



LOON ORGANICS

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What's in the box 10/1/14:

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.

Acorn Squash: The orange spot on the skin of the squash shows that the squash is ripe and ready to eat.

Butternut Squash: Beige colored squash that is sweet and perfect for soups and roasting!

Sweet Peppers: Jimmy Nardello sweet pepper, red or orange Italian pepper, and some assorted bell peppers.

Cabbage: Red Cabbage. Recipe page 2.

Sage: Make [sage honey cornbread](#) recipe on our website!

Orange Carrots: The first of the fall orange carrot harvest. Tasty as always!

Arugula: Very mild from all the rain and fall weather. Makes a great fall salad base.

German Butterball or White Potatoes: 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: a few assorted types
Yellow Storage Onions

Green Beans: made it through frost for a last harvest! Super tasty! Try in Gado Gado recipe

CSA: Week Sixteen (*Group B Half Shares*)

We had great pumpkin picking, wagon farm touring, chicken wrangling, flower and herb picking, and much cider drinking on Sunday as around 60 folks and kids turned out for our CSA Fall Farm Festival. Thanks to everyone for coming out, and putting the Community in CSA. If your schedule didn't line up this year to make it out, we're already making plans for next year's Strawberry Pick and Fall Harvest Festival. It will be our 10th year of CSA operation (11th year of farming) so we're gonna do it up right in 2015. Stay tuned for details next year.

It is amazing what warm weather does to our crops—they GROW! The last planting of green beans that got frosted leaves a month ago grew and grew, and produced an abundant and delicious last crop of beans! Thank you beans! The romanesco cauliflower is also coming in really nicely, and it tastes fabulous. The squashes are sweet, the carrots are awesome, and the Fall arugula is some of the tastiest of the whole season. All those different colored veggies are bursting with different nutrients and antioxidants. Color your plate!

As seasoned members will have noticed about this year's boxes, the summer warm-weather crops were less abundant this year. We had only about 30% yields of our sweet peppers compared to last year, mostly due to the cool summer. We got a double whammy last Saturday when a severe thunderstorm went through and the far east side of the farm got dime-sized hail. The peppers were in one of the fields that got the most damage, and most are punctured and bruised, which leads to rotting within a few days. We rely on crop diversity to help mitigate some of the effects of adverse weather, and this year the lettuces, salad mixes, broccoli, beans, potatoes, and carrots have all been excellent. The fall brassicas and celery root also look amazing, and you'll see more of those in our last two boxes of the season (Week 17 & 18). Thank you to our members for joining us every year as we journey through the season and weather. Crops and boxes are never the same from year to year, even though we plant nearly the exact same amount and variety of everything year after year. It's part of what makes farming such a fascinating profession to us. The beautiful farming lesson we have learned is that diversity pulls us through every year always bringing bumper crops of a few (sometimes surprising!) things, i.e. those two pound storage potatoes coming next week. Monster Bakers!

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. 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.

Bring Back Your CSA Boxes before Season's End!! Please return your CSA boxes to your pick up site before the end of the season. We will re-use them!!
Next week's box: Leeks, Brussels Sprouts, Celery Root, Beets, Orange Carrots, Squashes, Arugula or Salad Mix (hopefully will be ready), Potatoes, Romanesco or Cauliflower, and more. Next Week is Week 17—Last Group A Half Share Box!

Produce Storage: How and Where to Store Your Produce for Maximum Freshness

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 & Beans: in Plastic bag in fridge.

Sweet Peppers: these should be kept in the fridge in a plastic bag.

Winter Squash & Onions: out of fridge on counter or in cupboard.

Romanesco Cauliflower &

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

Sage: In a plastic bag in the fridge.

Preservation Tips: Cauliflower, green beans, 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 vegetable 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. Sage can be hung upside down in your kitchen out of sun to dry for a few weeks. Makes fragrant dried herb for all winter!

Other Recipes:

[Kale and Roasted Vegetable Soup](#)

[September Soup](#)

[Potato Kale Soup](#)

[Colcannon](#)

[Romanesco Cauliflower with Safron, Pepper Flakes, Parsley, and Pasta \(Week 16 News 2013\)](#)

[Green Beans with Potatoes and Garlic](#)

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Recipe Corner

Braised Summer Cabbage

You wouldn't believe how tasty and EASY this is. One of our favorite ways to eat cabbage. It is Deborah Madison's recipe and she reminds us that a fresh summer cabbage is close to divine, especially prepared very simply.

About 1 pound fresh cabbage (1/2 of a large cabbage)

Butter (the best you can get), to finish

Sea salt and freshly ground pepper

Slice the cabbage into 1/2-inch-wide ribbons. Put them in a wide pan with 1/2 cup water. Cook, covered, over medium heat until the cabbage is wilted and tender, about 10 minutes. Drain the cabbage well and toss it with butter. Taste for salt and season with pepper. That's it and it's just fine, especially if you are serving it with a number of other dishes at a meal with their own herbs and seasonings. If you're not, a few variations you can take this humble dish. **With Gorgonzola Butter:** Toss cabbage with Gorgonzola cheese mixed with butter and chopped garlic, or crumbled blue cheese. **With Toasted Bread Crumbs and Sage:** Sprinkle the cabbage with toasted bread crumbs mixed with sage or another favored herb like rosemary to give it crunch and another layer of flavor.

Arugula and Apple Salad

Adapted from www.foodnetwork.com

3 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

Kosher salt

1 bag arugula (around a 1/2 lb)

1/4 cup fresh dates (deglet or medjool are nice varieties)

1 Honeycrisp (or other crisp/tart apple)

1/4 cup slivered almonds, toasted

1 ounce pecorino, finely grated (1/4 cup), optional

Freshly ground black pepper

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the arugula and toss to coat. Cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the arugula. Season with salt and pepper and toss well.

Gado Gado

Gado gado is Indonesian rice with vegetables and peanut sauce. Perfect CSA dish!

A bed of fresh spinach goes on the bottom. Yellow rice goes on the spinach. To make yellow rice, cook 2 cups rice in 3 cups simmering water with 1/2 teaspoon turmeric until tender. Add a little extra water toward the end of cooking, if needed.

An assortment of vegetables goes on the rice. Such as:

A small bunch of romanesco or broccoli, cut into small pieces and steamed

Fresh green beans, lightly steamed

Red or green cabbage, very finely shredded

Thin slices of carrot, lightly steamed or raw

Mung bean sprouts

Tofu and hardboiled eggs (sliced and chopped) go on the vegetables.

Drizzle liberally with Peanut Sauce, lime juice, apple slices, shredded coconut, etc.

Peanut Sauce

1 cup creamy peanut butter

1 heaping Tablespoon grated ginger

1 heaping Tablespoon minced garlic

3 Tablespoons brown sugar or honey

1 1/2 cups hot water

4 Tablespoons cider vinegar

2 Tablespoons soy sauce

Salt to taste

Crushed red pepper, to taste

Put everything in a blender and puree until smooth. If it's too thick, add a little extra water. Transfer to a serving bowl and adjust seasonings to taste. Serve at any temperature, drizzle over Gado Gado. Full recipe in latest Lunds/Byerly's

Newsletter: http://issuu.com/lundsandbyerlys/docs/r314_1_b/1

Have a great week, Your farmers, Laura, Adam, and Eli