



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 9/10/14:

Sweet Peppers: Jimmy Nardello Sweet Pepper is the long, thin red pepper that looks like a cayenne, but is SWEET! Also included is a mix of colored sweet peppers: red/orange or yellow Italian peppers and bell peppers. They are all sweet and delicious raw/cooked.

Salad Mix: baby lettuces

Green Beans: A beautiful, tasty batch. It's been a wonderful year for green beans at least!

Sweet Corn: Bi-color, yellow and white from Nistler Farms in Maple Plain. Eat soon.

Purple Potatoes: This is a purple-skinned potato with a yellow flesh, and was bred by the USDA to have a higher carotenoid content. It has great texture, being firm without being waxy. Best for roasting, boiling, or slicing. Chefs rave about this variety, but had low yields. Not sure if we will grow this again.

Carrots: Orange green top carrots are just in time for school lunches!

Broccoli: Don't forget to peel the stem and eat it like a carrot stick. Awesome flavor.

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

Red Onions: Make the "September Soup" recipe on our website.

Garlic: German White variety.

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

The rain kept coming, coming, and coming last week, with almost six inches falling in a week. We're thankful at least for dodging damaging hail that fell on farms very near to us and wiped them out for the year. It's a tough time of year to get hailed out, when most of your work has already been put into the farm and you are excited to reap (and banking on) the harvest. Our hearts go out to those farmers that lost their crop. We are also keeping a very close eye on the weather forecast later this week, with patchy frost forecasted. Yes, at this point we are preparing for a light frost on September 12!! Our average first frost date is October 1st, so this is dang early folks! If it happens, this will be our earliest yet, beating out September 15th in 2011. We're hoping we can dodge a bullet with the frost, but we'll be picking the tomatoes, peppers, cucumbers and other frost sensitive crops in frenzy this week. Although we have been hoping all season for a long fall, it does not seem to be in the cards this year. Fried green tomatoes anyone? We'll include a recipe. ☺

Lots of good SUMMER stuff still happening in the box though despite the best efforts of the weather lately. We have delicious sweet and flavorful sweet corn from Nistler Farms in Maple Plain, MN. As our returning members know, we stopped growing sweet corn a couple years ago as it was taking up too much land and resources in our rotation. We still like to eat it though and know that it is a favorite of many of our members, so we buy it for a couple of weeks from Jeffrey Nistler, who grows and sells sweet corn at our Mill City Farmers Market. Jeff and we agree that the fall corn is the best tasting corn of the year, as the cooler fall weather seems to bring out something special in the ears, beyond just sweetness. See what you think. Sweet corn is best eaten soon after you get it, and keep it in the FRIDGE in a plastic bag, not on the counter! Sweet corn very quickly loses its sweetness as it sits out at room temperature, and so keeping it cool is very important to keeping up its quality. Although this corn is not certified organic, it is not sprayed for worms. If there's a worm on the tip of your ear, trim it off and eat the rest. They may be gross looking, but they do absolutely no harm to the corn and it's your guarantee that the corn is pesticide-free and non-GMO. We plan to have corn next week as well, although I guess at this point everything will depend on the frost.

The fall broccoli crop is popping now, and cauliflower is slow but it's coming. The good news is that the cooler weather just slows down the growth of the Brassica family of crops, but they won't be affected by a frost, so we'll have a good supply of these as they come in. After today's box, there are just five more full share weeks of the CSA left and just a couple half share weeks! It's hard to believe we've come so far already. We have an awesome looking crop of fall carrots, and they are just going to keep getting sweeter with cooler weather. The leeks too are looking really nice and will show up soon here. We are planning on doing a Fall CSA Box this year again, and delivering that a couple weeks after our regular CSA season ends. More details to come on this, we need to see what the winter squash crop ends up doing.

Next week's box: Sweet corn, salad mix, broccoli or cauliflower, purple/blue potatoes, tomatoes, peppers, cucumbers?, beans?, onions, carrots

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

Carrots: take tops off if you won't eat the carrots in the next few days. With or without tops, keep the carrots in a plastic bag to keep moisture in and keep roots crisp.

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.

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.

Green Beans: in Plastic bag in fridge.

Sweet Peppers: these should be kept in the fridge in a plastic bag.

Onions & Garlic: out of fridge on counter or in cupboard.

Sweet Corn: keep in the fridge in a plastic bag.

Broccoli: keep in bag in coldest part of your fridge.

Preservation Tips: Broccoli, beans, and carrots can be steamed or parboiled until fork tender and frozen. 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. We love to make the September Soup recipe below and freeze it (without cream).

Other Loon Recipes:

[September Soup](#)

[Mediterranean Salad](#)

[Summer Pasta](#)

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

This week's "Farm Test Kitchen Recipe" is just impossibly good. It's summer comfort food. Although it takes some prep. time, you will thank yourself (or your recipe tester, Siri!) for making it when you take your first bite. Make it before the good tomatoes and corn are done for. We ate it with a side of fresh carrots and lightly steamed broccoli to make up for that biscuit dough. ☺

Tomato and Corn Pie

Adapted from [Smitten Kitchen](#) who adapted it from Gourmet. Smitten's recipe calls for 1 ¾ cups cheese and Siri added 1 cup. It was still plenty cheesy. Here are a few more notes on the recipe from Deb at Smitten and we followed these instructions: "this recipe works exactly as-is, save one irksome issue: our pie was a puddle when we cut into it. I simply poured off the crust-sogging liquid, but I'd advise you to instead seed and juice your tomatoes if you can bear it (I hate tossing the most flavorful parts, personally) or risk a mushy base. Third, this pie includes the curious instruction to peeling your tomatoes, which I first dismissed as an annoying extra step but in the end felt that it was absolutely brilliant. No chewy separating tomato skins! Just pure, intense peak-season tomato goodness. "

2 cups all-purpose flour
1 tablespoon baking powder
1 ¾ teaspoons salt, divided
¾ stick (6 tablespoons or 3 ounces) cold unsalted butter, cut into 1/2-inch cubes, plus 2 teaspoons melted
¾ cup whole milk
1/3 cup mayonnaise
2 tablespoons fresh lemon juice
1 ¾ pounds beefsteak tomatoes
1 ½ cups corn (from about 3 ears), coarsely chopped by hand or lightly puréed in a food processor, divided
2 tablespoons finely chopped basil, divided (skipped this, no harm was done)
1 tablespoon finely chopped chives, divided
1/4 teaspoon black pepper, divided
3-4 ounces coarsely grated sharp Cheddar (1 cup), divided

Whisk together flour, baking powder, and ¾ tsp salt in a bowl, then blend in cold butter (¾ stick) with your fingertips or a pastry blender until it resembles coarse meal. Add milk, stirring until mixture just forms a dough, then gather into a ball. Divide dough in half and roll out one piece on a well-floured counter into a 12-inch round (1/8 inch thick). Either fold the round gently in quarters, lift it into a 9-inch pie plate and gently unfold and center it. Pat the dough in with your fingers trim any overhang.

Preheat oven to 400°F with rack in middle. If your kitchen is excessively warm, go ahead and put the second half of the dough in the fridge until you're ready to use it. Whisk together mayonnaise and lemon juice. Cut an X in bottom of each tomato and blanch in a large pot of boiling water 10 seconds. Immediately transfer with a slotted spoon to an ice bath to cool. Peel tomatoes, then slice crosswise 1/4 inch thick and, if desired (see Notes above recipe), gently remove seeds and extra juices. Arrange half of tomatoes in crust, overlapping, and sprinkle with half of corn, one tablespoon basil, 1/2 tablespoon chives, 1/2 teaspoon salt, 1/8 teaspoon pepper and one cup of grated cheese. Repeat layering with remaining tomatoes, corn, basil, chives, salt, and pepper. Pour lemon mayonnaise over filling and sprinkle with remaining cheese. Roll out remaining piece of dough into a 12-inch round in same manner, then fit over filling, folding overhang under edge of bottom crust and pinching edge to seal. Cut 4 steam vents in top crust and brush crust with melted butter (2 teaspoons). Bake pie until crust is golden and filling is bubbling, 30 to 35 minutes, then cool on a rack. Serve warm or at room temperature.

Do ahead: Pie can be baked 1 day ahead and chilled. Reheat in a 350°F oven until warm, about 30 minutes.

Have a great week everyone and enjoy your veggies! Your farmers, Laura, Adam, Eli, our crew: Jenny, Siri, Danielle, and Kyle + work shares + farm dogs too!