



# LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200<sup>th</sup> St Hutchinson, MN 55350

Phone: 320.587.0140

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

## What's in the box 8/20:

**Tomatoes:** a mix of beefsteaks and heirlooms in the bag, and cherries in the pint. Some recipes on page 2 to help use them up!

**Celery:** Not like your grocery store celery. This has concentrated celery flavor and is great for cooking. Can freeze for winter, instructions on pg 2.

**Sweet Corn:** From Jeff Nistler in Maple Plain. It is a bi-color, non-GMO corn. It is not sprayed with pesticides either.

**Cucumbers:** Use in gazpacho recipe on page 2.

**Zucchini and Yellow Summer Squash:** Dwindling now. Maybe one more week of squash/zuke.

**Garlic:** German Red variety that is great for raw eating or cooking. Great for a salsa batch.

**Green Beans:** Nice batch of beans this week!

**Sweet Peppers:** Red, orange/yellow and green sweet peppers. Both recipes on page 2 have peppers in them or cut up and freeze for use this winter in chili, soups, pizza, etc.

**Cantaloupe:** These should all be ready to eat. Store in your fridge until you eat it. Smallest ones are often the tastiest variety!

**Red Potatoes:** Last harvest of red potatoes for the box. Next week will be Blue Potatoes—one of our favorites!

**Jalapeño Hot Pepper:** We included this with a fresh salsa in mind. We use ½ to 1 jalapeno for a medium to hot salsa. Leave out seeds to make it less hot.

## CSA: Week Ten *(Full Shares & Group B Half Shares)*

**HONEY** from our farm will soon be harvested and available just to our CSA members. It is \$10 for a pint jar and \$20 for a quart jar. Many members have said this is some of the best honey they have tasted! Please follow directions below to reserve and pay for your honey share. **\*\*Reserve a Honey Share by Friday, Sept. 4th! Please do it online through our CSA software.\*\***

1. **Go here to log-in:** <http://loonorganics.csasignup.com/login>

2. **Login via E-mail (use the address you are signed up with)**

3. **You will receive an e-mail with an access link in your in-box. Click on the link and you will be logged in.**

4. **Under “Your Store”, click on the “Honey Share”.**

5. **Select whether you'd like a pint or quart and the quantities. Choose your pick-up site.**

6. **Click on “Complete Check-out” to process your order. You will get a confirmation e-mail with your order and money owed. Mail us a check for your total.**

7. **Honey Shares will be delivered in late September once honey is harvested. We will e-mail you to let you know the exact delivery date.**

We say another fond farewell this week to our employee Bree Lloyd, who has been such a delightful addition to our crew this year. Here are a few farewell musings from her this week. Thank you Bree and we will miss you!!

It is perhaps not often that a person has the opportunity to walk from the tiny house that has been given them for the summer, in full view of a rising sun and acres of vegetables, hearing the chickens squawk as they lay morning eggs, coffee cup in hand, to begin an albeit hard and often sweaty day of farm work. And likely, not everyone desires the opportunity. It has been my desire and described my summer, and I hold so much gratitude for so much of it. How does one express the fullness of it? Watching, daily, just the monarch butterflies flit between milkweed stirs enough wonder to send an open heart to its knees.

I do wish to say ‘thank you.’ For those of you who are members, for your support of small and responsible vegetable farming, for the living wage that this allows. For my co-workers, for working through some of life's bigger questions or disappointments or joys, for sharing knowledge of herbs, cooking or sustainable agriculture, as we harvested and bunched amidst carrots and fennel. For the work share folks, for shared stories and laughter while weeding together and whose paths I am grateful to have crossed. For Toby and his company under the stars. And for Laura, Adam, and Eli—the family whose knowledge of and commitment to good food and good land care, hard-work, authenticity and kindness has allowed the possibility of the summer to unfold at all. It takes us all, wherever our place along the journey of food, to make responsible change.

In nearly a week, I will begin study in religion and ecology at Yale Divinity School, finding my own place in this change and journey. I carry this summer, with all its wonder and work and dear relationships, along the way.

Might we be inspired by each other. Change is possible. Keep going. –Bree Lloyd

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

Everything in your box should be stored in your fridge to keep it crisp and fresh EXCEPT for TOMATOES, POTATOES, and GARLIC. Store those on your counter out of sun. **Most of the tomatoes should be ripe or nearly ripe. Colored tomatoes will have a slight give when they are ripe. Ripen tomatoes on your counter out of sun.**

Cantaloupes should be in fridge. Watermelon can be on counter but refrigerate if not eating within 5 days or so. If stored properly, everything should last at least 7-10 days.

### Preservation Tips:

Green beans can be steamed or parboiled until fork tender (3-5 minutes) and frozen. Corn also freezes well, boil cobs for 3 minutes and cut corn off cob to freeze.

Celery can be diced, blanched, and frozen for winter use. 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. Many tomato sauces and soups will freeze nicely too, just leave out the dairy as that will not re-heat well. Check our website for [a Cucumber Freezer Pickle](#) Recipe, a [Refrigerator Pickle](#) Recipe, and a [Zuni Café Zucchini Pickles](#) Recipe.

### Contact us:

c: 320.296.1569

h: 320.587.0140

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

## Recipe Corner

Our employee, Jenny Tandsater made this for a Monday farm lunch and we all enjoyed it over hot brown rice. Fabulous way to use up lots of tomatoes, cukes, and peppers this time of year!

### Gazpacho Soup

3 cups ripe tomatoes	2 cups cucumbers, peeled & diced
2 stalks celery, diced	1/2 green bell pepper, seeded and diced
1 red pepper, seeded & diced	1/2 cup diced onions
2 Tbsp extra virgin olive oil	1 1/2 - 2 Tbsp lemon juice
1/2 tsp sea salt	All purpose seasoning, to taste
1/4 cup soup stock, optional	

Place 1 1/2 tomatoes, 1/4 cup soup stock in a food processor and purée. Place in a glass bowl and add remaining vegetables. Stir in olive oil, lemon juice, sea salt, and seasoning to taste. Cover and chill. This soup is served cold. We like this soup served over hot rice.

Inspired from Lynne Rosetto Kasper's advice to barely cook your garden-fresh tomatoes in pasta sauce because they are so perfectly delicious this time of year, Adam made a really fast and easy fresh tomato sauce with orzo pasta. It reminded us of risotto but was much easier. Barley or another hearty grain could be substituted for the orzo as well.

### Fresh Spaghetti Sauce with Orzo

1/4 cup olive oil	1 medium onion, diced
2-3 Italian sweet peppers (any color), chopped	
1 clove garlic, chopped fine	2 large tomatoes (or 3-4 small tomatoes), chopped
1 small/medium zucchini or summer squash, chopped	
1/2 pound dry whole wheat orzo	Salt and pepper
Parsley and basil	

Cook the orzo pasta according to package directions (cook just until al dente). While orzo is cooking, heat the olive oil in a large skillet pan on medium heat, and add onion to cook and soften, about 5 minutes. Add chopped peppers and zucchini/summer squash to the onion, season with salt, and slow cook over medium-low heat until peppers, squash, and onions are soft and browning. Add fresh garlic and tomatoes and continue cooking for 5 minutes or so, just to get the tomatoes to release some of their juices. Add cooked and drained orzo, season with salt and pepper to taste, and stir in chopped parsley and basil (amount to your liking. We added a handful of each herb to the dish). Let the tomato sauce and orzo mixture simmer together for a few more minutes. Serve warm with freshly grated parmesan or fresh goat cheese sprinkled on top. It was delicious with a side of freshly steamed green beans and grilled garlicky eggplant.

### Potato-corn Chowder

4 ears corn on the cob	1 carrot, diced small
1 quart filtered water or light chicken broth	
2 pounds potatoes, cut into chunks	2-3 tablespoons butter/olive oil
1 bouquet garni	Salt and pepper to taste
2 med. or 3-4 small onions	
3/4 cup cream, crème fraîche, or half-and-half	

A few parsley stems, minced Crème fraîche, for garnish Chives or scallions, for garnish

Cut kernels off corn cobs into bowl and scrape the corn "milk" into bowl as well. Reserve. Make a quick corn stock by simmering the cobs in quart of filtered water or broth, covered, for about 20 minutes. In a heavy-bottomed pan, melt butter or heat olive oil and sauté the onions or leeks until translucent. Add parsley and carrot and cook through. Add potatoes and enough corn stock to cover (if you don't have enough stock, add a little milk or water). Add bouquet garni to the pot, bring to a boil, and simmer (covered) until the potatoes are soft. Add the corn kernels, salt, and pepper. Return to a simmer. Remove from the heat. Remove the bouquet garni. Add the cream, half-and-half, or crème fraîche, taste, and adjust the salt and pepper to taste. Serve with a dollop of crème fraîche and minced scallions or chives. Serves 3-4 From **Full Moon Feast** Cookbook by Jessica Prentice.