



# LOON ORGANICS

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

**Tomatoes:** Mix of reds and heirlooms. We've had a good run, but these are phasing out.

**Cucumbers:** for a salad with your lettuce!

**Onions:** a necessary first ingredient for so many dishes!

Try Carmelized onions and sautéed sweet peppers in a burrito or as a side dish.

**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. Italian sweet peppers are also included. All peppers in the box are sweet peppers.

**French Fingerling Potatoes:** Pink skin and creamy flesh, with hints of pink or red at times. These are tender and perishable so we recommend keeping them refrigerated. They are our favorite potato. More tips on page 2.

**Salad Mix:** Mix of baby lettuces is back for a late summer salad with cukes and tomatoes. It is washed but you may want to wash again.

**Eggplant:** Globe (purple or striped) and an Asian (long-skinny) eggplant included. Baba ganoush dip recipe on pg 2.

**Broccoli or Cauliflower:** Try roasting recipe on page 2.

**Curly Parsley:** Our parsley has flavor! Is a great addition to any pasta sauce, pesto, or salad.

**Green Beans:** Last batch of the year. Enjoy your favorite way!

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

We are straddling the line between the late summer crops and the beginnings of the fall crops. This is our favorite eating time of year. As the temps drop and days start to darken earlier, we find ourselves with a bit more time to cook and preserve. Enjoy these last few weeks of tomatoes, peppers, cukes, and beans, they always seem so flavorful, as if they've had extra time to ripen and mature into their best-tasting selves. This will be the last week of green beans for sure, zucchini is over, and cucumbers and tomatoes are not far behind.

The hoop house tomatoes are slowing way down now and we are starting to rip the vines out to make room for seeding greens and spinach that will carry us through fall and early winter. Please see the announcements below about our Fall Shares, and some other upcoming Fall Farm Events.

**Fall Shares—Extend the Season! Metro Pick-up on Thursday, October 29<sup>th</sup> at your regular drop site, and On-Farm Pick-up on Wed/Thurs, Oct. 29/30.** We have about 100 Fall Shares available again this year. It is one-time delivery of 2 CSA boxes worth of veggies, most of which will store for several months. A typical share includes: assorted winter squash, 5 pounds onions, garlic, 3-5 lb carrots, 5 lb potatoes, celery root, beets, fresh spinach and greens, herb bunch, brussels sprouts, leeks, and kale or broccoli, if still around. Metro boxes are \$70 and Farm boxes are \$65. Sign-up on-line to reserve your share: <http://loonorganics.csasignup.com/store/fall-share-2015>. No log-in needed, you can just order directly on-line and choose your pick-up site.

**Loon Fall CSA Farm Tour, Sunday, September 27<sup>th</sup> from 1-3 p.m.** We will have non-stop electric tractor rides around the farm, each household can pick out and harvest their own pie pumpkin, u-pick herbs and flowers (if we haven't got a frost), and we will be serving organic apple cider from our friends at York Farm. Come on out and see your CSA farm if you are free! Please RSVP to us if you plan to come.

**York Farm Annual Hoedown, Saturday, Sep. 12<sup>th</sup>!** The hoedown will kick off with a Photo Exhibit by Loon CSA member (and farm photographer), Kristine Leuze, "Micro Glimpses: Up Close Looks at Minnesota's Critical Landscapes" from 2-6 p.m. Farm tours will start at 3 p.m. Potluck from 4-6 p.m. and Dancing to music by the Happy Valley Boys. Suggested donation of \$10/person or \$20/family to help offset the band. 21161 York Rd. in Hutchinson. Poster and event details on [York Farm's Facebook Page](#).

**Next week's box:** Yellow or Fingerling Potatoes, Carrots, Sweet Peppers, Broccoli or Cauliflower, Tomatoes, Cucumbers, Onions and more...

## **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 and ONIONS. Fingerling Potatoes are more perishable and should be stored in your fridge in paper bag to keep light out. Eggplant can stay outside of fridge if you will use within a couple days, otherwise wrap in a dish towel and refrigerate it (it is slightly cold sensitive so dish towel helps to protect it). If stored properly, everything should last at least 7-10 days. Eat eggplant first.

### **Preservation Tips:**

Broccoli, cauliflower, and green beans can be 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 vegetable pieces laid out on a cookie sheet and frozen. This way, you won't have one big lump of frozen product but instead individual pieces, and when pieces are frozen, put in freezer bags. Eggplant can be made into baba ganoush and frozen for winter. Parsley can be made into pesto and frozen. Many tomato sauces and soups will freeze nicely too, just leave out the dairy as that will not re-heat well.

### **Website Recipes:**

[September Soup](#)  
[Potato Kale Soup](#)  
[Cucumber Refrigerator Pickles](#)  
[Grilled Eggplant](#)  
[Creamed Eggplant](#) (Baigan Bharta)

## **Recipe Corner**

As soon as the weather cools down in the fall, we start making our [favorite September soup](#) (recipe on our website) and roasted broccoli and cauliflower. The recipe below is a very simple one from "Asparagus to Zucchini CSA Cookbook", and it is delicious. This can easily be spiced up by adding some ground cumin before cooking, or adding a lemon parmesan dressing like this recipe from [Food and Wine](#) (link in on-line newsletter).

### **Roasted Broccoli or Cauliflower**

1 head broccoli or cauliflower  
1 ½ Tablespoons olive oil or sunflower oil  
½ teaspoon salt  
1 garlic clove, minced  
1 teaspoon balsamic vinegar  
¼ teaspoon black pepper

Heat oven to 400 degrees. If using broccoli, remove large main stem and medium stems and reserve for another use. Cut broccoli or cauliflower head into medium florets (we leave at least a couple inches of stem on our florets) and toss with remaining ingredients. Arrange in a single layer on baking sheet. Bake 18-25 minutes, shaking the pan or stirring halfway through the cooking time. Remove from the oven when the broccoli is a deep green color with some darkened spots. It should be tender. Remove the cauliflower when it is tender and has some browned edges. Makes 4 servings.

Just like hummus, or dare I say, even better than? Baba Ganoush is the perfect way to quickly use up your eggplants and eat even more veggies by using it as a dip for broccoli, cauliflower, sweet pepper slices, cucumbers, carrots, everything! Sounds like a great start to a school lunch to me! For a smokier version of baba ganoush, try grilling your eggplant or char the outside skins over a gas burner or under the broiler. David Lebovitz has a smoky baba ganoush recipe [HERE](#).

### **Back-to-School Baba Ganoush (Eggplant Dip)**

1-2 eggplants (or use up to 4 for a larger batch), to yield up to 2 cups cooked eggplant  
2 garlic cloves, peeled and chopped  
¼ cup tahini  
2 Tablespoons olive oil  
Salt to taste  
Juice of 2-3 lemons (1-3 Tablespoons to taste)  
Lots of diced parsley

Preheat the oven to 425 degrees. Prick the eggplant with a fork. Place them on a baking sheet and roast for about 30 minutes until soft and squishy but not burned. Remove from oven and let cool. Cut the eggplant in half and scoop out roasted flesh; chop coarsely. Discard skins. Puree cooked eggplant to a smooth consistency in a food processor (blender will also work). Add garlic, tahini, olive oil, pinch of salt, 1 Tablespoon lemon juice, and handful of chopped parsley; mix until blended. Season to taste with salt and lemon juice. Serve as a dip for raw sliced veggies, pita bread, or as a spread on sandwiches. Adapted from [www.culinate.com](http://www.culinate.com)

Another quick eggplant dish we did this week was to thinly slice rounds of eggplant, slather in herbed pesto, and broil for 10 minutes or so until tender. Topped with parmesan or goat cheese, it made a delicious side dish on their own or could be used as a sandwich or in a sandwich. Easy peasy!

**The French Fingerling Potatoes** are a variety prized for its culinary qualities and unequalled flavor. We love the texture and flavor of these, more so than any other potato we have grown. They are a medium waxy potato, which means they are best boiled, roasted, or grilled. They hold their shape really nicely in a soup or stew. Our favorite way to prepare them is to halve or quarter the long-way into similar-sized pieces and either grill in foil (with butter!) or lightly boil the pieces and top with butter and herbs. They do have a tender skin, which makes them more perishable. STORE THEM IN YOUR FRIDGE IN A PAPER BAG to prolong shelf life and prevent them from greening up from the light.

Have a great week everyone!! Your farmers, Laura, Adam, Eli + crew

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