



# LOON ORGANICS

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## What's in the box 10/5-6:

**Broccoli:** fall broccoli is some of the best tasting. So very sweet, stem and all.

**Carrots:** Carrot sticks with hummus is a favorite after school snack at our house.

**Acorn Squash:** last acorn of the season. Great flavor this year!

**Butternut Squash:** the powerhouse squash. Good keeper and makes the best soup.

**Celery Root a.k.a. Celeriac:** Knobby roots have texture of potato with a celery flavor. Check last week's newsletter for several recipes.

**Onions:** Red or yellow freshly harvested onions. Keep either in fridge or on counter.

**Sweet Peppers:** last taste

**Garlic:** Use in the soba noodle salad recipe on page 2.

**Shallot:** Looks like a small red onion, but has sweeter milder flavor. A favorite in salad dressings and vinaigrettes. Or you can use just like onion.

**Green Curly Kale:** Kale is a great match with potatoes and sausage.

**Yellow Potatoes:** Last of the taters this year. Enjoy.

**Red Beets:** These will keep for months in your fridge. Beet chocolate cake recipe on our website. Or google "beet chocolate fudge". It's yummy!

**Brussels Sprouts:** Lots of ideas on page 2.

**Radishes:** Got the last fall batch out. They are a perfect snacking size and have great flavor.

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

**A reminder that Full share and Group B CSA deliveries go until week 18: October 12/13. Today is the last Group A Half Share Pick-up!**

**Leftover CSA boxes: Please return your empty CSA boxes to your pick up site and we will collect after the CSA season is over.** Consider bringing bags or a cooler to unload your veggies into, so that you can leave your last box at your pick up site. And don't forget to bring back any empties you have sitting in your garage, trunk, closet, wherever! ☺

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We bid farewell to our 60 Group A Half Share members this week, and send out a huge Thank You to you all for signing up, eating your veggies, and supporting our farm. The weather was challenging with all the rain, as challenging as we have ever experienced in 12 years of farming. We often didn't have everything that we wanted in the quantity we wanted, but with the diversified mix of crops, hoop house tomatoes, peppers, and early carrots and beets, and the ability to pull some of our product away from other markets like our market stand and restaurant outlets, we made it through. The upfront support of your CSA membership ensured that our farm could sustain itself financially through the season. Thank you for sharing the risk of weather and vagaries of farming along with us.

As I mentioned a few weeks back, we don't have enough extra product this year to do a fall box. It's a bummer that we can't extend the season at all this year (we will barely have enough to keep attending our regular season farmers market the rest of October), but I did want to direct our Twin Cities Metro folks to a great Winter CSA run by veteran farmers Chris and Paul at Foxtail Farm: <https://www.foxtailcsa.com/>. It is worth checking out their offerings of storage veggies, hoop house crops, frozen and homemade products to see if it would be a good fit for your family. They deliver throughout the Twin Cities, and we have heard many great things about their winter share.

With our first frost coming this weekend likely and colder weather approaching, we will turn our attentions to cleaning up the fields, planting garlic, and eventually catching up with office work, book work and lots of planning. After a busy 6 months of farming, we use the slower winter months to plan, market, and rest up and recharge and spend more time with the kids. In March, the greenhouse opens. We will be in touch later this year with a CSA survey and info. about next season.

Full Shares and Group B Half Shares, we will look forward to a last great box for you as well next week! Cheers all!

**Next week's box:** Carrots, butternut squash, brussels sprouts, onions, kale or mixed greens, garlic, leeks, broccoli or romanesco, sweet potato!, and more

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

Everything in your box should be stored in PLASTIC BAGS in your fridge to keep everything crisp EXCEPT FOR POTATOES. Keep those on your counter out of the sun. Garlic, onion and shallots can be in or out of the fridge. If stored properly, everything should last at least 7-10 days.

### **What is this veggie: Brussels Sprouts**

Our farm dog Toblerone loves to chew on these stalks after we've stripped them of their sprouts...perhaps yours will too? These nutrient packed powerhouse veggies are full of vitamins and minerals so encourage your kiddos to eat these guys. Super high in vitamin C and K along with smaller amounts of folic acid and other B vitamins. Try the recipe to the right or look below for some additional goodies like Sriracha Roasted Brussels Sprouts or Maple Balsamic Roasted Brussels Sprouts. If you are completely blanking on ideas they are always delicious fried up with a little bacon or bacon grease. ☺ Enjoy as always!

### **More On-Line Recipes (links in our on-line newsletter):**

[Roasted Broccoli Hummus](#)

[Kale Fall Vegetable Pasta](#)

[Sriracha Roasted Brussels Sprouts](#)

[Maple Balsamic Roasted Brussels Sprouts](#)

[Spicy Butternut Squash Salad](#)

[Butternut Squash w/ Farro & Spicy](#)

[Harissa Sauce](#)

[Radish Yogurt Salad w/ Dill](#)

[Carrot Grilled Cheese Sandwiches](#)

[Butternut Kale Chopped Salad](#)

[Caramelized Onion Dip](#)

Many [more](#) recipes on our website's [recipe](#) page.

### **Contact us:**

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## **Recipe Corner**

### **Slivered Brussels Sprouts Soba Noodle Salad**

*From the Sprouted Kitchen this recipe is a riff on author Deborah Madison's soba noodle salads. Quick & easy this is a great way to maximize all the delicious nutrient powerhouses in your box! Shred, massage the brassicas, boil noodles and eat.*

1 bunch kale  
5 tsp. toasted sesame oil  
10 brussels sprouts  
1 plump clove garlic  
1 Tbsp. rice vinegar  
1 tsp. low sodium soy sauce  
2 Tbsp. toasted sesame seeds (white or black)  
2 pinches red pepper flakes  
4-8 oz. soba noodles  
4 slivered green onions, for garnish

Slice the kale leaves from their stems and discard the stems. Working in batches, stack the leaves, roll them up tightly lengthwise, and then thinly slice them crosswise into narrow ribbons. Put the ribbons in a large bowl with 1 tsp. of the sesame oil and 1/4 tsp. salt. Massage the leaves with your hands until they glisten. Discard any funky outer leaves from the brussels sprouts. Slice them paper thin and toss them with kale.

Pound the garlic until smooth in a small mortar. Stir in the vinegar, remaining sesame oil and soy sauce. Pour the dressing over the greens and toss well. Bring the water to a boil. When starting the noodles, finish the salad with the sesame seeds, pepper flakes and green onions. Cook the noodles according to instructions and drain well. Toss the noodles with the greens. The noodle salad can be served warm or cold.

### **Crusted Butternut Squash**

*Another recipe from The Sprouted Kitchen this is an excellent way to use up your butternut squash...or part of it! Easy in the oven dinner with a protein or side dish for your next fall potluck. Leave out the dairy if you're dairy free and it is still delicious!*

1 butternut squash (approx. 2lbs)  
2 tsp. olive oil  
½ tsp fresh ground nutmeg  
1/3 cup fresh breadcrumbs or panko  
½ cup grated parmesan cheese  
1 minced garlic clove  
1 tbsp finely chopped parsley  
¼ cup fresh thyme leaves  
salt & pepper to taste

Oven to 400 F. Peel the squash (vegetable peeler works great). Slice it in half length wise and discard the seeds. Cut into 1/4" slices. On a parchment lined baking tray, pile the squash, drizzle the olive oil and the nutmeg and toss everything to coat evenly. All should have a thin coat of oil, amount may vary based on size of the squash. Spread them out in a single layer on the baking tray. You may need to use two, too much overlap won't yield a crunchy crust.

In a food processor (or magic bullet) pulse together the breadcrumbs, parmesan, garlic, both herbs, a few pinches of salt and a lot of fresh black pepper. Sprinkle the topping on the squash. Bake for about 25-30 minutes until the tops are browned and the squash is cooked.

Enjoy your box and thanks again from all of us at Loon Organics Farm!

Your farmers, Adam, Laura, Eli, Willie + Crew