



# 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 9/6/14:

**Eggplant:** Purple or Italian Striped Globe Eggplant or an Asian long, skinny eggplant. They can be used interchangeably in recipes. Check out our fajita recipes on page 2.

**Sweet Peppers:** Jimmy Nardello Sweet Pepper is the long, thin red pepper that looks like a cayenne, but is SWEET! Also included is a green pepper and orange Italian pepper. They are all sweet and delicious raw/cooked

**Green Beans:** Fall green beans are the best! We lightly steam them until crisp tender and top our salads with them.

**Muskmelon:** Various varieties. Some of are a very small variety called "French Orange" and these are a favorite. We pick melons ripe and ready to eat.

**Red Potatoes:** Last week of reds. Then on to Magic Molly Purple Potatoes.

**Salad Mix:** Mix of baby lettuces.

**Broccoli:** it's back! And super delicious. This has been the best year for broccoli!

**Cucumbers:** Use in the curried potato salad recipe on page 2.

**Tomatoes:** Red beefsteaks in the bag and assorted multi-colored heirlooms. Put red tomatoes and heirlooms on counter to ripen up more, if need be.

**Red Onions:** These are mostly cured and can be kept on your counter or cupboard.

**Basil:** For a caprese salad, pesto, or on a tomato sandwich.

## CSA: Week Twelve (*Group B Half Shares*)

Hope everyone had a great Labor Day weekend and Happy Back-to-School Week for some of you parents and kiddos! It was a soggy start to the harvesting week, with over 5.5 inches of rain falling over the past week. We got over whole month's worth of rain in a few days. Déjà vu back to Spring! Carrots were slated for this week's box, but they are in about 4 inches of mud right now and we can't get in with our carrot digger to get them. They will just be bigger for next week. Due to the heavy rain, the salad mix is a little more tender than usual. Eat that within the next week for optimum freshness.

An exciting farm milestone last weekend was extracting our first honey from our farm's beehives! Our friends at York Farm have a new hand honey extractor that we were able to use and spin the honey out of the frames. It was a really cool process, and we put some photos on our [Facebook](#) page. I've been taking care of the bees for two seasons now, and we left them all of their honey last season to get through the winter (and they made it through the polar vortexes!). This spring we split the hives into two, and collected honey from the first "parent" hive. We put boxes called supers on top of the beehive and the bees put their extra honey up there. From just one super we got about 2 gallons of honey. There is probably another half of a super that we will take in a couple more weeks, but we leave 75-90 pounds of honey in each hive for the bees to eat over the winter. We aren't planning on selling any honey this year since it is our first harvest, but we have other hives on our farm managed by our neighbors and they usually set aside the honey from our farm for us so that we can sell it at our Fall Harvest Festival in September. If any of you are interested in beekeeping, the U of MN Extension offers the [best classes](#) for beginners and advanced beekeepers. <http://www.beelab.umn.edu> has more info.

Two fun events coming up on the horizon:

**[York Farm Hoedown on Saturday, September 20<sup>th</sup>](#)** starting at 3 p.m. with a farm tour, potluck, live music, and square dancing in the barn. It is one of our favorite events of the year! Details and event flyer on the York Farm website: <http://www.yorkfarmmn.com/>.

**CSA Fall Harvest Festival on Sunday, September 28<sup>th</sup> 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:

Sweet corn likely next week from Nistler Farms!, broccoli, carrots, green beans?, tomatoes, cucumbers, blue potatoes, sweet peppers, garlic or onions, and more. This is the last week of melons.. The first winter squash, delicata and acorn will show up in your boxes in another 2 weeks or so. Cauliflower and romanesco cauliflower is also 1-2 weeks out.

## **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:** Most muskmelons are picked ripe and ready to eat. They should be kept in fridge. A ripe muskmelon has nice fragrance and an orange/cream hue to the skin underneath the netting. Leave muskmelon on counter for a few days if it needs to ripen up a bit more.

**Beets:** 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 & Salad Mix:** in Plastic bag in fridge.

**Preservation Tips:** Beets can be steamed or parboiled until fork tender and frozen. Basil 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](#)

### **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**

### **Grilled Eggplant and Pepper Fajitas**

Latest "Farm Test Kitchen Recipe". We loved this last week. Adapted from a recipe on [www.cook123.com](http://www.cook123.com). Serves 4. Active cooking time 30 minutes, marinating one hour or overnight.

#### **Ingredients**

1/2 cup lime juice

1/4 cup olive oil, divided

4 cloves garlic, minced

2 teaspoons chili powder

1/2 cup of chopped cilantro, stems included

1/2 teaspoon salt

1/4 teaspoon cracked black pepper

2 medium eggplants, trimmed and split lengthwise

An assortment of sweet peppers, seeded and cut into strips

3 medium onions, cut into wedges

8 (10-inch) corn tortillas, warmed

Salsa

Guacamole

#### **Directions**

1. In large, shallow baking dish, combine lime juice, 2 tablespoons olive oil, the garlic, chili powder, cilantro, salt and black pepper. Place eggplant halves in marinade, cut side down. Let marinate for one hour or overnight.

2. Preheat broiler or outdoor grill. In large heavy skillet, sauté bell peppers and onions in remaining 2 tablespoons olive oil until tender and lightly browned, stirring frequently, about 10 minutes.

3. Remove eggplant pieces from marinade; broil or grill, turning once, until tender and well browned. Meanwhile, add 1/4 cup marinade to pepper and onion mixture and bring to a boil.

4. Remove eggplant to cutting board; cut crosswise into 1/4-inch thick strips. Transfer to platter or bowl and serve with warmed tortillas, peppers and onions, salsa and guacamole. Guests can assemble their own fajitas.

### **Curried Potato Salad with Seasonal Veggies**

This is adapted from a Mill City Farmers Market [Recipe](#) last year. It uses a nice non-mayo based dressing and can be served family-style on a big platter.

6 medium sized red potatoes

1 red onion, diced fine (soak diced onion in cold water for 10 minutes and then drain to mellow the strong raw onion flavor.)

2 sweet peppers

2 cucumbers (or broccoli or green beans)

Optional: cilantro for garnish

#### **For the vinaigrette:**

2" knob of ginger, unpeeled & cut into coins

1 clove of garlic or a couple scallions, sliced

1 Tbl. curry powder (or more/less to taste)

2 Tbl. Grainy Mustard

2 Tbl. Honey

Optional jalapeno if you like it spicy!

1/4 cup apple cider vinegar

1/2 cup olive or vegetable oil

Salt & pepper to taste

**To make:** Cut potatoes in 1/2 lengthwise & slice into thin half moons. Cover potatoes with cold water in a sauce pan and bring to a boil. As soon as the water is warm, add a generous (noticeably salty to the palate) amount of Kosher salt. This will make for much tastier potatoes! Boil potatoes for 2-3 minutes, or until tender and cooked through...watch these so they don't overcook! (if using broccoli or beans, add to potato cooking water a few minutes before potatoes are done). Drain potatoes. Thinly slice onions, cucumbers, and sweet peppers. Add to potatoes. **For the vinaigrette:** add all ingredients except the oil into the bowl of your blender or food processor. Buzz to puree, and then with the motor *running*, **slowly** add in the oil to emulsify. Season to taste with salt & pepper. Pour over potatoes and veggies.