



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 8/18/14:

Celery: More pungent than grocery store stuff. It packs a punch. We love to cook with this, or dice finely and add to salads. It is great in combo with blue cheese, walnuts, and cucumbers on a salad.

Broccoli: Loving this cool weather. The quality doesn't get much better than this.

Watermelon: Mostly red watermelons, but a few orange and yellows here and there. The rinds all look the same so it is a surprise as to which melon you got.

Red Potatoes: A great crop of potatoes this year! Really tasty just about any way.

Cilantro: For a fresh salsa or cilantro pesto.

Salad Mix: Also doing well in the cooler weather this summer, which makes for great summer sandwiches and salads!

Cucumbers: Plants are producing abundantly. Time to make refrigerator or freezer pickles.

Tomatoes: Red beefsteaks in the bag, heirloom mixed cherries, and assorted multi-colored heirlooms.

Green Bell Pepper: "Flavorburst" variety is a pale yellow but tastes like a green pepper. Beautiful in salsa or salads.

Jalapeño: A little spice to enhance a fresh salsa.

CSA: Week Ten (*Group B Half Shares*)

Thanks to all of you who ordered t-shirts on-line already! We just placed a second order with TS Designs, our t-shirt printer, to re-stock our small sizes and order in a few youth sizes. If you haven't gotten around to ordering yours yet, go to our [website](#) to order your tee and pick up with your next box. We're making good progress toward our hoop house goals with all ya'lls help. Cheers!

A couple farm notes about the produce this week: the melons are in! The watermelons are fewer and smaller this year, but we got a good first harvest in for today's box. Next week we will be in the thick of the muskmelons, so this may be it for the watermelons this year. Most of the watermelons we harvested for your box are red, although we did pick a few yellow and orange varieties that were ripe and ready as well. You will know what you got when you cut into it, which is a pretty fun surprise usually. If, per chance, you get a totally underripe or overripe melons that deems it inedible, let us know and we can send a replacement for you next week. Watermelon picking comes with a side of mystery to it, and rogue melons occasionally slip past my watchful melon inspections. When looking for a ripe melon on the vine, I check for browning tendrils, a resonant thud, and good heavy feel for its size. The muskmelons are a breeze as they turn color and "slip" off the vine at ripeness. At any rate, give a holler if you get a bum watermelon.

Locally grown, organic celery is another vegetable that bears little resemblance to its grocery store counterpart. Conventional celery is flooded with water and chemical fertilizers, grown in sandy soil, and sprayed with pesticides like the dickens. We basically do just about the opposite of all that, although we do try to make sure it gets ample water. The result is that our celery actually has flavor and is very green. I'm sure it is 100% more nutritious for you too than that pale stuff from California. Fresh celery can be more suitable to cooking, but we enjoy it raw on salads and it makes an amazing fresh juice with apple and pineapple, if you have a juicer.

The tomatoes are full on now. If you want canning tomatoes with slight blemishes/cracks/misshapen parts, e-mail us and let us know. 20 lbs is \$25. We'll be e-mailing you all with canner shares now to see when you'd like to get them.

Adam, Eli, and I got away this past weekend for a quick trip up to Duluth and then headed to Bayfield for a sail on Adam's parents sailboat. It was great to get away and enjoy the North Shore, and we want to send a big thanks to our crew and work shares for running the farm and our market booth while we were away. We'll have another celebration this Wednesday as Farmer Eli turns the big number three! And as everyone looks towards fall and back-to-school, we too are getting Eli ready for his first day of preschool. My, how the time flies! Savor your produce along with these glorious last weeks of August!

Next week's box: muskmelon, broccoli, cucumbers, tomatoes, red potatoes, cilantro, Jimmy Nardello sweet peppers and Italian peppers, and more.

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

Potatoes: keep out of fridge but in the paper bag to prevent light exposure and greening of the skin. In a cupboard or shelf in your kitchen is perfect.

Broccoli: in fridge in plastic bag.

Tomatoes: Take tomatoes out of the plastic bag when you get them home. They are cold-sensitive so leave on counter. Ripen in windowsill or on counter until ready to eat. Different colored varieties are ready to eat when they have a slight give when you squeeze them.

Cucumbers: in Plastic bag in fridge.

Greentop Carrots: Put in plastic bag in fridge to keep the tops from wilting and the roots crisp.

Remove greens from roots if not going to eat within a week. This will keep the roots much crisper.

Jalapeños & Bell Pepper: In plastic bag in fridge.

Salad Mix: in plastic in fridge.

Preservation Tips: Broccoli and celery can be steamed or parboiled until fork tender (5 minutes) and frozen. Cilantro can be made into pesto or chopped and frozen as is. Peppers and tomatoes can be frozen raw, just de-core and quarter tomatoes and dice the peppers. You may prefer to put your pepper and tomato pieces in the freezer spread out on a cookie sheet and then when the product is frozen, put it in freezer bags. This way, you won't have one big lump of frozen product but instead individual pieces. Check our website for [a Cucumber Freezer Pickle](#) Recipe or a [Refrigerator Pickle](#) Recipe.

Other Loon Recipes:

[Mediterranean Salad](#)

[Summer Pasta](#)

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

Watermelon Gazpacho

Recipe from CSA Member, Amy Bella James. Gazpacho is a cold soup and can be so refreshing on a hot summer day!! Enjoy!

1 c. Crispin Original Hard Cider or regular apple cider

4 c. Watermelon 5 Tomatoes

1 Large Cucumber 3 Stalks Celery

1 Red Pepper 1 Clove Garlic

Line juice to taste 1/4 c. Cilantro

1 tsp. Ground Coriander 1/4 c. Mint

4 tsp white balsamic Salt and pepper to taste

Roughly chop all ingredients and add to food processor. Process to desired consistency adding in Cider as you go. I like to leave some chunks or top with some of the diced veggies at the end.

Caramelized Broccoli with Garlic

From foodandwine.com: "*Chef David Gingrass swears broccoli haters will love the polarizing green vegetable when it's prepared this way, because it is slowly caramelized to bring out its sweetness, then enlivened with a squeeze of lemon and a pinch of crushed red pepper*".

3 tablespoons extra-virgin olive oil

1 large head of broccoli (1 1/4 pounds total), stems peeled and head quartered lengthwise

1/2 cup water

3 garlic cloves, thinly sliced

Pinch of crushed red pepper

Salt and freshly ground black pepper

2 tablespoons fresh lemon juice

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.

Panzanella

Recipe from *Asparagus to Zucchini* cookbook, and is a twist on a traditional bread salad from central Italy. It is best when made with a colorful array of tomatoes.

Makes 6 large or up to 12 side-salad servings.

Croutons:

1 loaf French bread, torn by hand into rustic bite-size chunks

1 cup extra-virgin olive oil

Salt to taste

Salad:

3 pounds tomatoes (assorted colors), roughly chopped

1 small red onion, thinly sliced

1 cucumber, peeled, seeded, and roughly chopped

1 cup fresh basil leaves, torn by hand into pieces

Salt and freshly ground black pepper

1/4 cup good-quality balsamic vinegar

1 cup extra virgin olive oil

To make croutons: Heat oven to 350 degrees. Toss bread chunks with olive oil; season with salt. Spread on baking sheet; bake until golden, 10-15 minutes. Let cool. To make salad: Place tomatoes and their juices in a large bowl. Toss with remaining vegetables and cooled croutons. In true Italian fashion, season salad with salt and pepper to taste, then add balsamic vinegar and your best olive oil. Serve immediately or let it sit 10-15minutes to allow bread to absorb oil and tomato juices.