



# LOON ORGANICS

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## What's in the box 6/18:

**Bunched Spinach:** Large leaves but still very sweet and tender.

Will be great raw in salads or cooked. Recipe Page 2.

**Purple Kohlrabi:** Purple bulb has a great broccoli flavor, leaves can be lightly cooked and eaten like kale/collards. Recipe ideas galore on page 2.

### **Hakurei Salad Turnips:**

Sweeter and softer-textured than a radish (and nothing like a regular turnip), the white roots are divine sliced thinly on a salad or dipped in hummus. They also are great lightly cooked. Prepare to love these.

**Arugula:** Peppery green is fabulous in salads on its own or mixed with lettuce. Can lightly cook too. Arugula pesto recipe link on page 2.

**Scallions (Green Onions):** a fresh treat on salads, with rice and beans, in guacamole. Use white and light green parts.

**Head Lettuce:** Mixed varieties including red or green romaine, green or red leaf, or red or green butterhead. Out of this world salad, wraps, or sandwich topper.

**Radishes:** Sweet, crisp, and juicy from the rain this spring.

**Green Curly Kale:** The first kale is always the best!

**Baby Bok Choi:** Fried rice recipe link on page 2.

**Potted Basil Plant:** Sweet Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

## CSA: Week One (*Group A Half Shares*)

Greetings and Welcome to the Loon Organics CSA season! We are excited to begin our 10<sup>th</sup> CSA Season, and it is shaping up to be one of our best yet! The farm and produce is looking just spectacular this Spring, with weather, soil, plants, and people working together. We've been busy as bees the last six months improving our farm infrastructure, adding a bigger delivery van, upgrading employee housing, and Adam converted his third tractor to 100% electric-power. With a veteran farm team to boot, the veggies and farm are as well-cared for as ever. We're excited to get back in the swing of the CSA season, and share the fun with you all. Thank you so much for your support, especially to so many of you (over 70%!) that are returning members and have supported us as our farm continues to grow and evolve. We couldn't do it with you all! Cheers to a bountiful season! –Laura

**CSA Strawberry Pick & Tour, June 27<sup>th</sup> 10 a.m.- 1 p.m.:** There will be a bit of strawberry picking, an electric tractor wagon tour of the farm, organic lemonade, and general merriment! Every family can usually pick at least a free pint of strawberries to take home with them, more if we have the quantity available. All ages welcome, but no pets please. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail or phone. Hope to see you there!! [loonorganics@hotmail.com](mailto:loonorganics@hotmail.com); 320-587-0140

### C.S.A. 101:

**Wash it Again:** We do wash all the produce that is in your box throughout the season (with the exception of strawberries, tomatoes, and basil sometimes—these should be washed right before eating), BUT please **wash everything again** before you eat it. We try to keep the bugs on the farm, but you may find a ladybug or caterpillar occasionally. This is your guarantee that we are truly Organic!

**Keep it Cool, Keep it Fresh:** Most of your produce should last 7-14 days if stored properly. Get your CSA veggies into the fridge as soon as you can (or bring a cooler if you can't go home right away). Read Page 2 for storage directions for each veggie. Wash and prep produce so it's ready to use for fast and easy cooking. If you don't have one already, buy a Salad Spinner to help clean and dry those greens fast!

**Next week's box: Strawberries should be in! Garlic Scapes, Radishes, Salad turnips, baby bok choy, broccoli??. cilantro, greens, lettuce, basil plant**

## 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 greens crisp and fresh. For longer shelf life, you can remove the turnips and radishes from their greens and 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 in your yard in full sun, preferably, or in partial sun.



### What is this veggie? Kohlrabi!!

Peel the thick skin off the bulb to reveal a juicy, sweet broccoli flavor! It makes a darn good coleslaw or pickle. Check the recipes.

#### More Loon Newsletter Recipes:

- [Spinach and Cheese Pie](#)
- [Grilled Baby Bok Choi](#)
- [Hakurei Turnips with Greens, Beans and Pasta](#) (farm favorite!!)
- [Baby Bok Choi Fried Rice](#)
- [Kohlrabi Salad with Creamy Herb and Avocado Dressing](#)
- [Kohlrabi Salad with Fried Shallots and Peanuts](#) (so good)
- [Kale Smoothie with Pineapple and Banana](#)
- [Fettucine with Sausage and Kale](#)
- [Linguine with Pecan-Arugula Pesto](#)

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

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## Recipe Corner

This spinach dish is a go-to for us. It's delicious. We have substituted cooked, diced potatoes for the mushrooms and to make it dairy-free, leave out cheese and substitute coconut milk for the cream. Kale could be subbed or combined with spinach. The original recipe is a hit though. To make a larger brunch dish, follow the larger amounts detailed in the [Smitten Kitchen](#) recipe. This was adapted from [Gourmet](#).

### Baked Eggs with Spinach and Mushrooms

- 1 bunch spinach (about ¾ lb), cut bottom of stems off bunch and wash
- 1/4 cup finely chopped onion
- 2 tablespoons unsalted butter
- 1/3 cup heavy cream
- 1/4 teaspoon black pepper
- 4 large eggs
- 1 garlic clove, finely chopped
- 5 oz mushrooms, thinly sliced (2 cups)
- 1/4 teaspoon salt
- 1/8 teaspoon freshly grated nutmeg
- 2 tablespoons finely grated parmesan

Put oven rack in upper third of oven and preheat oven to 450°F.

Bring 1/2 inch water to a boil in a 10- to 12-inch ovenproof heavy skillet (not cast-iron), then add half of spinach and cook, turning with tongs, until wilted, about 30 seconds. Add remaining spinach and wilt in same manner, then cook, covered, over moderately high heat until spinach is tender, about 2 minutes. Drain in a colander and cool under cold running water. Gently squeeze handfuls of spinach to remove as much liquid as possible, then coarsely chop.

Wipe skillet dry, then cook onion and garlic in butter over moderately low heat, stirring, until softened, 2 to 3 minutes. Add mushrooms and increase heat to moderate, then cook, stirring, until mushrooms are softened and have exuded liquid, about 3 minutes. Stir in cream, salt, pepper, nutmeg, and chopped spinach and bring to a simmer. Remove skillet from heat and make 4 large indentations in spinach mixture. Break an egg into each indentation and bake, uncovered, until egg whites are set but yolks are still runny, 7 to 10 minutes. Lightly season eggs with salt and pepper, then sprinkle with cheese. *Cooks' note: The yolks in this recipe are not fully cooked. Cook longer to completely set eggs.*

### Radish, Kohlrabi, and Hakurei Turnips: Quick Pickle Them

- Water
- Sugar
- 1 chopped scallion
- vinegar (white, cider or champagne)
- salt

Radishes, hakureis and/or kohlrabi (kohlrabi root should be peeled)

In non-reactive bowl or glass pint/quart jar, mix equal parts water and vinegar then add pinch of salt, pinch of sugar. Mix to combine. Add the scallion and slice cleaned, trimmed roots into match sticks or slices and marinate for at least 24 hours. Keep in pickling solution until you'd like to eat. Excellent in salads, as a quick snack or side next to meats or tempeh/tofu. Also delicious chopped up even finer and added into stir-fried rice or pilafs. Courtesy of Katharine Plowman, <http://urbannettle.com/>

### Maple Balsamic Dressing

To dress all the fresh greens: Spinach, Lettuce and Arugula

To dress steamed, cooked greens: Kale, Baby bok choy, Radish greens, Turnip greens, Kohlrabi greens

\*Mix up this dressing in a pint container for whenever you need to dress any of your greens for these early summer CSA boxed goodies. Steamed greens taste excellent if you apply the dressing and allow them to marinate for 2-24 hours in the fridge! And remember to make sure all your greens are thoroughly drained so the dressing does not get too diluted. The dressing can stay unrefrigerated for a week in a cool dark location.\*

- 2/3 cup extra virgin olive, sunflower, grapeseed or oil of your choosing
- 1/4 cup balsamic vinegar

1/4 cup or less maple syrup, honey or sweetener of your choice (use more or less depending upon your desired level of sweetness)

- 2 tablespoons prepared mustard
- 1/8tsp salt
- squirt of lemon juice if you have it!
- pepper to taste

Combine all ingredients in a mason jar and shake to combine ingredients whenever you need to dress your greens. Courtesy of Katharine Plowman. ,

<http://urbannettle.com/>