



LOON ORGANICS

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What's in the box 9/22-23:

Delicata Squash: The sweetest squash around—you can eat this one plain for dessert! 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.

Acorn Squash: Our acorn squash is picked RIPE (look for that orange spot on the bottom), which means it is sweet and full-flavored. Honey optional!

Cucumber(s): A late September treat!

Onions: Red or yellow

Sweet Peppers: Mix of bells, Italians or Nardellos.

Jalapeno Hot Pepper

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!

Salad Mix: Make a nice fall salad with roasted squash pieces, cranberries, and toasted pecans. Honey vinaigrette as a topper!

Broccoli: Coming in all at once from the recent heat.

Sage: Such a good pairing with squash. Saute chopped sage with onion and add to cooked winter squash. Sage kale pesto and cornbread recipes on page 2.

Green Kale: Recipes on page 2.

Tomatoes: A few last ones from the hoop house.

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

A reminder that after this week's box, only THREE 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.

This SUNDAY is our Fall Farm Tour and Pie Pumpkin Pick! It looks to be a gorgeous warm, sunny fall day, so please come out to the farm and join us for some FUN! RSVP by e-mail if you plan to come so we have enough cider for everyone:

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Loon Fall CSA Farm Tour, Sunday, September 27th from 1-3 p.m. We will have non-stop electric tractor rides around the farm, each household or child can pick out and harvest their own pie pumpkin, u-pick herbs, dino kale, and flowers. We will be serving organic apple cider from our friends at York Farm. Loon t-shirts and honey for sale. Hope to see you here! Please RSVP to us if you plan to come and bring a clippers/pruner if you have one to cut your pumpkin. Thanks!

Farm News:

The winter squash harvest has begun and it looks like a great crop this year! There will be squash in the rest of our CSA boxes of the season, and with this warm, summer-like weather, the peppers and cucumbers have just kept on coming. Looks like we won't get our first frost until at least the beginning of October. By then, we may be hoping for a light frost to help sweeten up the fall carrots, brussels sprouts, spinach, leeks, and other root vegetables. The cold weather turns the starches to sugars in the fall crops and sweetens them up naturally for us. I'm really excited for all the fall crops that will be in our last boxes of the season, everything is looking beautiful.

The past couple weeks have brought continued activity on the farm. We had our organic inspection two weeks ago, and all went well. Various loonies have made quick treks up to the North Shore and the Boundary Waters lately to get in one last taste of summer wilderness, we participated in a beautiful benefit for the Mill City Farmers Market raising funds for their educational programming, and are making plans for presenting at winter organic farming conferences. We've pulled nearly half of the tomato plants from the hoop house and spinach is re-planted there and growing. The Fall Equinox comes this week and we are taking advantage of the nice weather as long as we can. Hope you all enjoy this gorgeous fall we are having! -Laura

Fall Shares—Extend the Season! Metro Pick-up on Thursday, October 29th at your regular drop site, and On-Farm Pick-up on Wed/Thurs, Oct. 28/29. Mill City Pick-up Available on Oct. 31st at the last market of the season. It is one-time delivery of 2 CSA boxes worth of veggies, most of which will store for several months. 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.

Next week's box: Yellow Satina Potatoes, 2-3 Winter Squashes, Sweet Peppers, Broccoli/Cauliflower or Romanesco, Tomato, Cucumber, Carrots, Spinach, 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, ONIONS, AND SQUASH. 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, kale, 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. Sage can be hung upside down and dried in your kitchen (out of sunlight) for use all winter. 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.

Website Recipes:

[Cheesy Corn and Kale Bake](#)

[Colcannon \(Irish mashed potatoes with kale\)](#)

[Potato Kale Soup](#)

Baked [Kale Chips](#)

[Freezing Instructions for Chard and Kale](#)

[Squash \(Pumpkin\) Pie](#)

[Shepherd's Pie](#) (use can also use cooked, pureed squash for topping instead of potatoes)
(Links in on-line newsletter)

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Recipe Corner

One really easy and amazing thing about delicata (besides their wonderful sweet flavor!) is that their thin skin is edible. Peeling squash is a pain in the butt, and we usually prefer to roast our squash either with the skin on and scoop out the cooked flesh or with delicata we leave the skin on for roasting and eating.

Roasted Delicata Squash Rounds

1-2 Delicata Squash

1-2 Tablespoons Olive oil

Salt and pepper

Preheat oven to 350 degrees. Wash delicatas and scrub off any dirt on skin. Cut the tops and bottoms off the delicata squash and cut into ¼-inch rounds/rings (leave skin on). Then cut around the rings to remove seeds with small paring knife (Alternately, you can cut delicata squash in half length-wise, scoop out seeds, then cut into half-rounds for roasting). Put rings on a baking sheet and lightly drizzle olive oil. Season with salt and pepper. Bake in oven for 20-30 minutes until tender. Once cooked they can be eaten on their own, or used on top of salads. This weekend, I layered cooked slices of delicate squash in a pie pan, added sautéed onion and sweet pepper, fresh herbs, and topped with 6 whisked eggs and 1 cup of coconut milk. I baked this for around 30-45 minutes in the oven until egg mixture was set. Made for a delicious brunch egg bake!

Our friends at Prairie Drifter Farm made this kale sage pesto tossed with pasta for a recent potluck, and we all gobbled it up! Kiddos liked it too and the sage was a nice subtle flavor. Use it on pasta, as a pizza topping, on sandwiches, or on roasted veggies.

Kale and Sage Pesto

4-5 leaves kale, stemmed (could use more)

¼ c. fresh sage

½ c. walnuts (can substitute sunflower seeds)

1 clove garlic, chopped finely

¼ c. olive oil

Juice of 1 lemon (or 1-2 T. lemon juice)

¼ c. nutritional yeast or parmesan cheese (could omit if desired)

1 t. salt

pepper to taste

In a large pot of boiling salted water, blanch kale for 1 minute, drain and let cool. Mix kale and all other ingredients together in a food processor until blended well into a paste. Store in a sealed container or jar in the fridge. Adapted from 1millionwomen.com.au

What else to do with that bunch of sage? This is a fall favorite of ours.

Sage and Honey Cornbread

1 c. cornmeal

1 c. flour

1 T. baking powder

¾ t. salt

2 t. chopped fresh sage plus 12 leaves

1 c. milk or dairy substitute

½ c. honey

1 egg

½ cup butter

Preheat oven to 400°. 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 ½ 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. Adapted from <http://epicurious.com>