



LOON ORGANICS

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2014 Fall Share CSA

Greetings! Happy Fall Box! The mild fall weather the past couple weeks has given us wonderful last harvests of cauliflower from the fields, and we have been working in earnest to get our storage crops harvested, and the farm ready for winter and Spring planting. The spinach from the newly constructed (and pretty much finished!!) third hoop house is snug and protected from the cold, and producing absolutely delicious spinach just in time for our fall box. We will cover the spinach with a fabric row covering and over-winter it, and the spinach will grow back next Spring full of flavor, texture, and sweetness starting in March/early April.

Our veteran farm employee and cook extraordinaire, Katharine Plowman, gave us an extra-special extended newsletter chock full of special tips and recipes for this year's fall box produce. Take it away Katharine:

Well, it's the last share. As a special treat Laura requested that I give you all a whole host of new and exciting ideas to prepare your fall bounty.

First, however, I ask you take a peek inside your box. You will soon realize the treasure trove of produce Loon Organics has delivered. Just like there is nothing quite as delicious as sinking your teeth into the very first vine-ripened sun sugar tomato or candy sweet juice from a hand selected August melon, this box carries within it those same seasonal one time only flavor experiences.

Your spinach will be sweet and nutty with a thick, dense almost crunchy texture from frosty mornings. The carrots will seem to juice in your mouth with an uncanny candied sweetness. Hazelnuts and almond aromas will overwhelm your kitchen when you roast your buttercup/Kabocha and carnival squash--and if you can wait till those dreaded white flakes appear in your yard, your squashes will be even more flavor packed.

Inevitably, like all good things, you will run out of these delectable treats. As we all know, it is a sad day when we are forced to go back to our regular grocer's produce department, all shiny and full of gloss and perfected veggies. Carrots from California are flavorless. Garlic a ghost white that lacks complexity and depth. Spinach's flavor acrid and bitter--a torn mess of bruised leaves. The soil, the weather, weed pressure all alliterated your produce.

Just like wines have terroir, meaning the soil in which the grapes have grown provide certain flavor characteristics, Laura and Adam's certified organic 40 acre farm is no exception. The rich loamy clay soils, the vast array of local pollinators abuzz, this mild weathered fall slumber. It has all made your veggies taste like they do.

So when you eat a meal prepared from this final box give a little toast to the people, the labor, and the soil that made your meal possible. Each season each box you open is a one-time only experience. Every year it will change, the vegetables will change, you will change. Enjoy the moments you have now. Celebrate the people, the veggies and what small wonder a little box of weekly produce can do for you and the ones you love. Thanks for all your support!

-Katharine, Laura, Adam, Eli & the whole Loon crew

Produce to Refrigerate in

Plastic: Spinach, beets, carrots, celery root, leeks, brussels sprouts, herb bunch (unless you want to dry it), cauliflower, and broccoli.

Produce to Keep in Dry, Cool Place (garage or cool

basement/cupboard): squash, onions, garlic, potatoes (keep in paper bag or in darkness to prevent exposure to light, otherwise potatoes will turn green).

Other Fall Recipe Ideas

From our Website:

-[Chocolate Buttermilk Beet Cake with Beet Cream Cheese Frosting](#)

-[Squash Pie](#)

-[Beet Salad](#)

-[Shepherd's Pie](#): uses celery root, potatoes, carrots.

-[Colcannon](#)

-Bacon Baked Brussel Sprouts in [Week 17 2012 Newsletter](#)

-Golden Crusted Brussels Sprouts from [Week 16 2011 Newsletter](#)

-Creamy Celeriac Soup from [Week 18 2008 Newsletter](#).

-Cornbread Celeriac Stuffing from [Week 18 2010 Newsletter](#).

-Carrot Cinnamon Waffles on our website's [blog](#)

-Pumpkin Waffles from [Week 16 2013 Newsletter](#).

-[Fall Box 2012 Newsletter](#):

Zuni Café Roasted Potatoes, Pasta with Sage and Winter Squash, and Celeriac, Parsnip, and Potato Mash

-[Fall Box 2010 Newsletter](#):

Pumpkin Cheesecake, Winter Vegetable Salad, Harvest Squash and Kale Soup, Acorn Squash Stuffed with Quinoa, Butternut, and Cranberries, Gingered Carrot and Parsnip Soup, Celeriac Au Gratin

-[Fall Box 2013 Newsletter](#):

Kale and Brussels Sprout Salad, Leek Champ, and Brussels Sprouts with Parsnips.

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What's In the Boxes:

Winter Squash: Includes butternut, acorn, pie pumpkin(s), carnival, delicata, and a buttercup or orange kabocha squash. Cut in half scoop out seeds and roast in the oven cut side down at 375F for an hour or until flesh is pierced easily with a knife. Leave the skin on or peel. Don't like the peel? Trim off and freeze and save for making stock. Adds a rich creaminess to vegetable broths especially. Also save the inside guts of the squash to throw into stocks. **Winter Squash Seeds:** Save seeds and roast them! Clean them off and drizzle with oil and bake in 425F oven for 15-20 minutes. Sprinkle with sea salt. For a twist use my [Truffle Salt](#) recipe or my new personal favorite [Everything Bagel Seasoning](#).

Spinach: WASH/RINSE BEFORE EATING: WE DID NOT WASH TO PRESERVE QUALITY. Drizzle with this maple balsamic vinaigrette throw on some toasted walnuts or almonds, chives or green onions, some citrus segments.

Kennebec White Potatoes: Mustard Roasted Potatoes on following page if you'd like easy or [Salt Roasted Potatoes](#) if you'd like to try something different. If they start to go bad, think about trying your hat at DIY [Dehydrated Hash Browns](#).

Rainbow Beets (red, gold, and pink candy-stripped): Roast these bad boys with skins on in foil at 375F for 1 hour. Remove from oven, peel off the skins, chop and toss them into a hearty grain like farro or wild rice and drizzle with some of that maple balsamic vinaigrette. Alternatively try Isra Chandra Moscowitz's version of a [Vegan Beet Burger](#) for something new.

Celery Root: Peel and roast with fall veggies in 375F oven with olive oil and salt for about an hour. You can also grate this up raw and drizzle with the Honey Mustard Vinaigrette.

Red and Yellow Onions: You should have no issues using these up. If you'd like something a bit over the top there is a [Bacon Wrapped Onion Ring](#) recipe that I just came across. If that's a bit overwhelming turn the oven on and roast in the oven for [Roasted Balsamic Onions](#) A great side dish for tempeh or roast beef or stirred into any whole grain for an added flavor boost.

Garlic: Another no issue vegetable. If you really can't find a use for it, roast it. Wrap in foil and place in the oven at 350 while you are baking something for dinner for approximately an hour. Delicious garlic spread at your disposal. Smear over bread, add it to soups, throw it in hummus. Adds complexity to any dish. Or try the Garlic Clove Chicken recipe from Jennifer McClagan on the following page.

Leeks: Use the Leek & Chickpea recipe on the next page. Also delicious is David Lebovitz's [Leeks with Mustard Bacon Vinaigrette](#) Or try this [Leek and Parmesan Risotto](#) from Food 52 if you're in for a little more adventure.

Brussels Sprouts: Exceptional roasted in olive oil and salt in 425F oven for 20-30 minutes, tossing to prevent them from scorching. Also delicious steamed and drizzled with any of the above mentioned vinaigrettes. Lacking of ideas to use them up? At my blog I've attempted [Brussels Sprout Capers](#). This will preserve the little dandies for at least 3-6 months.

Cheddar (Orange) or White Cauliflower: Orange Cauliflower tastes just like regular cauliflower, but with more Vitamin C and Beta-Carotene. We love both! Try the Cauliflower Cheese recipe on the next page. Alternatively roast or steam as you would brussels sprouts and toss with one of the vinaigrettes on the following page. Or try 101 Cookbook's [Roasted Popcorn Cauliflower](#).

Carrots: Try the Barefoot Contessa's Orange and Honey Glazed Carrot recipe below. I find them delicious if you grate them with a veggie peeler and toss in some chopped parsley and ¼ cup diced Kalamata olives drizzled with the Maple Balsamic Vinaigrette on page 2.

FALL BOX 2014--Recipe Corner

Maple Balsamic Vinaigrette

Perfect for your spinach salad or drizzled on glazed carrots, steamed broccoli or cauliflower.

½ cup olive oil
¼ cup balsamic vinegar
3 tablespoons maple syrup
1 teaspoon lemon juice
salt & pepper to taste

Combine all ingredients in a pint sized mason jar, give a good shake and add to your vegetables.

Orange-Honey Glazed Carrots

This is a dish from Ina Garten's *Barefoot Contessa At Home*

Makes 4-5 servings
2 lbs carrots, peeled (the bag was 5 pounds)
2 tablespoons unsalted butter
2 tablespoons honey
Kosher salt
1 teaspoon minced fresh ginger
1 teaspoon grated orange zest
1/2 cup freshly squeezed orange juice
1/2 teaspoon freshly ground black pepper

Cut the carrots diagonally in 1 inch thick slices (approx. 5 cups of carrots). Place 1/2 cup water, butter, honey, 2 teaspoons of salt and the ginger in a large sauté pan and bring to a boil. Add the carrots, cover, and simmer over medium-low heat for 5 minutes. Remove the lid and continue to cook for 10-15 minutes, until all the water has evaporated. Add the orange zest and orange juice to the pan, tossing with the carrots. Simmer uncovered for about 5 minutes, until the carrots are al dente (tender but still resistant when you bite) and the sauce glazes the carrots. Add the pepper and another teaspoon of salt, to taste.

Mustard Roasted Potatoes

This is a dish from Ina Garten's *Barefoot Contessa At Home*

Makes 6 servings
2 1/2 pounds small potatoes
2 yellow onions
3 tablespoons olive oil
2 tablespoons whole-grain mustard
kosher salt
1 teaspoon coarse ground black pepper
1/4 cup fresh parsley, chopped

Preheat the oven to 425 degrees F.

Cut the potatoes into one-inch cubes (halves or quarters for the small potatoes). Place potatoes into a large plastic bag with a zipper seal. Peel onion and cut in half. Slice crosswise to about 1/4 inch thickness to make half rounds and add to bag. Add the olive oil, mustard, 2 teaspoons salt, and pepper to bag; seal, and toss together. This can be prepped a few hours in advance and left in the plastic bag until ready to roast. Line a sheet pan with foil and spread potatoes and onions onto pan. Bake for 50 minutes to an hour; until potatoes are lightly browned on the outside and tender on the inside. Toss the potatoes occasionally to prevent sticking and for even browning. Garnish with chopped parsley and more salt if needed and serve immediately.

Cheddar Cauliflower Cheese Bake

Serves 4 as a side

1 medium head cauliflower (about 2 to 2 1/4 pounds)
4 tablespoons unsalted butter
4 tablespoons all-purpose flour
2 teaspoons mustard powder
Salt, to taste
Freshly ground black pepper
2 cups milk, whole is best but low-fat will probably work just fine
1 1/4 cups plus 2 tablespoons grated cheddar, the strongest you can get, preferably English or Irish
Chopped chives or flat-leaf parsley, for garnish (optional)
Heat oven to 400 degrees.

Trim cauliflower and remove tough core. Cut into 1 to 2-inch florets. Steam for about 10 minutes and set aside to drain for at least 10 minutes. Meanwhile, in a medium saucepan, melt butter over medium-high heat. Add flour and whisk to combine; cook for 1 minute to ensure you get rid of the floury taste. Add mustard powder and a pinch of cayenne or few grinds of black pepper, and stir to combine. Drizzle in milk in a thin, steady stream, whisking the whole time so that no lumps form. Season with salt and bring mixture to a simmer, stirring with a spoon; mixture should thicken. Stir in 1 1/4 cups cheddar, a handful at a time, letting each handful melt before adding the next. Taste sauce and adjust seasonings if needed. Spread cauliflower florets in a 2-quart baking ovenproof baking dish. Spoon sauce over florets and sprinkle with remaining 2 tablespoons cheese. Bake until bronzed and bubbly, about 35-40 minutes. Sprinkle herbs to garnish

FALL BOX 2014 RECIPES, continued...

Honey Mustard Vinaigrette

Another great vinaigrette for the fall spinach or to drizzle over brussels sprouts.

½ cup olive oil
¼ cup white wine or apple cider vinegar
2 tablespoons honey
1 tablespoon mustard
salt & pepper to taste

Combine all ingredients in a pint sized mason jar, give a good shake and add to your vegetables.

Chickpea & Leek Ragu

This is a dish from Mario Batali's *Molto Gusto*.

Serves 6 as a side dish
Two 15 oz. cans chickpeas, rinsed and drained
1 cup Leek Ragu (see below)
½ cup extra virgin olive oil
Maldon or other flaky sea salt
1-2 teaspoons hot red pepper flakes

Combine the chickpeas and leeks in a large bowl. Add the oil, salt to taste, and red pepper flakes, tossing vigorously to combine. Serve, or let stand at room temp for at least 1 hour to bring out the flavors.

Leek Ragu:

Makes about 1 cup
¼ cup extra virgin olive oil
5 garlic cloves, coarsely chopped
1 lb leeks, trimmed, halved lengthwise, cut into ½ inch thick slices, and washed well
Maldon or other flaky sea salt and coarsely ground black pepper

Heat the oil in a large pot over medium heat. Add garlic and cook, stirring, until soft, 1 to 2 minutes. Add the leeks, season with salt and pepper, and cook, stirring, until softened but not browned, 8 to 10 minutes. Add ⅓ cup water, cover, reduce the heat to low, and cook gently until the leeks are very soft, about 15 minutes. If necessary, increase the heat to high and cook uncovered, stirring occasionally, until most of the cooking liquid has evaporated. Taste the leeks and add additional salt and //or pepper if necessary. Remove from the heat and serve warm or at room temperature.

Garlic Roasted Chicken

Via Jennifer McClagan's cookbook *Bones*

3-1½- to 4-lb. chicken
Kosher salt and freshly ground black pepper
One-half lemon
2 Tbs. extra-virgin olive oil
10-15 cloves unpeeled garlic, separated and any loose papery skins removed (about 2 large heads)
½ cup dry white wine
3-4 sprigs herbs of your choice
1 cup lower-salt chicken broth

Position a rack in the lower third of the oven and heat the oven to 400°F.

Trim any excess fat from the cavity of the chicken. Pat the chicken very dry and season inside and out with 2 tsp. salt and 1 tsp. pepper. Squeeze the juice from the lemon half and set the juice aside. Put the juiced lemon half in the chicken's cavity

Heat the oil in a 3- to 4-quart Dutch oven (large enough to fit the chicken snugly) over medium-high heat. Add the chicken, breast side down, and cook until the skin is browned, about 2 minutes. Turn and cook the back and sides until browned, 2 to 3 minutes per side. Transfer the chicken to a plate and pour off and discard the oil left in the pot.

Return the pot to medium-high heat. Add the garlic and wine to the pot, stirring to deglaze the browned bits from the bottom. Return the chicken to the pot, setting it breast side up on top of the garlic. Add the herbs to the pot, pour the broth over the chicken, and bring to a boil. Cover and transfer the pot to the oven. Cook, basting the chicken every 20 minutes, until an instant-read thermometer inserted in the thigh registers 160°F, 45 minutes to 1 hour.

Uncover and continue to cook the chicken until the thermometer registers 165° to 170°F in the thigh and the juices from the thigh run clear when the thermometer is removed, about 10 minutes more. Transfer the chicken to a cutting board and the garlic cloves to a serving platter; cover both loosely with foil to keep warm. Carve the chicken and transfer the pieces to the serving platter with the garlic. Serve with the sauce and baguette slices.

Enjoy all your produce, and have a wonderful next few months and holiday season! We will be back at it again in 2015, and you will hear more from us soon. Your farmers, Laura, Adam & Eli