



LOON ORGANICS

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What's in the box 10/7-8:

Carrots: Delicious in your fall stews or soups.

Acorn Squash: Last of season.

Butternut Squash: All-purpose squash that can be used for most anything in any recipe.

Carnival or Sweet Dumpling Squash: Very similar to an acorn squash, but sometimes even sweeter and nuttier. Plus they are beautiful! Use as fall décor until you are ready to eat it. ☺

Leeks: Sweeter and more aromatic than onions, they make for a delicious soup base. Try the leek potato soup recipe on page 2.

Yellow Satina Potatoes: A standard yellow baker or masher. Great flavor!

Baby Spinach: a nice fall crop.

Brussels Sprouts: left on the stalk. Put whole stalk in plastic bag or snap sprouts off and put in plastic.

Romanesco Cauliflower: Romanesco has the spiral florets with a lime-green color. This tastes like cauliflower with a nutty flavor. Prepare just like cauliflower. Delicious roasted!!

White Cauliflower: This is the last cauliflower of the season I think. Big heads of broccoli next week!

Celery Root: Info. and recipes on page 2.

Curly Parsley: The last parsley of the season. Dry it up, pesto it, it will go with all the fall veggies in your box.

Garlic: German White variety

CSA: Week Seventeen *(Full Shares & Group A 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!!

TODAY is the Last Group A Half Share Pick-up.

NEXT WEEK, Oct. 14/15 is the last Group B Half Share, Full Share, and Mushroom Share Pick up.

Last week we had a fun opportunity to host King's Kids Preschool from Hutchinson for a Farm Vegetable Tour & Electric Tractor Hayride. Over 100 kids visited the farm, including Eli's pre-school class, and they tasted 3 veggies that started with the letter C, pulled a carrot out of the ground, and pet a chicken before heading back to school. It was great to have them all out and thank you to the educators and parents that helped us pull off the tours! The romanesco cauliflower, the freshly dug carrots, and our Bouvin Brown Hen were favorites of the preschoolers.

As we wind down the CSA season, we want to say Thank you and Farewell to our Group A Half Shares that get their final box of the season today. We hope that you all have enjoyed the variety, quality, and abundance of the vegetables this year. It has been a really enjoyable growing season, about as close to average as you can get, with rain nearly right when we needed it but not too much, no hail or damaging winds, and no extreme heat waves that did us and the crops in. We will remember this season as having some of the biggest and most delicious heads of broccoli that we've ever grown, along with the sweetest batch of spring carrots. What were your highlights? We'll give you an opportunity to share your thoughts in our annual CSA survey that we'll send out after the season is over. If you still want a fall share, you can sign up online here: <http://loonorganics.csasignup.com/store/fall-share-2015>

And what do vegetable farmers do after the CSA is over you may wonder? Our fall farm work will continue in haste until around mid-November, as we clean up and winterize the farm and attend the outdoor Mill City Farmers Market until October 31st. We do have spinach planted in two of our hoop houses for another winter trial, and we hope to sell that through November and possibly even December at the indoor winter Mill City Farmers Markets a couple Saturdays a month. You can check out details of the winter markets at their website: www.millcityfarmersmarket.org

Adam and I will also be welcoming our 2nd child in late December, expecting either a Christmas or New Year's Baby (or somewhere in between)! We are looking forward to spending some time together as a family before our greenhouse season starts in mid-March, and it will be a new adventure to farm with a newborn and a 4-year-old next year. Thanks to you all for supporting our family and farm this season, and we will keep you all abreast of the newest little farmer to join the Loon crew!

Next week's box: Yellow Satina Potatoes, Butternut, Pie Pumpkin, Carrots, Cauliflower/Romanesco or Broccoli, Garlic, Spinach, Leeks, 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 ONIONS, GARLIC, POTATOES, AND SQUASH. If stored properly, everything should last at least 7-10 days.

Preservation Tips:

Cauliflower, leeks, carrots, brussels sprouts, and spinach can be blanched and frozen for winter use. Parsley can be dried or frozen (no need to cook before freezing). Garlic, 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).

CELERY ROOT, a.k.a.

CELERIAC: This gnarly root (once peeled) can be grated raw in salads, used in place of green stalk celery, and cooked like a potato in soups, stews, roasted veggie mixes, etc. It is the texture of a potato with flavor of celery. This is the biggest celeriac we have every grown! In a plastic bag in your fridge, it will last for several months so you can take your time getting through it.

Recommended Recipes:

[Week 17 2012 Newsletter:](#)

- Bacon Baked Brussels Sprouts
- Curried Cauliflower Soup
- Sauteed Brussel Sprouts

[Week 16 2012 Newsletter:](#)

- Butternut Squash Soup with Apple and Nutmeg (afavorite!)
- Butternut Squash Lasagna (sub your spinach for the chard in the recipe)

[Week 16 2011 Newsletter:](#)

- Golden Crusted Brussels Sprouts
- Autumn Salad

[Week 17 2013 Newsletter:](#)

- Celeriac Apple Slaw

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Recipe Corner

The soup and crouton recipe below are adapted from Deborah Madison and is a simple yet comforting fall soup to have with a spinach salad, good bread, and a side of winter squash (or better yet, squash pie for dessert!). If you don't want to use the celeriac, you can use all 2 pounds of your potatoes instead or vice versa, leave out the potatoes and use just celeriac.

Leek, Celeriac, and Potato Soup

2-3 leeks, white and light green stalk (finely chopped)

2-3 Tablespoons butter

½ celeriac (with brown skin peeled off with paring knife), chopped

1 pound potatoes, scrubbed well

Salt and freshly milled pepper

Chicken, veggie stock, or milk/cream to thin soup

Several large handfuls of chopped spinach or kale to add at end, if desired

Quarter potatoes lengthwise and thinly slice them. Melt the butter in a wide soup pot, add the leeks and potatoes, and cook over low heat, covered for 10 minutes. Add 7 cups of broth and 1 ½ teaspoons of salt (unless your broth is already salted, then wait and adjust salt according to taste) and bring to boil. Lower the heat and simmer, partially covered, until the potatoes are soft to the point of falling apart, about 35 minutes. At this point, you can puree the soup with an immersion blender (or in your regular blender or food processor) for a creamy soup, or you can leave the soup chunky and press a few potatoes against the side of the pan to break them up and give the soup body. If needed, thin the soup with milk or cream and heat through. Taste for salt and pepper. Add spinach or kale if using and cook lightly while soup warms. The addition of cheese croutons, a dollop of sour cream, or a grating of fresh parmesan over each bowl of soup, helps to enrich the soup if desired.

Cheese Croutons (for soups or on their own!)

Mix ½ cup grated blue cheese, Parmesan, or a good Cheddar with 1 teaspoon Dijon mustard, 1 Tablespoon soft butter, a little chopped garlic, and a little freshly milled pepper. Toast 12 baguette slices, 2 for each person. Mound a little of the topping on each, then broil until the cheese begins to bubble and melt. Serve a crouton in each bowl of soup.

When squash season hits, we turn the oven on and bake a few for use all week in soups, quesadillas, muffins, etc. If you are not already in the know, you can substitute cooked winter squash for canned pumpkin in any sweet or savory recipe. Just mash or puree the baked squash flesh. It is often sweeter than canned (unsweetened) pumpkin. These savory quesadillas are a fall standard at our house. Top with fresh spinach, cooked beans, and salsa. You can substitute chili powder for the chipotle powder and it is not as spicy. From the *Spoonriver Cookbook*.

Winter Squash-Chipotle Quesadillas

1 winter squash, any variety

1 cup chopped leeks or onions

1 teaspoon chopped garlic

2 cups grated white cheddar cheese

12 (8-inch) flour tortillas

1 Tbsp. vegetable oil or olive oil

Salt & Pepper

1 teaspoon ground chipotle powder

If using fresh squash, cut it in half, scoop out the seeds, and bake it on a cookie sheet at 350° until soft, approximately 45 minutes for a large squash. Scoop out the flesh and mash it well. Measure out 2-3 cups of mashed squash, and freeze or reserve the rest for another use. Sauté the leeks or onions in the oil for 3-4 minutes. Add the garlic and cook another minute. Add salt and pepper to taste. Add the onion mixture to the squash and let it cool. In another bowl, combine the grated cheese and chipotle powder. Preheat the oven to 400°. Place 3 tortillas each on 2 lightly oiled cookie sheets. Divide the filling evenly among the 6 tortillas, spreading it to the edge. Distribute the cheese over the squash filling, and place the remaining tortillas on top. Lightly brush the top tortilla with oil. Bake for approximately 8 minutes, or until golden brown. Slice the quesadillas into quarters to serve. You can also cook these over medium heat in a frying pan brushed with oil.

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