last Friday afternoon we furiously transplanted our fall cauliflower and covered our zucchini crop with a fabric row cover to protect from pests while a severe thunderstorm loomed on the northern horizon. We made it back to the pack shed just as the pelting rain started. We got about 5 minutes of pea to quarter-sized hail in that storm, which really did a number on our butter head lettuces and other baby greens. The rest of our crops should recover after another good week of growth. Phew! As always, weather has the final say in farming. We're hoping to catch a break soon so we can catch up in the field!

There's always some sunshine after the rain though, and I like to look for what is also growing well ('cause with 50 different crops, usually something is doing well thankfully!). One crop that looks phenomenal this year is the garlic crop. Fresh, local garlic is the best, and the bulbs are sizing up nicely with the rain. We have lots of big garlic scapes too! We were also pleasantly surprised by the number of strawberries that are ripening up, and that we had enough for a quart for everyone's boxes today! Eat them quickly as the fresh berries have a short shelf-life, especially when they've been pelted with a lot of rain. Enjoy your veggies and everyone have a wonderful week ahead! –Laura

**Next week's box:** Strawberries still around we hope, lettuce, broccoli, zucchini or summer squash?, Napa Cabbage, scallions, chard or kale, and more.

**CSA Strawberry Pick & Tour, July 2<sup>nd</sup>, 10 a.m.- 1 p.m.:** The strawberry patch is down a little this year due to the May freeze, but we hope to still have some berries available for extra picking in early July. Regardless, we are having a CSA farm tour, and if the strawberries are not looking great, we'll find some sweet peas and kale to pick! There will be an electric tractor farm tour, lemonade, u-picking, and general merriment. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail or phone. [loonorganics@hotmail.com](mailto:loonorganics@hotmail.com); 320-587-0140

## **Produce Storage: How and Where to Store Your Produce for Maximum Freshness**

Everything in your box (except the basil plant!) should be stored in PLASTIC BAGS in your fridge to keep everything crisp. For longer shelf life, remove the turnips from their greens. The roots will stay crisp longer. If stored properly, everything should last at least 7-10 days. Plant your basil plant in a larger pot or your yard in full sun, preferably, or partial sun.

### **What is this veggie? Garlic Scapes and Kohlrabi!**

*Garlic Scapes* are those crazy looking neon green curly cue straws in your box. Word of caution...your children might snag them for creating obscure costumes! Not only are they fun and exciting to look at they are also tasty. Try throwing them on the grill, using the Pan Seared Scape and Nut Butter Salad to the right or try your hat at the garlic scape soup! Either way you are in for a treat. *Kohlrabi* on the other hand is the other space ship type looking vegetable in the box. A super sweet broccoli-like taste, this vegetable is delicious peeled and sliced up fresh and sprinkled with a little sea salt. As an alternative, shred it up for a salad or for the slaw below or make a [24 Hour Quick Pickle](#) found in last years Newsletter.

**More On-Line Recipes (links in our on-line newsletter):**

[Grilled Scallions](#)

[Raw Strawberry Cheesecake](#)

[Michael Symon's Kohlrabi Slaw](#)

[Lentils with Roasted Beets & Carrots](#)

[Shiitake Bok Choy Dumplings](#)

[Garlic Scape Soup](#)

[Cookie & Kate's 12 Favorite Kale Salads](#)

Many more recipes on our website's [recipe](#) page.

### **Contact us:**

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## **Recipe Corner**

### **Melting Tuscan Kale**

*Adapted from The Italian Country Table by Lynne Rossetto Kasper. This is an excellent kale recipe that can be delicious with so many things! Toast up some bread, slather this on along with some cannellini beans and a drizzle of olive oil and salt. Or add this into a frittata or served alongside lamb, chicken, fish...fabulous wherever.*

1 lb. kale leaves, stem removed and leaves chopped, washed and dried  
1 T extra virgin olive oil (or slightly more, depending on your pan)  
1 red onion, chopped in small pieces (or use about 1/2 cup chopped shallots)  
2 scapes or garlic cloves, very finely minced  
1 1/2 cup - 2 cups water, added 1/2 cup at a time  
Optional: Spanish Sherry Vinegar or other vinegar of your choice sprinkled over the cooked kale

Chop the onion or shallots and finely mince the garlic, then heat oil in heavy frying pan until its medium-hot and sauté onion 3-4 minutes until it starts to brown. When onion is turning slightly brown, add garlic and sauté 1 minute more. While the onions and garlic cook, cut away the center rib from each kale leaf and discard. Chop or tear the kale leaves into bit-sized pieces, then wash and spin dry or dry with paper towels. Add chopped kale leaves to the browned veggie mixture, season generously with salt and fresh ground black pepper, and let the kale wilt for 2-3 minutes, then add 1/2 cup water, stir, and let the kale cook in the water until the pan is almost dry, about 5-10 minutes.

Add 1/2 cup more water and cook kale 5-10 minutes more, then add a third 1/2 cup water and cook kale 5-10 minutes more. After you have added water and cooked it off three times, taste to see if the kale is tender; if not, add water one more time and cook a bit longer. When kale is melt-in-your-mouth tender and the pan is nearly dry, season as desired with vinegar and serve hot or at room temperature.

### **Pan Seared Scape & Nut Butter Salad**

*Here's another salad recipe from the on-farm salad lady Katharine. Pan seared scapes are delicious on anything but especially delicious on a salad!*

#### *Salad Ingredients*

4-6 scapes chopped into 1 inch pieces  
1 heads of lettuce roughly chopped or 1 bag salad mix  
1 head kohlrabi peeled, sliced & chopped into matchsticks  
1/3 cup of currants or chopped raisins  
2 avocados chopped

#### *Dressing*

1/3 cup apple cider vinegar  
2 tablespoons balsamic vinegar  
2/3 cup extra virgin olive oil  
1-2 tablespoon sunflower (or almond) seed butter  
1/4 tsp salt

Fry the scapes in a small amount of oil or fat over a medium high heat for approximately 5 minutes. Stirring occasionally until slightly charred. Remove from heat.

Combine salad ingredients & mix well. Add scapes and sprinkle with salt. Mix up dressing and combine over salad. Mix well. Taste...if needs more liquid create more dressing...if lacking flavor add more salt.

Your farmers, Adam, Laura, Eli, Willie + Crew