



LOON ORGANICS

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What's in the box 9/24/14:

Delicata Squash: Elongated squash with cream colored skin and green stripes. Very sweet and tender flesh, often called the sweet potato squash due to its great flavor and texture. A favorite of everyone!

Acorn Squash: We pick these ripe and sweet, unlike much of the squash you find at the grocery store. The orange spot on the skin of the squash shows that the squash is ripe and ready to eat.

Sweet Peppers & Jalapeño Pepper: Jimmy Nardello sweet peppers, colored Italian pepper, and some boxes got a bell pepper. Plus a hot jalapeño pepper.

Cabbage: Red or Savoy Green Cabbage.

Flat-Leaf Italian Parsley: a big bunch! Check recipes on pg 2.

Purple and Yellow Carrots:

Green Kale: See Page 2 for a squash, potato, kale soup.

German Butterball Potatoes: Yellow fleshed fingerling type potatoes that have great eating quality.

Romanesco Cauliflower: Light green spiral-shaped cauliflower is an Italian variety with a nutty flavor (and nutty shape!). Cook and eat just like cauliflower. It's delicious!

Tomatoes: Field tomatoes are finished, but a few from the hoop house are still ripening up.

Yellow or Red Onions: All Purpose

Garlic: German White variety

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

The season is flying by, just three more weeks of CSA after this week. Group A Half Shares, your next delivery is the last of the season! We have been happy to soak up a little more warmth and sunshine here, as the light frost and cooler temps slowed all crop growth nearly to a standstill last week. With the dramatic fall slow down, it's been hard to predict when crops are going to come in. For awhile now I've been saying, "just one more week until the cauliflower and romanesco is ready." A month later, and it's all just starting to come in with a lot more still out there growing and not yet ready. We started in on the squash harvest last week, and the squash looks really nice, just lower yields than previous years due to late start and cool season. Getting into the glorious fall crops now—this is definitely one of our favorite seasons for cooking and eating!

Fall Box is ON! We will be able to have an additional Fall Box as an add-on to the regular CSA share this year. The fall share is a one-time delivery of 2 CSA sized boxes with storage vegetables that will keep for several months in your fridge and cupboards. Typical boxes include: 5 lb carrots, 5+ lbs potatoes, 5 lb. onions, beets, garlic, assorted winter squash, brussels sprouts, broccoli, cauliflower, or cabbage (if still available), herb bunch, celery root, ½ lb. spinach. It's usually around 40-50 lbs of produce. Metro Fall Shares will be \$70 and Farm Fall Shares will be \$65. We have limited Fall Shares, so e-mail us and reserve yours soon. West Metro pick up will be on Tuesday, October 28th, Farm Pick up will be on Wednesday, October 29th, and Minneapolis pick up will be on Saturday, November 8th at the Indoor Mill City Farmers Market.

Hope to see many of you at our upcoming **CSA Fall Harvest Festival on Sunday, September 28th from 1-3 p.m.** Each child or household can pick out and harvest their own pie pumpkin to take home with them, and we will have a tractor-pulled wagon giving non-stop rides around the farm. U-pick herbs and flowers available, and we'll provide fresh apple cider. **Please RSVP if you plan to come** so we can plan accordingly. Also, bring a scissors or pruning clipper if you have one to clip your pumpkin from the vine. We'll have some available on the farm as well. I'll send out an e-mail reminder with directions to the farm later this week.

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 romanesco, more winter squash, carrots, White/Yellow Potatoes, Leeks, Beets, onions, 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: Should be stored out of the fridge on the counter. If they are still firm, they should ripen up within a few days.

Carrots: 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.

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

Parsley: In a plastic bag in the fridge.

Preservation Tips: Cauliflower 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. Make parsley pesto and freeze in ice cube trays (leave out cheese for freezing).

Other Recipes:

[September Soup](#)

[Potato Kale Soup](#)

[Colcannon](#)

[Walnut Parsley Pesto](#)

[Cilantro Parsley Pesto](#)

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Recipe Corner Squash, Potato, Kale Soup

Ingredients:

2 small acorn and delicata squash	3 potatoes
3 tablespoons olive oil	1 medium onion, chopped
2 teaspoons fresh ginger, grated	5 cups chicken stock
6-7 kale leaves, ribs removed and chopped	
3/4 cup coconut milk	Salt and pepper, to taste

Directions:

Preheat oven to 400 degrees. Cut squash in half and scoop out seeds and string. Rub the cut side with 1 tablespoon of olive oil, season with salt and pepper and place on the baking sheet, cut side up. Cut potatoes in half lengthwise. Rub the cut side with 1 tablespoon of olive oil, season with salt and pepper and place on the baking sheet, along with squash, but cut side down. Place the baking sheet in hot oven and bake for about 40-45 minutes, or until squash and potatoes are fork tender. Once done, take out of the oven and set aside, until cool enough to handle. In a large soup pot, heat the remaining oil over medium-high heat. Add grated ginger and cook for a minute or until fragrant. Add chopped onion and cook stirring occasionally until soft and translucent. Once onions are ready, turn the heat down to low. Using a spoon, scoop the flesh out of squash and potatoes into the pot, leaving the skins behind. Gradually, start adding chicken into the pot while breaking down large pieces of squash and potato with a spatula. Stir everything well to combine. Turn the heat up to medium and bring the soup to a slow boil while stirring occasionally. Once boiling, add chopped kale and stir to combine. Continue stirring until the kale turns bright green. Stir in coconut milk and turn the heat down. Adjust salt and pepper to taste. Serve hot with a pinch of cayenne pepper if desired.

Aloo Gobi (Cauliflower Potato Curry)

2 tablespoons Ginger-Garlic Paste, recipe follows, or 2 teaspoons grated ginger	
1 tablespoon ground coriander	1/4 teaspoon turmeric
1 cup water, divided	2 tablespoons peanut oil
1 large jalapeño or serrano pepper, split down the middle leaving halves attached	
1 teaspoon cumin seeds	
1 small head cauliflower, cut into small florets	
1 big white or yellow potato, peeled and cut into 1/2-inch cubes (similar size cubes to cauliflower)	
Kosher salt	
2 tablespoons freshly minced cilantro leaves, to garnish	

Ginger-Garlic Paste:

1/2 cup cloves garlic, whole
1/2 cup fresh ginger, peeled, cut into 1/2-inch slices
1/4 cup canola oil

Mix the Ginger-Garlic Paste, coriander, turmeric, and 1/2 cup water in a small bowl. This is a simple wet masala (spice mix). Set aside. In a large pot, warm the oil over medium-high heat until shimmering but not smoking. Add the hot pepper, wait 30 seconds, and then add the cumin seeds and wait until they're done spluttering. Add the wet masala (careful, it will also splutter). Cook until the paste thickens, deepens in color slightly, and oil oozes out of the perimeter of the masala, about 2 minutes. Add the cauliflower and potatoes, stirring to coat the vegetables with the masala. Season with salt and add 1/2 cup water. Cover and cook over medium heat 10 to 15 minutes. Then, remove the lid, stir, and cook until the cauliflower and potatoes are cooked through, about 5 minutes. Garnish with cilantro and serve.

Ginger-Garlic Paste:

Throw the garlic, ginger, and canola oil in a mini-food processor and let it go until it forms a semi-smooth paste. There will still be tiny little pieces in there, but overall, it should resemble a paste. Save what you don't use in a small glass jar. It should last in the fridge for 2 to 3 weeks. It's a delicious addition to marinades, pasta sauces, stir fry sauces, slow-cooker recipes, gravy etc. From <http://foodnetwork.com>
Have a great week, Your farmers, Laura, Adam, and Eli