



# LOON ORGANICS

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## What's in the box 9/2-3:

**Tomatoes:** Mix of all types! interchangeable. Recipes on pg 2.

**Carrots:** Although some of these are big and gangly looking, they are a good tasting carrot either raw or cooked.

**Cucumbers:** This is a fresh batch of cucumbers from our last planting and they are so sweet and tender. Enjoy before they are gone!

**Garlic:** If you don't use this up right away, it will store just fine on your counter or in a cool cupboard for several months.

**Sweet Peppers:** The sweet bell peppers from the field are just starting to turn from green to red or yellow, and prime harvest season is upon us. All peppers in the box are sweet peppers.

**Blue Potatoes:** Adirondack Blue variety is blue on the outside and on the inside. Use just like any other potato. Our employee Jenny said they made delicious blue hashbrowns!

**Scallions:** Last scallions of the season, these would be great in a salsa or try in the kale recipe on page 2.

**Green Kale:** Fall kale is back and tasting really good. Recipe on page 2 or cook and add to lasagna.

**Broccoli:** Boil stems and florets gently in salted water for 10 minutes and you have a perfect side.

**Metro: Arugula**  
**Farm: Cauliflower**

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

Coming to you not from the Great Minnesota Get-Together, but the Loon Organic's Crew recommendations for our ideal CSA Box Treat on a Stick. Try these ideas at home if you dare! ;-)

**The newcomer Elise:** *Vegetable Kabob on a Stick.* Brilliant! Wouldn't this be something delicious and healthy to munch on while everyone else is downing the deep-fried twinkles...not that that's a bad thing. Tomatoes, eggplant, onions, carrots and Cherry Tree mushroom share would all round out Elise's kabob.

**Liza our Caffeinated Coffee Provider:** *Deep Fried Tomato Slices with Cheddar Dipping Sauce.* Liza our other newbie part-time Farm Crew Member couldn't resist a summer fresh tomato but with a State Fair twist: fried with cheese! Yes please!

**Jenny the Rock:** *Loaded Baked Potato on a Stick.* Solid and always dependable both at her job and at bringing delicious treats for our coffee break Jenny suggests piling the goods on a baked potato. Broccoli, scallions, cheese and of course a Loon Organics potato. Dollop with sour cream and you're sure to be the envy of your dinner table!

**Bree our Academic:** *Sushi on a Stick.* Yes, we even reached out to our dear Bree who is out East studying like a mad woman. Accessible to all sorts of delicious fresh seafood Bree said sushi. Even though we aren't rolling in the fish out here on the prairie there's definitely bound to be a vegetable or two rolled in between the rice and seaweed. Miss you Bree!

**Andrew Lars the Farm Crew's Fearless Leader:** *BLT on a Stick.* Try as he might to have said his default "carrot" (if you remember that was the vegetable Lar's would vegetable-promorphize into) BLT it up was his choice! Some crusty bread then chunks of delicious heirloom tomatoes, lettuce or cabbage leaf, and let's not forget the best part...BACON! Definitely a winner there for sure.

**Katharine the Semi-Part-time-What-Day-Is-She-Working Crew**

**Member?:** *Creamy Cantaloupe Sorbet on a Stick.* Even though she may have a restricted diet what could be better in this heat wave than a cold creamy treat? What better way to wind down the summer than to zip up the rest of the remaining melons, add some creamy liquid and cool your sweaty self down. Organic creamsicle anyone?

**Eli the Skidder:** *Veggie Pizza on a Stick.* Eli the coolest 4 year old bike skidder went with vegetable pizza. It takes a lot of energy to be a pro-kid skidder so Eli powers up with Loon produce...heavy on the purple carrots.

**Laura & Baby Cullip:** *Butternut Squash Ravioli on a Stick.* Don't worry folks the winter squash will be coming soon. Laura was torn between a caprese salad and ravioli, but then Elise described a St. Louis specialty of toasted ravioli and we all agreed: Toasted Butternut Squash Ravioli on a Stick...the clear winner for sure.

**Adam...the Machine:** *Fried Beet Blocks with Herbed Creme Fraiche Dipping Sauce.* Quickest harvester on this side of the continent Adam gourmeted it up with skewered fried beet blocks and an herbed creme fraiche sauce. Not only can this workhorse finish remodeling a kitchen on the weekend, he's got a savvy foody palate as well!

There you have it folks. If you are going to miss the State Fair this year, no need to worry. the Loon Organics Farm Crew has you covered. Let us know if you try any of our suggestions. We'd love to know how any attempts go! :-)

—Katharine Plowman

## 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. E. If stored properly, everything should last at least 7-10 days.

### Preservation Tips:

Broccoli 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.

### Other Recipes:

Kale Recipes and Preserving Instructions on our [Recipe Page](#)

It's September and the bounty of peppers and tomatoes are in! Time to make roasted [September Soup](#), one of our all-time favorites. Check the [Recipe page](#) on our website.

[Vegetable Lasagna](#) by Jane Brody (sub Kale for the spinach and make your own tomato sauce for maximum veggies.)

[Broccoli Stem and Red Pepper Slaw](#) from NYTimes [Recipes for Health](#).

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## Recipe Corner

### *Shredded Kale, Tomato, Feta and Herbed Salad*

(adapted from Deborah Madison's "Vegetable Literacy")

1 bunch kale

1/4 cup olive oil

1/2 teaspoon kosher salt, plus more as needed

1 medium garlic cloves, finely chopped

1 tablespoons cider vinegar

1 teaspoons Dijon mustard

12 ounces slicing tomatoes or cherry tomatoes, chopped

4 ounces feta cheese, crumbled (about 1 1/2 cups)

2 medium scallions, thinly sliced (white and light green parts only)

1/4 cup kalamata olives, chopped

1 tablespoon thinly sliced fresh herb of your choice

Wash and dry the kale. Cut out and discard the tough stems. Arrange the leaves into stacks, slice crosswise into 1/4-inch ribbons, and place in a large bowl. Add 1 teaspoons of the oil and 1/4 teaspoon of the salt and gently squeeze and toss the leaves with your hands until they're coated with the oil and have softened slightly. Place the garlic and remaining 1/4 teaspoon of salt on a cutting board and drag the side of a chef's knife across them at a 15-degree angle until a smooth paste forms. Transfer the garlic paste to a medium, nonreactive bowl, add the vinegar and mustard, and whisk to combine. While whisking continuously, add the remaining oil in a slow, steady stream until fully incorporated.

Add the dressing to the bowl with the kale and toss to coat the leaves. Add the tomatoes, feta, olives, scallions, and herb and toss to combine. Taste and season with salt as needed. Serve immediately.

This recipe was just posted with raves at the [Smitten Kitchen blog](#) and will use up the whole bag of tomatoes in your box! [www.smittenkitchen.com](http://www.smittenkitchen.com). It is super easy and only requires cooking the pasta.

### *Angel Hair Pasta with Raw Tomato Sauce*

3 pounds fresh, best-quality tomatoes

1 small garlic clove, minced

2 tablespoons fresh lemon juice or red wine vinegar

1 teaspoon coarse salt, plus more to taste (I used 2 teaspoons total Diamond kosher salt)

1 teaspoon sugar (optional, I found this unnecessary)

1/2 teaspoon freshly ground black pepper

1 pound dried capellini or angel-hair spaghetti

1/2 cup chopped fresh basil

To serve: grated ricotta salata (my choice) or Parmigiano-Reggiano and a drizzle of your favorite olive oil

Halve the first pound of tomatoes crosswise, then rub the cut sides against the large holes of a box grater set in a large bowl, discarding the skin. Core (see note up top) and chop the last two pounds of tomatoes and add to the grated tomato bowl. Add garlic, lemon juice or vinegar, salt, sugar (if using) and pepper and let marinate at room temperature until ready to use, at least 10 minutes but also up to 2 hours if you're planning ahead. After it has steeped for a while, taste and adjust seasonings as needed.

Cook pasta in salted boiling water as package time recommends. Drain then toss with fresh sauce and basil. Serve lukewarm (as it is now) or at room temperature with a drizzle of olive oil and freshly grated cheese on top. Recipe from Smitten Kitchen.

Adapted a little from [Gourmet](#)

**Next week's box:** French Fingerling Potatoes (our favorite!!), Sweet Peppers, Broccoli or Cauliflower, Green Beans?, Tomatoes, Cucumbers, Arugula or Salad Mix, Curly Parsley, Onions and more...

Have a great week everyone!!

Your farmers, Laura, Adam, Eli + crew