



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

loonorganics@hotmail.com

www.loonorganics.com

Phone: 320.587.0140

2015 Fall Share CSA

Greetings Loyal Loon Eaters!

Courtesy of this fantastic fall weather, our great soil, and our team's farming prowess, we have a wonderful assortment of goodies for this year's fall box. A fun addition this year is SWEET POTATOES! We grew them on a very trial basis on the farm this year, as they can be tough to grow in the North, and they did well enough that we can share with you all for the Fall Box. You'll notice that the sweet potatoes aren't washed and this is because their skins are very thin and bruise easily. If their skin breaks or bruises, they may spoil quickly. Wash right before using and you should be just fine. Check out the storage instructions for your produce below to help keep these bountiful veggies in tip-top shape for as long as possible. We also have some extra-special fabulous recipes from our foodie crew member extraordinaire, Katharine. Enjoy! Have a great rest of your fall, and we are honored that our produce will grace your fall and Thanksgiving table this year! In gratitude, Your Farmers, Laura, Adam, Eli + crew

What's In the Boxes:

Winter Squash: Includes butternut, acorn, carnival or sweet dumpling, and a blue/gray buttercup or orange kabocha squash.

Red and Yellow Onions: These are your standard table onions and will keep for months.

Garlic: Our German White bulbs will also last for a good time through the winter.

Sweet Potato: This is an orange-fleshed variety called Covington that is very sweet and delicious! Check out the celery root sweet potato hash recipe on page 2. It's the best!

Yellow Satina Potatoes: We love these all-purpose potatoes for mashing, baking, roasting, everything.

Beets (red with a gold one or two): In a plastic bag, these will also last for months and months in your crisper drawer.

Celery Root: Peel first and then you can use raw in slaws or dice into chunks and add to cooked dishes. It is a great companion to sweet potatoes!

Leeks: We love the mild, sweet flavor that these impart to soups, scrambled eggs, burgers.

Brussels Sprouts: These have a shelf life of a couple weeks in your fridge. Blanch and freeze if you can't use them all up before then.

Lacinato Kale: This is also known as Dinosaur Kale and is the nicest kale on the farm right now. Very sweet with the recent cooler weather. Try in the sweet and sour kale recipe on page 3.

Carrots: The best tasting carrots around! This is a favorite fall variety that is a perfect storage carrot. In the bag, it will last in your fridge for months...if you don't eat them all first!

Spinach: From our hoop house. Delicate, nutty, sweet leaves. Enjoy!

Herb Bunch (Sage and Thyme): If you want to use for Thanksgiving, hang up to dry in your kitchen or use a dehydrator. Sage and thyme go well with all the veggies in your box.

Produce to Refrigerate in Plastic: Spinach, beets, carrots, celery root, leeks, brussels sprouts, herb bunch (unless you want to dry it), and kale.

Produce to Keep in Dry, Cool Place (garage or cool basement/cupboard): squash, sweet potato, 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.

Contact us:

Laura and Adam

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

FALL BOX 2015--Recipe Corner

Andrew Lars' Sweet Potato Celery Root Hash

Farm manager Andrew Lars whipped up this little number and it will forever be a Loon Classic.

1-2 tablespoons olive oil

1 celery root peeled and diced

1 sweet potato peeled and diced

1 onion peeled and diced

1 clove garlic minced

2 tablespoons fresh sage

Saute onion, celery root and sweet potato separately in a pan. One at a time till tender and just starting to caramelize over medium heat. Return all three vegetables to one pan and add garlic, fresh sage and salt and pepper to taste. Sauce for 5 minutes over medium-low heat. Remove from heat and serve.

Butternut Squash Casserole with Leeks, Bacon and Thyme

Thank you Food & Wine Magazine for this ridiculously rich dish. Over the top but that's what cold weather is for right? :)

3 pounds butternut squash—peeled, seeded and cut into 1/2-inch dice

2 tablespoons extra-virgin olive oil

2 tablespoons finely chopped thyme leaves

Kosher salt and freshly ground pepper

1 tablespoon unsalted butter

3 leeks—white and light green parts only, halved lengthwise and thinly sliced crosswise (about 4 cups)

6 large eggs

2 1/2 cups half-and-half

1/4 cup freshly grated Parmigiano-Reggiano cheese

8 ounces baguette, crusts removed and bread cut into 1/2-inch dice

4 ounces cooked bacon diced into bite sized pieces (optional)

Preheat the oven to 400° and butter a 9-by-13-inch baking ceramic baking dish. In a large bowl, toss the butternut squash with 1 tablespoon of the olive oil and the thyme. Season with salt and pepper. Spread the squash on a baking sheet in a single layer and roast for about 25 minutes, until tender, tossing once halfway through. Let cool.

Meanwhile, in a medium skillet, melt the butter in the remaining 1 tablespoon of olive oil. Add the leeks and season with salt and pepper. Cook over moderate heat, stirring, until tender, about 20 minutes. Let cool slightly.

In a large bowl, beat the eggs with the half-and-half, cheese, 1 teaspoon of salt and a 1/2 teaspoon of pepper. Stir in the bread and let stand for 10 minutes. Fold in the squash and the bacon (optional). Transfer the mixture to the prepared baking dish and bake for about 1 hour, until lightly golden on top. Let stand for 15 minutes before serving.

Butternut Squash Herb Puree

Use this instead of mashed potatoes at your Thanksgiving feast!

4 1/2 pounds butternut squash, peeled, seeded, cut into 1-inch pieces

1 cup (or more) chicken or vegetable broth

2 sprigs fresh sage and thyme finely diced

Preheat oven to 325°F. Arrange butternut squash in single layer in 13 x9 x2-inch glass baking dish. Add 1/4 cup broth. Sprinkle with salt and pepper and herbs. Bake until squash is very tender, about 1.5-2 hours. Drain squash BUT RESERVE THE COOKING LIQUID. Transfer squash to processor or mash by hand.

Process until mixture is smooth, adding reserved cooking broth if necessary. Season to taste with salt and pepper.

FALL BOX 2015--Recipe Corner

Sweet & Sour Kale

Farm crew member Katharine's favorite fall dish for kale & squash

1-2 tablespoons olive oil
1-2 large onions chopped
2 garlic cloves peeled and diced
3 apples cored and chopped
1/4 cup apple cider vinegar
1 cup apple cider
1-2 teaspoons of honey or maple syrup
1-2 bunches of kale chopped
1 kabocha or buttercup squash seeded and cut into 1" crescent moons
salt and pepper

Preheat an oven to 350 degrees F. Meanwhile, sauté the onions in a large dutch oven over medium till limp and a little caramelized approximately 10 minutes. Then add garlic and apples, a pinch of salt and sauté for a few minutes. Add apple cider vinegar, apple cider and honey or maple syrup into the pot along with the kale and chunked squash. Stir to combine. Put a lid on and let bake for about 1-1.5 hours. Best served the next day or at room temperature and allowed to cool slightly.

Brussels Sprouts with Mustard

A dish from Mario Batali's Molto Gusto.

2 lb brussels sprouts
4 oz. Bacon ends cut into 1/4 inch dice
Maldon or other flaky sea salt
1/4 cup black mustard seeds
Grated zest and juice of 1 lemon
3 tablespoons extra virgin olive oil

Preheat the broiler. Trim the stems of the Brussels sprouts and remove any discolored leaves. Slice the sprouts lengthwise in half and transfer to a large bowl. Set a 10 inch saute pan over medium heat, add the bacon and cook stirring occasionally until it has rendered some of its fat and is beginning to brown and caramelize, about 5 minutes. Pour the bacon and fat over the Brussels sprouts, tossing to coat. Season well with salt. Transfer to a baking sheet (set the bowl aside), spreading the sprouts out in a single layer. Broil 4 inches from the heat source, stirring occasionally, for 15-18 minutes, until lightly browned and just tender. Return the Brussels sprouts to the bowl, add the mustard seeds, lemon zest and juice, and oil, and stir to mix. Taste and season with more salt if necessary. Serve, or let stand at room temp for 1 hour to bring out the flavors.

Beets with Pistachio Butter

Yes, pistachio butter! If you don't like beets just make the butter. Thank you to Mario Batali again for this dish!

1 large bunch of medium beets (trimmed and scrubbed but NOT peeled)
1 tablespoon olive oil
Kosher salt
1/4 cup shelled pistachios (2 teaspoons more if you want to use for garnish)
2 tablespoons warm water
Red Wine Vinaigrette Recipe:
1 tablespoon red wine vinegar
1 tablespoon sparkling water
2 tablespoons extra virgin olive oil
Crunchy or flaked sea salt (if available)

Preheat oven to 400 degrees F. Toss the beets with the olive oil and a light sprinkling of kosher salt in a medium bowl. Spread the beets out in a baking pan and roast until tender, 50-60 minutes. Remove from the oven and let cool slightly. Meanwhile, pulse the pistachios in a food processor until fairly finely ground. Add 3 tablespoons water and pulse to incorporate it. Add the oil and pulse until smooth, adding up to 1 1/2 tablespoons more water if necessary. (This can be made ahead and refrigerated for up to 3 days; bring to room temperature before serving.) Rub the skins off the beets with a paper towel. Cut into 1 inch chunks and transfer to a serving bowl. Toss the beets with the vinaigrette and let stand for at least 10 minutes, or for up to 1 hour, before

serving. (Beets can refrigerate for up to 3 days; bring to room temp before serving.) Transfer the beets to a platter or plates and sprinkle with the remaining pistachios. Spoon the pistachio butter alongside and serve.

Loon Organic Spin on Gordon Ramsey's Shepherd's Pie

Sounds peculiar with all the grating but it is absolutely DELICIOUS! Leave out the dairy if you are avoiding dairy for the potato topping and just use the butternut squash puree from above.

2 tbsp olive oil
1 lb ground lamb or beef
1 large onion, grated
2 large carrots, grated
3-4 leaves VERY finely diced kale stems removed
2 cloves garlic, grated
Sauce/thickening agent:
2 tablespoons fish sauce, 1 tablespoon maple syrup and 2 tablespoons balsamic vinegar (gluten free/soy free version)
OR 2 Worcestershire sauce and 1.5 tablespoons tomato paste (if you aren't avoiding soy or gluten)
2 sprigs of fresh thyme leaves
1 sprig fresh sage, chopped
1 cup red wine
1 cup chicken stock
2.5 lbs potatoes (peeled and cut into chunks)
1 garlic clove minced
2 tbsp butter
3/4 cup milk or 1/2 cup sour cream
6 tbsp parmesan cheese, grated

Preheat the oven to 350°F

Heat the oil in a large pan until hot. Season the ground lamb and fry in the oil over moderate heat for 5 minutes. Stir the onions, carrot and kale into the mince then grate the garlic in as well. Add the sauce/thickening liquid of your choice and herbs and cook for 1-2 minutes, stirring constantly. Pour in the red wine and reduce until almost completely evaporated. Add the chicken stock, bring to the boil and reduce to a simmer until the sauce has thickened. Add salt and pepper to taste. Meanwhile, cook the potatoes in boiling salted water until tender. Drain then return to the hot pan over low heat to dry out briefly. Pass them through a potato ricer or mash with a masher. Then beat in the milk or sourcream, followed by about 2 tbsp grated Parmesan. Check for seasoning. Spoon the meat mixture into the bottom of a large ovenproof dish. Using a large spoon, layer the mashed potato generously on top of the meat, starting from the outside and working your way into the middle. Grate some extra Parmesan over and season. Fluff up the mashed potato with a fork to make rough peaks. Bake in the oven for approximately 20 minutes, until bubbling and golden brown.

Carol's Pickled Onions

From the Zuni Cafe Cookbook

12 ounces firm yellow onions, preferably no more than 2 1/2 inches in diameter
1 1/4 cups Champagne vinegar or white wine vinegar
1 1/4 cups water
2 generous tablespoons sugar
2 bay leaves
1 small dried chili
A few whole black peppercorns
Salt

Peel and slice the onions into rings about 1/8 inch thick, discarding the end cuts; a mandoline will make this job very easy. Combine the vinegar, water, sugar, bay leaves, chili pod, peppercorns and a few pinches of salt in a small saucepan. Bring to a simmer over medium-low heat, then turn the heat up to medium and add the onion rings. Gently stir the crowded onions as they return to a simmer. Simmer for a little less than 1 minute. Pour the hot onions and brine directly into jars. The skinny rings will turn glassy as they cool. Cover and store refrigerated. Eat the next day or store for 2-3 weeks in the fridge. Delicious on salads and/or served with roasted meats or vegetables.

FALL BOX 2015 RECIPES, continued...

Savory Style Potato Ole'ish French Fries

You won't find this at Taco John's but Katharine makes these for her family and it seems to curb the fix for those fast food Potato Oles. Credits to Ina Garten for the masterful base recipe.

4 large baking potatoes, unpeeled
4 tablespoons good olive oil or sunflower oil
1 1/2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper
1 teaspoon minced fresh garlic
1/2 teaspoon smoked paprika
1/2 teaspoon cumin
1/2 teaspoon cinnamon powder
1/4 teaspoon cayenne pepper

Preheat the oven to 425 degrees F. Scrub the potatoes, cut them in half lengthwise, then cut each half in thirds lengthwise. You'll have 6 long wedges from each potato. Place the potatoes on a sheet pan with the oil, salt, pepper, garlic, and spices. With clean hands, toss all the ingredients together, making sure the potatoes are covered with oil. Spread the potatoes in a single layer with 1 cut-side down. Bake the potatoes for 30 to 35 minutes, turning to the other cut side after 20 minutes. Bake until they are lightly browned, crisp outside, and tender inside. Sprinkle with salt and serve.

Spinach & Wild Rice Bread Salad

Adapted from happyvolks.com Spring Panzella recipe.

For Salad

1/2 loaf of bread, cut into 1" cubes
3-4 tablespoons olive oil
salt and pepper to taste
1/4 cup carol's pickled onions diced (from above) or 1/4 red onion finely diced
2-3 cups spinach roughly chopped
1/4 dried cherries or raisins
1 cup cooked wild rice

For Dressing:

1/3 cup olive oil
2 tablespoons balsamic vinegar
2 tablespoons apple cider vinegar
1 teaspoon dijon mustard
1 teaspoon honey
juice of 1/2 lemon (optional)

Toss bread cubes in olive oil and generous amounts of salt, and pepper. Lay flat on a baking sheet and toss in the oven at 400 degrees F for 10 minutes. Switch the oven to broil, and toast on one side for 2 minutes. Shake the pan to turn the cubes and broil until golden brown and crispy. Set to the side. In a large bowl, combine the onion, wild rice, spinach and cherries. In a mason jar combine the dressing ingredients and shake vigorously till combined. Pour the dressing over the onion, wild rice and cherries. Add toasted bread cubes and mix thoroughly. Season with a bit of lemon juice, salt and pepper.

Enjoy all your fall veggies! Blessings to you and yours.

Your farmers, Laura, Adam, Eli + crew