



# LOON ORGANICS

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## What's in the box 10/1:

### French Rose Fingerling

#### Potatoes:

Pink skin and yellow/pink inside. A new favorite! Read more info to right.

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

**Carnival Squash:** Related to acorn squash, it is considered to be tops for flavor and appearance

**Orange Carrots:** Bolero variety.

One of the best fresh-eating carrots. No need to peel.

**Romanesco Cauliflower:** A variety of cauliflower with green, spiral florets and very nutty flavor. New recipe on page 2.

**Broccoli:** A recipe on page 2.

**Yellow Onions:** These will store for months in your cupboard.

**Garlic:** This will also keep for months on the counter.

**Celery:** Really nice crop of fall celery. We included it for use in your favorite fall stew, pot roast or chop raw to add to a salad.

**Salad Mix:** Mix of baby lettuces. Top with apple chunks, toasted walnuts, diced celery, and vinaigrette for a yummy fall dish.

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

### 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 Sixteen (*Half Share Blue Week*)

Every year we try out a few new vegetable varieties that sound intriguing—either from word-of-mouth from other farmers or those that are featured in our favorite seed catalogs. Once in a while, we are delighted and surprised by one of these new vegetable varieties, and this year it is the French Fingerling Potato (the potatoes in your box this week). Several organic potato farmers had raved about the productivity and vigor of the plants, and their flavor and eating quality were described as “exquisite, versatile, superb: a cook’s dream come true”. We planted one bed of them this year as a trial along with our other potato varieties, and after one season we are absolutely in love with this beautiful rose-skinned, finger shaped potato. There were just enough of them to put them in the boxes for one week for you all to try out. Now that we know how great these are, we will grow a lot more of these next year for the boxes!

Fingerling potatoes are small, finger-shaped (hence the name) potatoes, that are typically heirloom varieties with excellent flavor. Their seed is more expensive and they take more time to harvest and wash because of their small size, which is why most very large potato producers won’t bother with them and you won’t see them in the grocery store. The flesh inside is yellow with a little pink/rosy hue. The skins are also a pretty pink, and you can leave the skin on when cooking as it is very thin. Use the fingerlings for boiling, roasting, frying, or soups; they are an all-purpose potato and have a very buttery, creamy flavor. We like them best cut in half the long way and boiled in salted water until just tender for a potato salad or topped with butter, salt and fresh herbs. Hope you enjoy this heirloom variety as much as we did! Next week, we will have our blue potatoes in the box—another great heirloom variety perfect for roasting and baking.

As of this first week in October, frost has yet to visit the farm. Weather patterns have definitely shifted and we’ve been getting almost weekly rain showers now; it’s nice to get some moisture back into the soil before we get into winter. The warmer temps pushed our whole 2<sup>nd</sup> romanesco planting (800 plants!) to come in at once last week and into this week. Usually the romanesco will hold into October and November even, so this is much earlier than normal. It’s likely that this will be the last week of it. For the last two boxes of the season we will have a lot of root crops, like beets, carrots, potatoes, onions, garlic, plus additions of celery root, Brussels sprouts, purple or regular broccoli or cauliflower, and the winter squashes of course. Butternut squash will be harvested this week and appear in next week’s box. The tomatoes are (finally) winding down, and the peppers are giving it one last big push and turning from green to red, orange, and yellow. We will still include a few tomatoes and peppers as long as we can and they are nice companions to many of the fall crops.

**\*\*Please remember to collect and return any empty CSA boxes you have before the end of the season!! We go through nearly 700 CSA boxes each year and appreciate being able to save money and resources by being able to re-use them. Thanks for your help on this.\*\***

**Next week’s box:** Winter squashes, peppers, cauliflower or purple broccoli, Blue Potatoes, orange carrots, onions, celery root, Brussels sprouts or kale, beets, and more.

**Produce Storage:** Tomatoes, potatoes, onions, and garlic 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 carrots 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, chilies, and sauces. Peppers also can be chopped raw and frozen for winter use in soups, chilies, for stuffing, etc. Celery can be diced, then lightly steamed and frozen in ice cube trays for individual servings for soups this winter. 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](#)

[-Potato Kale Soup](#)

[-September Soup](#)

[-Summer Pasta](#)

[-Mediterranean Salad](#)

[-Pot Roast with Peppers and Onions](#) from <http://culinate.com>

[-Roasted Romanesco](#) and other info. on this Italian Cauliflower (from Week 14 2013 Newsletter)

[-8 Carnival Squash Recipes](#) from <http://examiner.com>

**Contact us:**

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**Recipe Corner**

Two recipes below from one of our favorite cook book authors, Deborah Madison. She was just on a book tour through Minneapolis for her newest cook book, *Vegetable Literacy*, and she made a stop at our farmers market to do a cooking demonstration. She made this dish below with our romanesco cauliflower and it was delicious. Recipes are used with her permission.

***Romanesco Cauliflower with Saffron, Pepper Flakes, Plenty of Parsley, and Pasta***

1 romanesco cauliflower (about 1+ pound), broken into small florets, the core diced  
2 Tablespoons olive oil, plus more for tossing the pasta  
1 onion, finely diced 2 pinches saffron threads  
1 large clove garlic, minced Scant 1 teaspoon red pepper flakes  
4 Tablespoons finely chopped parsley Sea salt  
8 ounces pasta shells, snails or other shapes  
Grated aged cheese or crumbled feta cheese (optional)

Steam the cauliflower florets and core over boiling water for about 3-5 minutes. Taste a piece. It should be on the verge of tenderness and not quite fully cooked. Set it aside. Bring a large pot of water to a boil for the pasta. Heat the oil in a wide skillet over medium heat. Add the onion and saffron and cook, stirring frequently, until the onion is soft, 6 minutes or so. The steam will activate the saffron so that it stains and flavors the onion. Add the garlic, pepper flakes, and a few pinches of the parsley, give them a stir, and then add the cauliflower. Toss the cauliflower to coat it with the seasonings, add ½ cup water, and cook over medium heat until the cauliflower is tender, just a few minutes. Season with salt, toss with half of the remaining parsley, and keep warm. While the cauliflower is cooking, cook the pasta in the boiling water seasoned with salt until al dente. Drain, transfer to a warmed bowl, and toss with a few tablespoons of oil and the remaining parsley. Taste for salt, then spoon the cauliflower over the pasta, wiggle some of it into the pasta crevices, grate the cheese on top, and serve. (Addition: Add sautéed fresh wild gulf Shrimp when they are in season and heap them over the top of the pasta. Omit cheese).

***Broccoli Bites with Curried Mayonnaise***

1 pound broccoli or Romanesco Cauliflower (or combination of)  
2 teaspoons mild curry paste, or more to taste  
½ cup mayonnaise  
¼ cup thick plain yogurt  
2 teaspoons or so minced cilantro  
Few pinches of curry powder, to finish

Cut the broccoli into florets, leaving a few inches of stem attached to each floret for a “handle”. Steam them over boiling water, covered, until bright green and just tender when pierced with a paring knife, 5 to 6 minutes. They can be a little undercooked. When done, turn them onto a kitchen towel to cool. Stir the curry paste into the mayonnaise and yogurt. Taste and add more curry paste if you like. Stir in half of the cilantro. Scrape the sauce into a clean serving bowl and finish with the remaining cilantro and the curry powder. Heap the broccoli on a plaster and serve with the mayonnaise.

**Carnival Squash** tastes like an acorn—sometimes even sweeter. Plus it is a beautiful squash to display on your table or counter before cooking it. Bake and scoop out flesh to try this favorite waffle recipe below passed along to us from our friends Nick and Joan Olson.

***Pumpkin Waffles (with winter squash puree)***

2 cups flour 1/4 cups sugar  
1 Tablespoon baking powder 1 teaspoon cinnamon  
1/2 teaspoon salt 2 eggs  
1 1/2 cups milk 4 Tablespoons butter, melted  
1/2 cup cooked pumpkin, winter squash or sweet potato puree

Mix dry ingredients in a large bowl. Beat eggs, and add milk, melted butter, and squash/pumpkin puree and mix well. Add wet ingredients to dry and stir until just incorporated. Cook waffles according to your waffle iron's directions. Top waffles with plain yogurt and maple syrup.