



# LOON ORGANICS

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## What's in the box 8/26-27:

**Tomatoes:** Mix of all types!

**Eggplant:** Globe (purple or striped) or Japanese (lavender or dark purple and long and skinny).

Both can be used interchangeably. Recipes on pg 2.

**Celery:** Perfect for a corn chowder, pasta sauce, or chopped in a cuke and tomato salad. Chop and freeze pieces for use this winter.

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

**Thyme:** A favorite herb of ours. Goes well with tomatoes, corn, summer squash, potatoes.

**Carrots:** Mostly orange and some yellow or purple ones mixed in occasionally.

**Cucumbers:** Try in the sweet corn salad recipe on page 2. We got excited about eating cucumbers again!

**Zucchini or Yellow Summer**

**Squash:** This is likely the last of the season.

**Garlic:** German Red variety that is great for raw eating or cooking.

**Sweet Peppers:**

**Blue Potatoes:** Adirondack Blue variety is blue on the outside and on the inside. These are high in antioxidants, and have a nutty flavor. The blue potatoes have medium starch, best suited for baking, frying, or boiling.

**Yellow Onions:** All-purpose yellow onions. These are "cured" and can be kept out of your fridge.

## CSA: Week Eleven (*Full Shares & Group A Half Shares*)

Fall is in the air with cool weather slowing down crop growth and maturation this past week. The melons are finished for the season and we're looking towards squash, kale, broccoli, and cauliflower soon. We've even been wearing stocking caps in the morning hours, seemingly a first for mid-to-late August. The sunshine and mild weather forecasted for the rest of this week is welcome and needed!

We bid farewell to Bree last week, and welcomed a new addition to our team, Elise, who will join us for the rest of the season. She just finished up nearly a year of archaeology field work around the Midwest, and is ready to dig in the dirt for potatoes and carrots now. We also welcomed Eliza a couple weeks ago and she is helping us part-time on our CSA harvest and pack days. Welcome to both gals!

A note about the orange carrots this week. Each season we trial new varieties, especially organic ones, to help diversify and support newly bred organic varieties. The orange carrots in the box this week are a new organic variety called Negovia, and while the flavor is totally decent, we found that the carrots have a tendency to fork and grow multiple "legs". Forking can be due to rocky, compacted soil, but we had them in a good field, so it seems to be a varietal issue for us. At any rate, it would be a shame to waste them, so we wanted to still include them as they are perfectly good for eating and cooking. Perhaps you can even find some amusement if you get one with funny forked legs! One of the benefits that we appreciate about CSA farming is that we are able to give you slightly misshapen produce (curved cucumbers or less than perfectly straight carrots) whereas we wouldn't be able to sell these to a grocery store because they are not "Grade A" and uniform. So much produce gets wasted in our country because it is not perfectly uniform and it's a huge loss. I find this variety not as sweet as our spring Mokum and fall Bolero carrot varieties, but still it is a good tasting carrot. We will cross Negovia off the list this year and continue trialing other new varieties!

**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. Log in 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.

## **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, ONIONS, and GARLIC. Store those on your counter out of sun. EGGPLANT for short-term storage can be left out of fridge, but if you won't use it within a couple days, refrigerate it. If stored properly, everything should last at least 7-10 days.

### **Preservation Tips:**

Corn freezes well, boil cobs for 3 minutes and cut corn off cob to freeze. Celery and carrots 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.

### **A few eggplant recipes: (links in on-line newsletter)**

[Eggplant Meatballs with Za'atar and Kale Pesto](#)  
[Pasta with Let-My-Eggplant-Go-Free! Puree](#)  
[Food52's "Best Eggplant Recipes"](#)  
[Contest Winners: eggplant parmesan & eggplant and tomato curry](#)  
**Many more eggplant recipes on our [website's recipe page](#).**

### **Contact us:**

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## **Recipe Corner**

I have to thank Betsy Price from Clay Coyote Pottery for tipping me off to this recipe. It is from one of my favorite bloggers, David Lebovitz, but I had missed his latest post. I adapted a few things from the recipe when we made it that I included below. He also suggests many variations on this salad, substituting another herb (perhaps a Tablespoon of minced thyme to taste?) or adding a sweet pepper. Recipe at his website: <http://www.davidlebovitz.com/>

### ***Fresh Corn, Tomato, Avocado and Basil Salad***

2-3 ears of fresh corn

2 cups cherry tomatoes or fresh tomatoes, diced

1 ripe avocado

1 cucumber, peeled and seeded

A handful up to 1 cup loosely packed chopped fresh basil (reserve any small leaves for garnish)

Freshly ground black pepper

### **Vinaigrette**

2 tablespoons red wine vinegar

4 teaspoons Dijon mustard

1-2 small shallots, peeled and minced (1-2 tablespoons)

1 teaspoon sea or kosher salt

6 tablespoons (90ml) extra-virgin olive oil

1. Shuck the corn and remove it from the cob.

2. Remove any stems and slice the cherry tomatoes in half.

3. Peel the avocado, remove the pit, and dice the flesh. Cut the cucumber into similar sized cubes.

4. Put the corn kernels, tomatoes, avocado, cucumber, and basil into a serving bowl and season with freshly ground black pepper.

5. In a small bowl, whisk together the vinegar, mustard, shallots, salt, and olive oil.

Pour the vinaigrette dressing over the salad and gently mix together. Taste, and add more salt and pepper if necessary.

**Serving and storage:** The dressed salad can be served right away or in a few hours. (It can be stored in the refrigerator or at room temperature, but should be served room temperature.) It's best the same day it's made.

Grilling, baking, or broiling and frying slices of eggplant are a favorite way that we like to eat them on sandwiches with good cheese, tomato, and a fresh herb pesto. The eggplant texture when cooked properly is similar to a Portobello mushroom. This recipe is one we have made several times over the years and it's quite delicious and savory! We often prefer to bake the eggplant in the oven rather than frying it.

### ***Eggplant Basil Sandwiches***

1-2 eggplants, cut crosswise into 1/4-inch-thick slices (about 4 cups or 20-24 slices)

3/4 cup soft bread crumbs

3/4 teaspoon salt

1/4 teaspoons cayenne pepper

kosher salt

1 package (8 oz) light cream cheese or chevre goat cheese, softened

2 large eggs

oil (for cooking eggplant)

1/2 cup minced fresh basil and 1 Tablespoon fresh minced thyme

(Salting the eggplant is optional—we usually don't do it with fresh eggplant, but wanted to include the recipes directions in case you'd like to salt it). Lightly salt eggplant slices with kosher salt; place in colander and weight the slices with a heavy pot. Let stand in sink at least 30 minutes. Rinse with cold water and pat dry with paper towels. Mix cream cheese and basil in small bowl until smooth. Combine bread crumbs, 3/4 teaspoon salt, and cayenne pepper on sheet of waxed paper. Crack eggs into a pie plate or shallow dish; froth with a fork. Spread eggplant slices with herbed cheese, using about 2 teaspoons on smaller slicers and slightly more on larger ones. Make sandwiches with slices. Dip sandwiches first in beaten eggs, then in crumbs until well coated. Heat oil to 1/8-inch depth in large, nonstick skillet over medium heat. When very hot, fry sandwiches, in batches without crowding, until crisp and golden on both sides, about 3 minutes per side. Alternately, you could bake eggplant slices in oven at 400 for 20 minutes until tender and crusy. Serve warm (not hot). These are nice with a thick tomato sauce. Makes 8-10 small sandwiches.

Adapted from the cookbook From Asparagus to Zucchini.