



# LOON ORGANICS

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## What's in the box 9/16-17:

**Delicata Squash:** Dubbed the "sweet potato squash" for good reason. Cut this in half, scoop out seeds, and bake until tender. The skin is edible so can also be cut in rounds and roasted or sautéed. A farm favorite.

**Cucumbers:** Last week or 2<sup>nd</sup> to last week of these mighty summer veggies that just keep on going.

**Onions:** Red or yellow

**Sweet Peppers:** Pepper fajitas or enchiladas are a great way to use up the peppers. They also freeze easily. Info. on page 2.

**French Fingerling Potatoes:** Pink skin and creamy flesh, with hints of pink or red flesh color at times. These are tender and perishable so we recommend keeping them refrigerated. They hold their shape nicely when cooked and are perfect for boiling (potato salads), roasting, grilling, or pan-frying. Enjoy!

**Arugula:** a nice fall batch of this not-too-spicy green. Pesto recipe on page 2.

### **Broccoli or Cauliflower:**

Cauliflower is either white or cheddar (orange) variety. They both taste equally good!

### **Italian Parsley**

**Greentop Carrots:** Dip in arugula pesto or hummus for a quick snack.

**Rainbow Swiss Chard:** Last chard of the season. Chard pairs really nicely with potatoes. Recipe ideas on page 2.

**Tomatoes:** Mix of types and varieties. Getting to the end...

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

The countdown has begun (sniffle, sniffle!). After this week's box, only FOUR MORE WEEKLY BOXES LEFT IN THE REGULAR CSA SEASON.

**Group A Half Share Last pick-up: October 8/9**

**Group B Half Shares & Full Shares Last pick-up: October 14/15.**

If you are a fan of Fall produce, the fun does not have to end! There are still lots of Fall Shares available for pick-up a couple weeks after the regular season is over.

\*We farmers can get a bit forgetful during this busy harvest time, especially if you are a 5 ½ month pregnant farmer. ☺ So thank you in advance for understanding a little snafu we made in last week's newsletter as we forgot to update our Fall Share to 2015 prices. Correct prices are below and on the on-line sign up.\*

**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 \$75 and Farm boxes are \$70. 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, dino kale, 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.

**Next week's box:** Yellow or Fingerling Potatoes, More Winter Squash, Sweet Peppers, Broccoli or Cauliflower, Tomatoes, Cucumbers, Kale, Sage, Onions and more. Many folks have been asking when romanesco cauliflower will be ready—still about 2 weeks out. Should be in our last 2 weeks of CSA boxes!

### **Field Report from Loon Crew Member Katharine:**

**Burn Out.** Maybe it's just me and the winter squash with its dried up yellowing withered leaves but whew. Anyone ready for a little vacation to the North Shore for a cool refreshing week of relaxation?

Exhaustion can take many forms especially as kids go back to school and practices, clubs, and all those other extracurriculars take hold. But it's these stressful times filled with transition and overwhelmingness that we need to remember to honor ourselves. Yes, candles don't burn quite as well when their wicks are swimming in wax.

Katharine...are you listening to this? ;)

So folks please, do whatever it is you need to recharge yourself. Whether it be taking the trip to Grand Marais or sneaking the radio into the bathroom to karaoke to the oldies as you scrub a dub dub. We're all doing the best we can and we all deserve to give ourselves a little self love. ALL OF US! -Katharine.

## **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. Take the greens off the carrots to keep the roots crisp and fresh, and put the roots in plastic in the fridge. Fingerling Potatoes are more perishable and should be stored in your fridge in paper bag to keep light out. If stored properly, everything should last at least 7-10 days.

### **Preservation Tips:**

Broccoli, chard, or cauliflower 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. Parsley and arugula can be made into pesto and frozen (leave out cheese). Many tomato sauces and soups will freeze nicely too, just leave out the dairy as that will not re-heat well. Onions and potatoes will last for several weeks and months even.

### **Newsletter Recipes:**

[Week 4 2015 Newsletter](#) has several chard Recipes:

[Chard Stalk Hummus](#)

[Swiss Chard and Caramelized Onion Tacos](#)

[Swiss Chard Smoothie](#)

[Swiss Chard Wraps](#)

[Quinoa, Cucumber, and Swiss Chard Salad](#)

(Links in on-line newsletter)

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## **Recipe Corner** **Arugula Pesto**

Add this pesto to pasta or on sandwiches. You can also use it as a dip for your carrots and cucumbers diluting it with a little oil so it's a bit more spreadable.

2 cups packed arugula leaves, rinsed and dried  
1/4 cup sunflower seeds, pine nuts, almonds etc.  
3 medium garlic cloves  
1/3 cup extra-virgin olive oil  
1/3 cup finely grated fresh Parmesan cheese (optional)  
1/8 tsp salt  
zest and squirt of a lemon (optional)  
Freshly ground black pepper

1. Place arugula and nuts in the bowl of a food processor. Pulse until finely chopped, Add garlic and pulse to combine. With the food processor running, pour oil in a slow, steady stream. Keep food processor running until smooth, stopping to scrap down sides of bowl as necessary.  
2. Add the Parmesan and pulse to combine. Season with salt and pepper to taste. Store in an airtight container in the fridge for up to a week, or in a Ziploc bag in the freezer for up to six months.

### **Arugula Pesto Pasta with Broccoli and Potatoes**

Inspired from Laura and Katharine's nostalgia for Italy here is Genoa style pasta tweaked from the great Lidia Bastianich of Lidia's Italy. Check her out if you haven't heard of her!

Kosher salt for the pasta pot  
1/2 pound fingerling potatoes, cut in 1/2-inch chunks  
1 head of broccoli florets (or cauliflower), trimmed cut into 1-inch trees  
1 pound spaghetti or pasta of your choice  
1/4 cup pesto or more if needed  
1/2 cup Grana Padano, or Parmigiano-Reggiano cheese grated

1. Bring salted water to a boil in the large pot (at least 6 quarts, with a tablespoon kosher salt). Drop in the potato chunks in boiling water, stir, and cook them for 10 minutes, then add the broccoli. Cook the broccoli for another 5 minutes and then add the pasta to the pot and cook approximately 5 minutes until the pasta is al dente.  
2. Scrape the pesto into the pan or bowl, and loosen it with a bit of the pasta boiling water. When the vegetables are tender and the pasta is al dente, lift everything from the pot with a spider and tongs, drain briefly, and drop into the bowl. (If you prefer, drain the pasta and vegetables into a colander, being sure to reserve a cup or so of pasta cooking water before you pour it out.) Toss pasta, vegetables, and pesto together well-moisten with more pasta water if needed-then sprinkle the grated cheeses over, and toss again. Serve immediately in warm bowls. -

### **Swiss Chard with Lemon and Ginger**

And just in case you are afraid to use that beautiful swiss chard...here's a recipe from Lynn Rossetto Kasper that's sure to be a winner for you!

1 tablespoon olive oil  
1 red onion, chopped  
1 tablespoon finely chopped ginger  
1 bunch rainbow chard, trimmed, washed, and chopped into 1-inch strips  
Juice and zest of 1/2 lemon  
1 tablespoon coconut aminos or gluten-free tamari  
salt

1. Add the oil to a medium-hot pan and sauté the onion for 3 minutes, or until it's soft and translucent.  
2. Add in the ginger and sauté for another minute. Then add the chard. Let the chard wilt down before adding the lemon and coconut aminos. Do a taste test and add a little salt if needed.  
3. Toss together and serve hot.

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