



LOON ORGANICS

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What's in the box 9/20/14:

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

Cucumbers: The vines died from the frost but the cucumbers made it through just fine for another pick or two.

Multicolored Beets: Red and golden beets. They can stay in your bag in the fridge for months.

Green Kale: Add to minestrone soup or potato kale soup. Recipe on our website.

Salad Mix: mix of baby lettuces

Magic Molly Purple Potatoes: Purple inside and out. Very high in antioxidants due to their color. Great for roasting or boiling—try a blue potato salad.

Broccoli: Coming in strong! We've been making potato broccoli soup. Fall = soup!

Cauliflower: First pick and it's really delicious stuff. Cut florets up and roast with olive oil, salt and pepper until tender and caramelized. Broccoli can be mixed in with the roast too.

Tomatoes: Mostly Red beefsteaks in the bag. Some of the tomatoes may need to ripen up a bit more, nothing has been ripening or growing much after last week's cold snap.

Red Onions: Soak onion pieces in cold water to soften the pungency.

CSA: Week Fourteen (*Group B Half Shares*)

From the Office of the Grainery: Reporting this week from the desk of the interns: Siri Gossman.

Hi everyone! Hope you've all been enjoying the boxes so far this year, I know I've been overwhelmed with the amount of knowledge I've gotten with each passing week. This last week was no exception. With our earliest frost ever predicted for last Friday evening, we worked hard to protect crops that might need it, and harvest as much as we could of the crops that would be damaged beyond repair by cold temperatures. We draped row cover over the lower half of our pepper field (knowing that the cold temps would flow to lower lying areas of the farm) and left the top uncovered (to leave a safety net in case the row cover damaged more plants than it helped). Our field tomatoes were harvested as heavily as we could, and we grabbed around 100 pounds of green beans. Another valuable lesson in how little control we have over Mother Nature!

This week our temperatures are predicted to return to average temperatures for this time of year; high 60s to mid-70s for the highs. I'm looking forward to an on-time frost for the added sweetness it brings to the carrots and brassica crops (kale and cabbage). I'm also grateful at this time of year that we have two hoop houses to work in (and the beginnings of the third one just arrived last week!) for the warmer working environment as well as the crops that have been protected from our early frost: basil, tomatoes and some sweet peppers as well.

A Few Notes:

Corn next week: Apologies to our half share Mill City members, but our sweet corn farmer has also been affected by the cold weather last week and his corn didn't ripen in time for this week's CSA box. In fact, he didn't even have anything to sell at market this week. We will have his corn again next week with the CSA box and he should be selling at market again on 9/27.

LOON CSA Fall Harvest Festival on Sunday, September 28th 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!

HONEY! We have honey from our farm available now! Our beekeeping neighbors, Cindy and Wayne, manage 10 hives on our farm and have our honey reserved just for our members. The honey is light in color and similar to a clover-honey, but with floral and minty notes (from all the basil and herb flowers the bees are on at our farm!). It is \$10 for a glass pint jar and \$20 for a quart jar. Drop us an e-mail if you want to reserve a container. You can pick up your honey at the farm CSA pick-up, at our farmers market stand at Mill City, or we will have some for sale at our fall Harvest Festival on the 28th. (Apologies but we aren't able to deliver honey to the West Metro drop sites).

Next week's box: Broccoli or cauliflower, the first winter squash (likely delicata), purple and yellow carrots, White/Yellow Potatoes, Tomatoes, Peppers, Leeks?, Parsley, Savoy cabbage? and more.

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

Kale: keep in the plastic bag in your fridge.

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.

Cukes & Beets: in Plastic bag in fridge.

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

Onions: out of fridge on counter or in cupboard.

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

Preservation Tips: Broccoli and cauli. 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 Recipes:

[September Soup](#)

[Mediterranean Salad](#)

[Summer Pasta](#)

[Broccoli Slaw](#): smittenkitchen.com

[Miso Sweet Potato and Broccoli](#)

[Bowl](#) also via smittenkitchen.com

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Recipe Corner

The weather is calling for soups! Make any of these ahead in a large batch and refrigerate/freeze and reheat as needed. Most soups improve in flavor and gain complexity after being refrigerated overnight.

Potato & Kale Soup

2 Tablespoons of Olive oil or butter

1 bunch green kale, washed, stems discarded, and leaves finely chopped

4 medium-sized potatoes, washed and chopped into bite-sized pieces.

2 small onions or 3 leeks, chopped (white and light green parts of leeks)

½ cup chopped carrots

½ cup chopped celery

½ cup chopped fennel (optional)

2 medium cloves of garlic

6 cups chicken or veggie broth (or water)

Salt and pepper to taste handful of fresh herbs: parsley/thyme/ sage are nice

Pour your olive oil or butter into a large soup pot and heat on medium heat. Add

chopped onions and sauté for around 5 minutes until they begin to slightly brown.

Add the carrots, celery, fennel, garlic and potatoes and sauté for another 5 minutes.

Add broth and herbs and bring to a boil. Once the soup is boiling reduce to a simmer

and add the kale. Continue simmering until the potatoes are soft and the kale is

tender. Season to taste with salt and pepper

This next recipe is adapted from the cookbook: **The Art of Simple Food** by Alice Waters.

Tomato Soup

2 Tablespoons olive oil

2 Tablespoons butter, divided

1 medium onion, sliced

Salt

2 garlic cloves, peeled and sliced

2 pounds ripe tomatoes (about 3-4 large tomatoes), washed, cored, and sliced

1 scant tablespoon white rice

1/2 bay leaf

1 small sprig of savory, thyme or basil

Water

Warm a heavy-bottomed pan. Add olive oil, 1 tablespoon butter, onion and a pinch of salt. Cover and cook until soft but not brown. Add water to keep from browning if necessary. Add garlic and cook for about 2 minutes, then add tomatoes, rice, and a large pinch of salt, bay leaf and herb of your choice. Cook over medium heat, stirring occasionally, until the tomatoes fall apart. Add 1 cup water and remaining 1 tablespoon of butter. Continue cooking for another 10 minutes, until the rice is tender. Remove the herb sprig. Carefully ladle the soup into a blender not more than 1/3 full. Blend until smooth, about 1 minute. Pass the pureed soup through a medium strainer to remove skins and seeds. Taste for salt. Add more water if the soup is too thick.

Optional: Garnish the soup with crème fraiche and mint, or with buttered croutons, or with torn basil or finely cut chives and olive oil.

Making an herbed butter is a nice way to fancy up corn on the cob. Any extra herb butter can be frozen and used later. This is also from **The Art of Simple Food**.

Herb Butter

Stir together in a small bowl, mixing well:

8 tablespoons (1 stick) butter, softened

1/2 cup chopped herbs (parsley, chives, rosemary or your choice)

1 garlic clove, finely chopped

Squeeze of lemon juice

Salt and freshly ground black pepper

A pinch of cayenne

Taste and adjust the salt and lemon as needed.

Have a great week ahead! Your farmers, Laura, Adam & Eli