



LOON ORGANICS

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What's in the box 8/26/14:

Eggplant: Globe eggplant (striped or purple) and Asian eggplant in each box. See our recipes and tips for eggplant on page 2.

Jimmy Nardello Italian

SWEET Pepper: These are long, red, and skinny peppers and I promise that they are 100% SWEET! Eat raw or lightly cooked. They are a rare heirloom variety and are SO good.

Celery: See last week's newsletter for info. on the celery. It is great in gazpacho (recipe page 2).

Green Beans: Really delectable crop of young beans. Yum!

Cabbage: Mix of red cabbage, green or red savoy cabbage. Savoy cabbage is lighter and sometimes sweeter. It can all be used in any cabbage recipe.

Muskmelon: Mix of varieties, including Halona, Athena, and Hannah's Choice. They have been tasty this year!

Red Potatoes: Roast and mix with chorizo, tomatoes, and peppers for a brunch or hearty dinner dish.

Cilantro: Use in an Asian-inspired coleslaw dish.

Arugula: Baby arugula is peppery and interesting for salads and sandwiches.

Cucumbers: Just a couple this week. Another planting is coming in soon. Add to your gazpacho recipe.

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

CSA: Week Eleven (*Group A Half Shares*)

It's the last week of August and we find ourselves in the thick of the bounty of the season. It finally feels like peak summer, with tomatoes coming out of our ears, sweet peppers ripening, and constant melon picking happening. And yet we are reminded of fall daily. Night falls quickly and my leisurely farm tour on Sunday nights is hurried between kid's bedtime and darkness. Mornings too are growing dimmer. In just another couple weeks, we will pull the honey from the bee hives and they will begin to decrease their colony size in preparation for winter. I see the vine crops dying back and shrinking to expose the ripe melons and squashes. Their end is near. It's a transition time; one where we so enjoy the fruits of our labor and are already nostalgic too, simultaneously embracing summer and looking forward to fall.

A big job we recently completed was the storage onion harvest, and soon we will start in on winter squash harvest. It looks like we have good yields of our butternuts and ok yields on the other varieties. This is good news. Two other fall crops, fall storage onions and fall storage potatoes look fantastic. Adam and Eli dug up white storage potatoes this weekend to check on their progress and they are gigantic, some nearly as big as Eli's head. Such a welcome surprise to see that we will have a bumper crop of potatoes, and in this year nonetheless! We are still working our way through the Red Norland potatoes, and will move on to the Blue potatoes, German Butterball Fingerlings (so delicious!!), and then onto the storage potatoes. Expect potatoes in the rest of your boxes this year. The onions are currently drying down in our greenhouse. They will be back in your box in the next couple weeks, once they have cured and when we have more room in the box for them as well. Fall broccoli, cauliflower, and romanesco is looking beautiful, and should be ready in the next few weeks. We are in touch with our sweet corn farmer, Nistler Farms, to see if we can get some corn for the box in September. The sweet corn always tastes the best at the end of the season, in my humble opinion.

Produce Notes: The muskmelons are trying to make up for the low watermelon yields this year, and have provided some dang good eating! Most of the muskmelons are ripe and ready to eat or will be in another day or so. Keep in fridge and eat soon, if it is ripe. It is ripe when has a slight yellow/orange hue to the skin and has a nice fragrance on the stem end. Keep on counter for a day or two if it needs to ripen up. The summer squash and zucchini have finally succumbed to powdery mildew, cucumber beetles, squash bugs, and are done for. Tomatoes are at their peak and will continue on for the next few weeks. There are still a lot of green peppers out in the fields, there will be more and more multi-colored sweet peppers ripening slowly now until frost comes.

On the horizon: CSA Fall Harvest Festival on Sunday, September 28th from 1-3 p.m. We are making plans for our best Fall Harvest Fest yet. We'll have non-stop wagon rides around the farm, and each child or household can pick out and harvest their own pie pumpkin to take home. U-pick herbs and other crops available, along with fresh apple cider. Mark your calendars!

Next week's box: muskmelon, green beans, cucumbers, tomatoes, potatoes, sweet peppers, basil?, 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.

Eggplant: Doesn't like cold temps below 45° so either keep wrapped in towel in your fridge or leave on counter if you will eat it soon. Best if used within a few days.

Muskmelon: Ripe, fragrant ones should be kept in fridge. Leave it on counter for a few days if it needs to ripen up a bit more.

Cabbage: in fridge in plastic bag. Will store this way for months!

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

Cucumbers, Green Beans, Cilantro & Arugula: in Plastic bag in fridge.

Preservation Tips: Celery and green beans 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. Soups, sauces, or a tomato stock can all be frozen and canned with good results.

Other Loon Recipes:

[Mediterranean Salad](#)

[Summer Pasta](#)

[Creamed Eggplant \(Baigan Bharta\)](#)

[Grilled Eggplant Spread](#)

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Recipe Corner

Tomato Gazpacho

Passed along to us from our employee, Jenny Tandsater with very high recommendations! It's a great way to use up a lot of the CSA veggies too.

3 cups ripe tomatoes

2 cups cucumbers, peeled and diced

2 stalks celery, diced

1/2 green pepper, seeded and diced

1 red pepper, seeded and diced

3 green onions, sliced

2 tablespoon extra-virgin olive oil

1 1/2 - 2 tbs. lemon juice

1/2 tsp Celtic sea salt

All purpose seasoning to taste

1/4 cup soup stock

Basil and cilantro to taste

Place 1 1/2 tomatoes and soup stock in food processor and purée. Place in glass container, add remaining ingredients. Cover and chill. Do not heat. Excellent served cold over warm brown rice.

Eggplant Tips: The most beautiful but least favored CSA crop. We are out to change a few minds I hope! Do you like mushrooms? On pizza, in pasta, in quiche? Eggplant is very similar to a mushroom: soft textured and will soak up the flavors of whatever it is cooked with. Eggplant must be cooked, so treat the large Globe eggplants like portabella mushrooms, slice big rounds of the eggplant and dress with olive oil, garlic, chopped herbs and grill, bake, or sauté until completely tender and the inside is nearly creamy. We eat grilled eggplant this way with no other topping, but you can also stick this in a sandwich with pesto, tomatoes, and arugula for an awesome veggie burger. The long, skinny eggplants are Japanese varieties with very tender-thin skin and delicious flavor. The Japanese eggplants are our favorite. We like to slice them thinly and sauté in olive oil and then use as a pizza topping with fresh onion, sweet pepper, and cheese. It's the best summer pizza!

Oven-Baked Eggplant

From John Scheeper's Kitchen Garden Seeds—a great seed catalog with awesome recipes! "When eggplant is at its best in late summer, there is nothing more satisfying than the nesting ritual of making Oven-Baked Eggplant to freeze for use over the winter. It is so much more healthy to bake eggplant rather than fry it, plus it keeps your house and your clothes from smelling like fried eggplant and it doesn't involve any messy stovetop clean up. This recipe is for one eggplant, we usually prepare many eggplants this way."

1 large eggplant, about 1 pound

1/2 cup flour

Salt and pepper

2 eggs

2 cups panko crumbs

Olive oil

Preheat oven to 375 degrees F. Peel the eggplant. Cut it into half inch slices. Very lightly oil a baking sheet with the olive oil.

Add a little salt and pepper to the flour in a bowl. In a second bowl, fork stir the eggs. Put the panko crumbs in a third bowl. (If you don't have panko crumbs, you can use herbed bread crumbs. You may also add salt, pepper or other herbs to the panko crumbs if you wish, like basil or even finely grated Parmesan cheese.) Dredge each eggplant slice in the flour, tapping off any excess. Dip each eggplant slice in the egg wash, and then the panko crumbs, pressing to coat evenly and lightly. Place the breaded eggplant slices on the oiled baking sheet, spreading them out evenly. Bake at 375 degrees F until just golden, about 20 minutes. Flip the slices over and bake for another 15 minutes. Remove from the oven. The eggplant can be used in a recipe immediately, or frozen in airtight freezer bags for three or four months. It is perfect in Aubergine Lemon Chicken, Vegetable Tower and Eggplant Parmesan (all on the [Kitchen Garden Seeds Recipe](#) website).

Have a great week! Your farmers. Laura. Adam. & Eli