



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 9/24:

Delicata Squash: oblong cream colored with green stripes. Very sweet! Nicknamed the sweet potato squash.

Acorn Squash: This is the quintessential winter squash that is great for stuffing or just baking up. Very sweet, non-stringy flesh. Baking instructions on page 2.

Purple and Yellow Carrots: The last colored carrots of the year. The yellow carrots are nicer for cooking with, the purples good for fresh eating. Orange carrots next week.

Sage: Make the honey sage cornbread recipe on page 2. It's our favorite!!

Romanesco Cauliflower: A variety of cauliflower with green, spiral florets and very nutty flavor. Info. in last week's news.

Broccoli: broccoli cheese soup?

Dinosaur "Dino" Kale: This is the best kale for making chips. Recipe on our website. Soup recipe on page 2.

Yellow Onions: All-purpose.

Sweet Peppers: Includes Red Jimmy Nardello Sweet Peppers and multicolored bell peppers. All peppers are sweet.

Yellow Potatoes: Medium-starch potatoes are like a Yukon. Great for mashing, baking or roasting.

Beefsteak and Heirloom

Tomatoes: All types are great for fresh eating. The heirlooms are all different colors. Most are ripe and ready to eat. Take all tomatoes out of the bag when you get home.

CSA: Week Fifteen (*Half Share Green Week*)

Thank you to everyone who came from near and far for the Fall CSA Festival on Sunday! We had a fantastic turnout and a gorgeous fall day for picking pumpkins, herbs, flowers, and tomatoes. We always feel grateful after each of our three farm tours to have such an engaged and appreciative group of CSA members. Thanks to all who came out to the farm for one of the events this year, and if you didn't have a chance to get out this year, we are already planning our 2014 CSA farm events!

A few produce notes: We are seeing the effects of the late August heat wave on our fall broccoli, cauliflower, and romanesco crops. The heat came right when these fall Brassicas were starting to form their heads, and coupled with the dry conditions, pushed them to mature earlier than normal. Aesthetically, the heads of broccoli and cauliflower are not as pretty as when they mature in cooler conditions. Some of the romanesco cauliflower florets have a purple hue from the heat and sun, and their spiral florets are not as tight as normal, but flavor or shelf life is not at all affected.

Also, please do keep an eye out for a green worm or two in the broccoli and romanesco when you are washing and prepping it. We have been spraying our organically approved sprays for the cabbage looper worms but their populations flourished in the dry, hot August. You can soak your broccoli florets in salted water before cooking to flush any worms out. We also inspected the heads pretty thoroughly after harvest and soaked them in cold water, in hopes that we could keep most of the little green guys on the farm. Hopefully you won't come across any, but we did want to let you know just in case. Sometimes it is the price we pay for growing organically. Thank you for your understanding.

We have the first winter squash of the year in your box this week, and we will continue to have it for the next few weeks until the last box—Week 18! We pick the squash ripe and ready to eat (that orange spot on the acorn tells us that it is ripe and sweet), although the squash will store for a long time on your counter out of the sun or in a cupboard. The delicata squash (long, cream colored with green stripes) is a favorite of many—it is very sweet and thin-skinned, but does have a shorter shelf life. Eat those within a month or so.

There is about a month left of regular-season CSA harvest and delivery, and farmers markets ahead of us. Our employees will stay on until later October, but still the countdown has begun and we have a whole list of projects to do before fall and winter settles in. This week, we will tackle the squash and potato harvest. We've been lucky to avoid a frost so far, and I think we will make it until October without a nip. The longer fall will help to ripen up those slow-maturing butternut squashes, which look like a really nice crop this year. We will also continue on with the potato harvest, especially the Blues, Fingerlings, and white storage potatoes. Happy Official Fall to Everyone and hope you savor the flavors of this delicious time of year! Have a great week.

Next week's box: Winter squash, tomatoes, peppers, cauliflower or broccoli, potatoes, kale?, orange carrots, onions, celery, and more.

Produce Storage: Tomatoes, potatoes, and onions should not be refrigerated. Take the tomatoes out of the plastic bag they came in, and leave on your counter out of the sun—some may need a few days to ripen to perfection. All other produce should be stored in the fridge in plastic bags, if it isn't packed in one already.

Preserving Tips: Steam or boil romanesco cauliflower, broccoli, and kale for 5 minutes or so until just tender, drain, cool, then put in freezer bags. Tomatoes can be de-cored, quartered, and frozen raw for use this winter in soups, chilis, and sauces. Peppers also can be chopped raw and frozen for winter use in soups, chilis, for stuffing, etc. Sage that isn't used up within a week or two can be hung upside down in your kitchen out of the sun until completely dry. Then put whole sage leaves in a glass container in your cupboard to use for your Thanksgiving dinner. Onions, potatoes, and winter squash will store in a cool, dry location for months—a spot in your basement or cool cupboard will be perfect. Keep the potatoes in a paper bag protected from the light to prevent them from greening up. Squashes can be baked, pureed, and frozen for use in breads, muffins, and pies this winter.

Other Recipe Ideas from our Website:

- [Squash Pie](#) (better than pumpkin!)
- [Colcannon](#)
- [Kale Chips](#)
- [Emerald Sesame Kale](#)
- [Potato Kale Soup](#)
- [September Soup](#)
- [Summer Pasta](#)
- [Mediterranean Salad](#)

- [Roasted Romanesco](#) and other info. on this [Italian Cauliflower](#) (from [Week 14 2013 Newsletter](#))
- [Curried Cauliflower Cream Soup](#) (from [Week 17 2009 Newsletter](#))
- [Romanesco by Mario Batali](#) on the [Chicago Tribune Website](#).

Contact us:

Laura and Adam
h: 320.587.0140/ c:763.464.4714
loonorganics@hotmail.com
www.loonorganics.com

Recipe Corner

This is our favorite cornbread recipe, and it comes together in a snap. You turn the cornbread out of the skillet to reveal beautiful whole sage leaves. If we are short on time, we will just chop all the sage leaves and add them to the mixture with good results. Thanks our friends at [Prairie Drifter Farm](#) for passing along this recipe to us. Originally it is from [www.epicurious.com](#)

Sage and Honey Cornbread

- | | |
|---|-----------------|
| 1 cup cornmeal | 1 cup flour |
| 1 Tablespoons baking powder | ¾ teaspoon salt |
| 2 teaspoons chopped fresh sage plus 12 leaves | |
| 1 cup milk or dairy substitute | 1/2 cup honey |
| 1 egg | 1/2 cup butter |

Preheat oven to 400 degrees. Heat 10-inch cast iron skillet in oven 10 minutes. Whisk first 4 ingredients and 2 teaspoons chopped sage in large bowl to blend. Whisk milk, honey, and egg in medium bowl to blend. Remove skillet from oven; add 1/2 c. butter. Swirl until butter is melted. Pour all except 2 tablespoons butter into egg mixture. Add whole sage leaves to butter in skillet; toss to coat. Arrange leaves over bottom of skillet, spacing apart. Add egg mixture to cornmeal mixture; stir until just combined. Pour batter over sage leaves in skillet. Bake until browned around edges and knife inserted into center comes out clean, about 22 minutes. Invert onto plate. If you do not have a cast iron skillet, you could use a regular baking pan. Just melt butter on the stove and continue with instructions

Kale, white beans, tomatoes, (and sausage) are classic pairings in Italian cuisine. You could also use rosemary in place of the basil in this recipe. It is

White Bean and Kale Soup

- | | |
|---|------------------------------------|
| 3 Tablespoons olive oil | ½ yellow onion, chopped |
| 4 garlic cloves, minced | 3 medium carrots, coarsely sliced |
| 3 celery ribs, coarsely sliced | 6 cups broth (or water) |
| 2-4 cups cooked cannellini beans, drained and rinsed (or substitute another bean that you prefer) | |
| 2 cups chopped tomatoes | 3 cups kale, chopped |
| 2 Tablespoons basil, chopped | Salt and pepper to taste |
| Parmesan cheese | Italian sausage, cooked (optional) |

In a large pot, heat 1 Tablespoon olive oil over medium heat. Add onion and garlic and cook until soft, about 5 minutes. Add carrots and celery, continue cooking, stirring frequently, approximately 5 more minutes. Add broth and beans and bring to a boil. Reduce heat, cover, and simmer about 15 minutes. Add tomatoes, kale (and cooked sausage pieces, if using), cover, and simmer another 10-15 minutes until kale is tender. Just before serving, add herbs, salt and pepper to taste. Garnish each bowl of soup with grated parmesan if desired.

Baking Winter Squash: It's easy as pie (easier than pie actually!). Pre-heat oven to 350 or 375 degrees. Cut your winter squash in half starting at the stem end. Scoop seeds out with a spoon. Drizzle olive oil in the squash cavity of each half. Lay cut side down on a baking sheet/pan and add a splash of water or more oil to keep squash from sticking to sheet. Bake in oven for 30 minutes for small squashes like acorns and delicata and up to an hour for kabochas, buttercups, or butternuts. The squash should be completely soft before you pull it out. Let squash cool enough to handle, then eat directly out of shell or scoop out flesh for use in pies, soups, muffins, breads, bars, or put in plastic freezer bags, seal, and freeze.

Sage Brown Butter with Pasta

- | | |
|-----------------------|----------------------|
| ½ pound pasta | 4 Tablespoons butter |
| 8 sage leaves | ½ lemon, juiced |
| ¼ cup grated Parmesan | |

While your pasta cooks, melt butter in a 12 to 14-inch saute pan and continue cooking until golden brown color ("noisette") appears in the thinnest liquid of the butter. Add sage leaves and remove from heat. Add lemon juice and set aside. Drain the pasta, but leaving some cooking water, and gently pour into saute pan and return to heat. Add the cheese, toss to coat and serve immediately. From [Mario Batali](#), [foodnetwork.com](#)