



LOON ORGANICS

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What's in the box 10/8/14:

Celery Root (Celeriac):

Knobby, cream colored root. Peel and eat raw in salads or cook in soups, roasted veggies. More info on page 2.

Leeks: Check [potato, leek, and celeriac soup recipe](#). Link on pg 2

Butternut Squash: Beige colored squash; perfect for soups!

Pie Pumpkin: cook just like a squash, scoop out flesh and use in any pumpkin recipe.

Brussels Sprouts on the Stalk:

Yes, this is how they grow! We cut the stalks in half to fit them in your box. Remove the sprouts from the stalk or put the whole stalks in a plastic bag in fridge.

Orange Carrots: Make the best carrots sticks or carrot soup!

German Thyme: Goes well with roasted veggies, soups, in biscuits, poultry, fish, nearly everything!

Arugula & Salad Mix: Eat within the week if you can for best quality.

Potatoes: Variety is called "Superior" and they are tasty and flaky. Great eating quality for mashing, shepherd's pie, roasting, baking, etc.

White or Romanesco

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

Yellow Storage Onions Garlic

Sweet Italian Peppers: Jimmy Nardello Sweet Peppers and Italian Peppers. **Tomato(es)**

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

It is as if someone flipped the switch from heat to A.C. last week and we were plummeted into deep fall within a day. The switch is reflected when I look at this week's CSA box. We went from green beans and peppers to distinct fall crops that conjure daydreams of comfort food. At least that is all that we've wanted to eat at our house lately: roasted squash, potatoes, cauliflower, arugula salad, [and butternut squash pie](#) (and yes, it truly is as good, if not better, than pumpkin).

Alas we are getting down to those last few weeks of the growing season in Minnesota. **GROUP A HALF SHARE:** This is your last box of the season! Thank you for letting us be your farmers this year, and we hope you have enjoyed all the varied and delicious produce we have had over the past four months. The fun doesn't have to end, if you love the fall produce. We still have a few fall boxes available for delivery three weeks from today. E-mail us if you want to reserve one.

We are making our end-of-season to-do lists on the farm, trying to wrap up harvesting and clean up, especially as more cold weather looms. Our full crew is on deck for just two more weeks, and we hope to harvest and wash all the rest of our root crops, clean up the hoop houses, put new plastic on the greenhouse and new 3rd hoop house (right after Adam finishes construction), plant garlic, and spread compost for our Spring fields. This Wednesday we will also have our last "Farm Talk" with our employees and our vegetable farmer friends at Prairie Drifter Farm in Litchfield. Employees from both farms have attended nearly bi-weekly educational farm talks on our farms to learn in-depth on a particular farming topic of interest. We've talked greenhouse management, pests, budgeting, cover cropping, record keeping, and this Wednesday we'll tackle soil health. The best for last! We offer these talks as an educational bonus to tie back our day-to-day work with the overall philosophy and practice of organic farming. We see them as a way to invest in nourishing not just our bodies and soil, but our minds too!

A Few Notes:

Eat Arugula/Salad Mix Soon: We got a hard frost on Sunday night/Monday morning, and it burned some of the tips of arugula and lettuce. We sorted out as much as we could, and it still tastes excellent, but eat it within the week for best quality.

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!!

End-of-Season Survey & Next Year: We will send out our end-of-year survey a few weeks after CSA's end. We will also offer sign up to returning members first starting by December and through Jan. 15th, 2015 when we then open registration up to our waiting list and new members. Look for details about sign up in November.

Next week's box: Leeks, Brussels Sprouts, Celery Root, Orange Carrots, Squashes, Potatoes, Green or Purple Broccoli, Salad Mix?, and more. **Next Week is Week 18—Last Box of the Season!!**

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, Celery Root, Brussels Sprouts, Arugula, & Leeks: in Plastic bag in fridge.

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

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

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

Thyme: In a plastic bag in the fridge.

Preservation Tips: Cauliflower, winter squash, and carrots can be steamed or parboiled until fork tender and frozen. Thyme can be hung upside down in your kitchen out of sun to dry for a few weeks. Makes a fragrant dried herb for all winter!

Celериac or Celery Root: The flavor of the green-stalked celery in a root vegetable! Because it is a root vegetable, it will store for months in a plastic bag in your fridge. Use in place of potatoes in any recipe but is also delicious raw!



The Celery Root!

Other Recipes (all from www.kitchengardenseeds.com):

- [Leek, Potato, and Celериac Soup](#)
- [Garlic Mashed Cauliflower and Celериac](#)
- [Roasted Vegetable Mélange](#)

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Recipe Corner

Squash Soup

This is a recipe we adapted from our farmer friends at Prairie Drifter Farm in Litchfield. Makes a great soup all fall and winter long, and is very adaptable.

6 c. peeled, chopped squash (1 butternut works well)

3 T. olive oil

¾ - 1 yellow onion, chopped

1 large leek

1 large potato

1 T. fresh ginger, peeled and finely chopped

1 teaspoon thyme and sage

1 teaspoon curry spice (optional) or Penzey's Vindaloo Spice blend

2 cloves garlic, finely chopped

6 cups stock or water (or combo)

Juice of one orange

Salt and pepper to taste

Sauté the garlic, onions, leek, and ginger in olive oil while you peel, seed, and chop the squash into 1 inch cubes. Add the chopped potato and squash and sauté for 5 minutes. Pour the stock into the pot and bring to a boil. Lower the heat and simmer covered for an hour. Add the orange juice and salt and pepper to taste. Puree the soup and serve.

Celery Root, Apple, Carrot Slaw

This slaw recipe can be made with the vinaigrette below or you can top with a [creamy yogurt dressing](#). Either way, it's a favorite fall and winter salad at our house.

½ large celery root, outside peeled with a paring knife to remove skin and roots

2 large carrots, washed and unpeeled

1 large apple, such as Haralson, Honeycrisp, Gala, etc.

½ tsp. fresh thyme, finely chopped

1 Tablespoon apple cider vinegar

4 Tablespoons olive oil

1 small-medium clove garlic, minced

1 tsp. of honey and 1 tsp. of Dijon mustard

A few handfuls of arugula

On a hand grater, peel celery root, carrots, and apple into a small serving bowl. Whisk together apple cider vinegar, chopped thyme, garlic, honey, and mustard in a bowl or jar, and add in olive oil. Add a few shakes of salt and pepper to taste. Slaw can be served immediately on a bed of arugula (or just on its own), or can sit covered in the refrigerator for up to a couple days. This is a favorite winter salad at our house.

Golden-Crusted Brussels Sprouts

16-24 brussels sprouts

1 tablespoon extra-virgin olive oil, plus more for rubbing

fine-grain sea salt and freshly ground black pepper

¼ c. grated cheese of your choice

Wash the brussels sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top and toss in a bowl with olive oil. Heat 1 tablespoon of olive oil in a skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the brussels sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes.

Once just tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Use a metal spatula to toss them once or twice to get some browning on the rounded side. Season with more salt, pepper, and grated cheese. Use brussels sprouts that are on the smaller size and tightly closed. You can finish these with many different types of cheese: sharp cheddar, parmesan, gruyere or gouda are especially good. Adapted from "101 Cookbooks" website

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