



LOON ORGANICS

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What's in the box 9/30-10/1:

Carrots: They're back!

Delicata Squash: The skin is edible on delicata 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 very sweet and full-flavored. Stuffed squash recipe on page 2.

Cucumber: They've been hanging on all month, but this is finally the last pick. Savor it!

Onions: Red and yellow. These go well in your roasted veggie recipe on page 2.

Sweet Peppers: Mix of bells, Sweet Italians or Nardellos.

French Fingerling Potatoes: Great, abounding yields of our favorite potato made for one more week of these beauties.

Arugula: The last arugula for the CSA season and it's a great batch. Both sweet, peppery, and tender all at once.

Cauliflower: Orange (cheddar) varieties or white cauliflower. The cauliflower has been loving our weather! Try it roasted if you haven't yet.

Tomatoes: Last ones.

Bulk Beets: Mix of red, golden, and pink candy-striped beets for fall roasted veggies. Check page 2 for a recipe.

Fennel: A really amazing fall crop of fennel. A nice complement to the fall produce. Use in the fall roast vegetable recipe on page 2.

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

REMINDERS:

****Don't forget to return your CSA boxes to your pick-up site before season end!! We re-use them and have quite a few boxes still unreturned to us. Thank you!!****

After this week's box, only TWO MORE WEEKLY BOXES LEFT IN THE REGULAR CSA SEASON. The Last Mushroom Share Pick up will be on Oct. 15.

Group A Half Share Last pick-up: October 8/9

Group B Half Shares & Full Shares Last pick-up: October 14/15.

Thank you to all who came out to our Fall Tour and Pumpkin Pick on Sunday! It was a GORGEOUS day and we always enjoy meeting and seeing the faces behind the names on the boxes we send out each week. If you weren't able to make it to get your pie pumpkin, we will be including them in the last CSA box of the season. It's a great crop of both pumpkin and squash this year!

After the beautiful super moon/ harvest moon lunar eclipse on Sunday night, we woke up to fall. There was a distinct brisk chill in the air this morning as we harvested arugula, and although we haven't yet had a frost, we're making preparations for when it does come soon. The heat the last few weeks pushed in our cauliflower and broccoli plantings in, and we've been trying to keep on top of the bumper crop. "More cauliflower" is often requested on our year-end CSA surveys, so this year we planted more and it has come in swiftly. After regular white and cheddar varieties have finished, the romanesco should be coming in full force. We have a whole 2nd planting of 800 plants has yet to come in. It always takes much longer than our regular cauliflower, but it's worth the wait. We expect to have enough of that to include in the box next week after our regular cauliflower has slowed down.

The crew transitions into fall now too. We said goodbye to Liza last week and welcome 2014 Loon crew veteran, Siri, back for a brief time to help us haul in the big harvests of fall storage crops before she heads down to the South Pole for the winter. It's a beautiful and bittersweet time of year, saying adieu to the sweet sungold cherry tomatoes and hello to the sweet acorn squash. The spinach seedlings in the hoop house are all sprouted and growing, giving us hope and promise of some continued delicious greens into the late fall, past our outdoor growing season. There will be spinach in the box next week, but it's hard to beat that frost-kissed spinach from the greenhouse with its concentrated sugars. Sign up for our Fall Box to experience the best local spinach around in late October!

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. Sign-up on-line to reserve your share: <http://loonorganics.csasignup.com/store/fall-share-2015>

Next week's box: Yellow Satina Potatoes, Butternut and other Winter Squashes, Carrots, Cauliflower or Romanesco, Spinach, Celery Root, Brussels Sprouts, 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:

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. Onions, potatoes, and squash will last for several weeks and months even on your counter out of sun or in a cool cupboard (keep potatoes in paper bag to prevent them from greening).

Recommended Recipes:

[Squash \(Pumpkin\) Pie](#) (on our website)

[Shepherd's Pie](#) (use can also use cooked, pureed squash for topping instead of potatoes)
(on our website)

[Fennel Rubbed Pork Tenderloin with Roasted Fennel Wedges](#) (via CSA member, Kati, and on-line at www.epicurious.com)

[Curried Cauliflower and Green Bean Salad with Lemon Yogurt](#) (recommended from CSA member, Valerie, and on-line at www.foodandwine.com)

[Cauliflower Cheese](#) (think mac'n'cheese without the pasta! Via www.smittenkitchen.com)

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Recipe Corner Fall Roast Vegetables

From the glorious Lynne Rosetto Kasper of the Splendid Table. Use up 1/2 the box and enjoy meals for several lunches or dinners. Reheated this stuff is absolutely delicious! Sub out the beets and fennel if you are scrunching your nose. :-)

2-3 medium onions, cut into large wedges
6-8 fingerling potatoes, halved
3-4 medium beets, cut into 1/2-inch thick pieces
1 delicata squash cut in half, cleaned of seeds and chopped in 1.5 inch half moons
3 medium carrots, cut into 1/2-inch thick pieces
1 fennel bulb, fronds removed and cut into 1.5 inch wedges
2 tablespoon extra-virgin olive oil
10 fresh sage leaves or herb of your choice
2 teaspoons Balsamic vinegar (optional)
1 teaspoon kosher salt
freshly ground black pepper
1 to 2 tablespoons extra-virgin olive oil
3-4 cloves garlic, halved

1. About an hour before cooking, in a large bowl, toss together all the ingredients up to, but not including, the second quantity of olive oil.
2. Thirty minutes before roasting, preheat oven to 450 degrees and slip 1-2 heavy, large, very shallow baking pans to heat up.
3. Pour the second quantity of oil onto the hot pans, and then immediately spread the marinated vegetables on the pan, taking care not to crowd them.
4. Roast about an hour, turning several times during cooking for even browning.
5. Add garlic to pan halfway through cooking.
6. Once browned and easily pierced with a knife, vegetables are done. Serve hot.

Stuffed Squash

Adapted from Alton Brown, host of Good Eats. Now you can use the rest of your CSA box! ;) Sub out the pork for mushrooms if you prefer to do without the meat.

2 small acorn squash or 1 acorn and 1 delicata, 1 to 1 1/4 pounds each
1 tablespoons unsalted butter, cut into 4 pieces
1/2 pound ground pork or mushrooms if vegetarian
1 tablespoon olive oil
1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped carrot
1 sweet pepper seeded and diced
1/2 cup white wine
1/2 bag of arugula chopped
1 1/2 cups cooked wild rice
1/2 cup toasted nuts of your choice (walnuts, sunflower seeds)
1 1/2 teaspoons dried oregano
Generous pinch kosher salt
Freshly ground black pepper

1. Preheat the oven to 400 degrees F.
2. Cut each squash in half and scoop out the seeds. If necessary in order for the squash to sit upright, cut off a small portion of the bottom. Put 1 of the 4 pieces of butter in the cavity of each squash. Set squash on a sheet pan lined with parchment paper and set aside.
3. In a large sauté pan over medium heat, brown the ground pork or mushrooms until no longer pink or mushrooms are wilted. Remove the meat/mushrooms from the pan, add the olive oil and sauté the onion, celery, carrot and pepper until they begin to soften, approximately 7 to 10 minutes. Deglaze the pan with the white wine.
4. Return the pork to the pan along with the cooked rice, arugula, nuts, oregano and salt and pepper, to taste. Stirring constantly, heat mixture thoroughly, approximately 2 to 3 minutes. Remove from the heat. Divide the mixture evenly among the squashes, bake for 45 minutes to 1 hour or until the squashes are tender. Serve immediately.