



LOON ORGANICS

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What's in the box 8/24-25:

Broccoli or Cauliflower:

Perfect for a summer stir-fry with carrots, tomato and sweet peppers.

Carrots: Mokum carrots are back! Terrific coleslaw recipe on page 2.

Sweet corn from Nistler

Farms: One of our favorite treats of the summer! Great recipe ideas on page 2.

Cabbage: Red, green or green savoy varieties all make a tremendous coleslaw this time of year.

Zucchini/Summer Squash OR

Cucumber: The squash/zucchini crop is done after this week. We are waiting for our 3rd cucumber planting to come in, so those will return for a bit. Boxes will either get a cucumber or a zucchini or a summer squash.

Onions: Red and yellow freshly harvested onions. Keep either in fridge or on counter.

Sweet Peppers: Mix of sweet Italian red or orange peppers. Lots of recipe ideas on page 2.

Tomatoes: Still a few more weeks of good tomato season, so make gazpacho, caprese, tomato soup and tomato corn pie while you can!

Garlic: because there can never be too much garlic!

Jalapeno Pepper: it always seems like our jalapeno peppers are fairly hot, but maybe after the 6 inch rain, the flavor was watered down a bit. Check the coleslaw recipe on page 2!!

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

Extra Canning Tomatoes and Salsa Shares available! E-mail Laura if you are interested in getting either of these shares. Canning tomatoes are 20 pounds for \$25 and Salsa share is 20 pounds of tomatoes and salsa fixings for \$50. And even though we call them canning tomatoes, you can bypass the canning process and freeze them instead with great results. Frozen tomatoes can easily be used for all your tomato-based sauces and soups.

Veteran Loon CSA Members will remember that we get all our sweet corn from Jeff Nistler of Nistler Farms in Long Lake, MN. On our farm we don't have the land capacity to grow sweet corn, but we love to eat it and know it is a favorite crop, so we choose to "farm" this one out to a neighboring local grower and support his farm. Jeff grows non-GMO sweet corn and does not treat with any chemical pesticides. While he is not certified organic, we are familiar and comfortable with his sustainable farming practices. Because he doesn't spray or use GMO varieties, there may be a worm or two in the corn this time of year. If so, cut the tip off the corn or any damaged areas, and proceed to cook. The worms don't do any overall damage or affect the flavor of the corn. And if you need a corny, vegetable joke today, here you go:

Q: Why are there no secrets in the vegetable garden?

A: Because the corn has ears and the potatoes have eyes!

Farm News!

Yesterday Colton asked me tentatively if we had made it through the peak of the season yet...I wasn't quite sure myself if this was the case, but I do know we are over half way through the CSA season now and the melons are finished for the season, which lightens our load a bit. The zucchini and squash are also done and cukes will reappear in a couple weeks. Radishes and arugula/salad mix next week we hope! Our fields are *still* drying out from the 6 inches of rain nearly two weeks ago. Wind and sun this week has been WELCOME! There are fungal and bacterial crop diseases showing up now from all the wet conditions. It remains to be seen how our fall crops will be affected. Many farmers in WI and MN have experienced crop loss from all the rain and flooding. A drier fall would be much appreciated by all farmers. Be assured that we will have plenty of produce for our CSA boxes, just unsure how the mix of things will all pan out.

Some crops we are piecing together for each week's box, more than in other years. Crops like broccoli and cauliflower are coming in irregularly and we are losing some to disease, so boxes get either one or the other. The newsletter will usually list if Metro boxes get one item and Farm Hutch boxes get another. Do let us know if you are ever missing an item in your box though, boxes may occasionally get missed in the flurry of packing. We will replace it the following pick-up!

Next week's box: more corn we hope, purple potatoes, radishes, arugula or salad mix, tomatoes, sweet peppers, and more.

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

Everything in your box should be stored in PLASTIC BAGS in your fridge to keep everything crisp EXCEPT FOR TOMATOES. Keep those on your counter out of the sun. Tomatoes can be put in fridge if they are getting too ripe and you want to keep them longer. Garlic and onions can be in or out of the fridge. CORN SHOULD GO IN FRIDGE TO KEEP IT SWEET!! Put it in a plastic bag!

What is this veggie: Sweet Corn!

Oh yes it is! The long awaited golden nuggets of summer are here! From our good friend Jeffrey Nistler over in Long Lake, MN. Enjoy! Roast the corn on the grill, boil it in a pot, you can even freeze it if you want to stock up for your winter preserves. Delicious in just about everything. Try out the super simple corn pasta recipe under the recipe corner section or sample some of the extra recipe below including: Goat Cheese Enchiladas with Corn, Sweet Corn Gelato or Corn Fritters with Cheddar and Scallions! Yum & again enjoy!

More On-Line Recipes (links in our on-line newsletter):

[Open Faced Roasted Red Pepper & Hummus Sandwiches](#)

[Sicilian Stuffed Tomatoes](#)

[Goat Cheese Enchiladas with Corn and Red Mole Sauce](#)

[Potato and Green Chile Soup](#)

[Sweet Corn Gelato!](#)

[Eggs Fried with Tomatoes & Goat Cheese](#)

[Almond Turmeric Potatoes](#)

[Sweet & Sour Eggplant, Chickpeas & Tomatoes](#)

[Vegan Roasted Red Pepper Pasta](#)

[Corn Fritters with Cheddar & Scallions](#)

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

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Recipe Corner

Jalapeño Coleslaw Cabbage Salad

Our friend Aimee over at Rebel Soil whipped up this dish and it is stupendous! Great on sandwiches or if you want a complete supper, roast up some sweet corn, grill some burgers and you'll have a full meal deal to wind down the summer. The jalapeño isn't necessary but it sure does add a nice kick! We shredded the cabbage and carrot in our food processor (with the shredder attachment) for a quick prep.

For the Dressing:

1/3 c. sour cream, 1/3 c. buttermilk, 1/3 c. apple cider vinegar, 3 tbsps mayonnaise, 3 tbsps sugar, 3 tbsps lime juice, 1/2 tsp lime zest from 3 large limes, 3 tbsps finely chopped cilantro, 1 tbsps finely minced garlic (about 3 medium cloves), 1/2 tsp ground cumin, 1/2 tsp freshly ground black pepper

For the Slaw:

1 head cabbage (about 3 1/2 lb), finely shredded on a mandoline or by hand

1 large carrot, peeled and grated on the large holes of a box grater

1 large jalapeño, stemmed, seeded, and finely diced

2/3 cup sugar

1/3 cup kosher salt

For the Dressing: Whisk together sour cream, buttermilk, vinegar, mayonnaise, sugar, lime juice and zest, cilantro, garlic, cumin, and black pepper in a small bowl.

For the Slaw: Combine cabbage, carrot, and jalapeño in a large bowl. Sprinkle with sugar and salt and toss to combine. Let stand 5 minutes, then transfer to a large colander and rinse thoroughly under cold running water.

Transfer vegetables to a salad spinner and spin dry. Alternatively, transfer to a large rimmed baking sheet lined with a triple layer of paper towels or a clean kitchen towel and blot mixture dry with more towels. Return to large bowl.

Pour dressing over vegetables and toss to coat. Adjust seasoning to taste with salt, pepper, and/or sugar.

Beet Caviar

This recipe comes from 101 Cookbooks blogger Heidi Swanson. Spread this numby topping on crackers or toasted pita bread. You could also add it to a risotto or dollop it on a baked potato! Sure to be a hit at your next party!!!

4 medium beets, washed and trimmed

5 plump dates, pitted and chopped

2 tbsps cognac (bourbon, vodka or if you'd prefer no alcohol 1tbsp honey + 1 tbsps balsamic vinegar)

4 garlic cloves, peeled and smashed (or 1-2 large Loon cloves!)

2 tbsps lemon juice, plus more to taste

1/2 c chopped toasted walnuts

3/4 tsp fine grain sea salt

3 tbsps creme fraiche, plain yogurt, or sour cream

lots of freshly chopped chives

Preheat the oven to 400F with a rack in the center. Puncture the beets with a fork a few times, and roast for an hour, or until the beets are completely tender when you test by cutting into the center with a knife.

In the meantime, gently heat the cognac in a small saucepan. Place the dates in a glass bowl, and, when just hot, pour the alcohol over the dates. Jostle around a bit, and soak for at least 10 minutes. When the beets are cooked and cool enough to peel, remove the skins and chop into cubes. Place in a food processor with the dates, cognac, and garlic. Puree until the texture is to your liking. Transfer to a serving bowl before adding the lemon juice, walnuts, and salt. Taste, and adjust the seasoning if needed. Serve swirled with the creme fraiche, and finished with chives.

Enjoy your box and thanks again from all of us at Loon Organics Farm!
Your farmers, Adam, Laura, Eli, Willie + Crew