



# LOON ORGANICS

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

### **Celery Root (Celeriac):**

Knobby, cream colored root.  
Peel and eat raw in salads or cook in soups, roasted veggies.

**Leeks:** flavor is like a refined onion, making leeks perfect for soup, quiche, and omelettes.

**Butternut Squash:** These taste great all through the winter!

**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:** The fall carrots are always the best of the year!

They are sweet, crunchy, with great carrot flavor. No need to peel—just wash and eat!

**Curly Parsley:** chop finely and add to roasted butternut squash

**Potatoes:** Variety is called "Superior" and they are tasty and flaky. Some of them are massive, tipping the scales close to 2 pounds. Great eating though!

**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. Some boxes also got one small romanesco and a small cauliflower or small purple or green broccoli.

**Red & Yellow Storage Onions**

**Garlic**  
**Tomatoes**

## CSA: Week Eighteen (*Group B Half Shares*)

As I sit down to write our last newsletter of the CSA season, it always becomes a meditation on gratitude. Although I (Laura) am the main person you hear from in our weekly newsletters, it takes a village to support a small-scale farm these days. We are basically flying in the face of conventional agriculture, and doing nearly everything on the opposite spectrum of most farmers: organic, chemical-free, small-scale, diversified vegetables, hand labor, family farm, no subsidies, no crop insurance, and direct marketing to customers who pay us in advance for product. Adam, Eli, and I can certainly not do all this good work alone, and we are blessed to have a wonderful team of people around us, including all of you-- our great CSA customers this year! Thank You for supporting our farm and eating our vegetables this year! Because you choose to forego buying veggies at your regular grocery store, we and farmers like us have a CSA market for our product. Because you spend your dollars with us, we are able to farm, live out our values, and give you organic, nutritious food. It's a beautiful, mutually beneficial relationship! Vote with your fork, as Michael Pollan would say.

It takes a lot of manual labor to get all this great food grown every year, and we want to acknowledge our team of employees this season that helped us in so many ways, big and small, Kyle, Danielle, Siri, and Jenny: Thank you a million times over! Our weekly work shares did amazing and sometimes back-breaking tasks with us, AND they helped us save our last planting of delicious fall carrots that were being swallowed up in a thick forest of weeds. With their weeding diligence, we saved the carrots and are eating the best carrots we've had all season. Thank you Jenn, Valerie, Bev, Rebecca, Laura, Jesse, Leigh, and a handful of others that volunteered here and there, including Amy Armbrust for the great recipes! To our market crew: Andrew, Siri, Amelia, Kim, Ava, Matthew, Katharine, Katie, Nikki—thanks for the early mornings and the sunny smiles. My mom, Jacquie Frerichs, is also a big part of our team, on grandma duty with Eli nearly every weekday this summer. Thanks both to Jacquie and to Grandma Sandy for babysitting, canning tomatoes, and all over great moral support. Our business consultant, Dr. Jan Hoistad has provided us with guidance and support to think big and be re-inspired by our work this year. We are blessed to have you all as supporters and friends!

The skeleton of our 3<sup>rd</sup> hoop house stands tall and broad now out in our center field, nestled between the other two. The plastic covering will go on later this week. A big kudos to Adam for the weeks he has spent working on this, along with all the other talented farm tasks he does: fieldwork, cover cropping, tractor cultivation, fastest harvester, and general go-to fix-it guy. He makes this farm hum and the fields sing with a good balance of fertility and management. Gratitude and Thankfulness Abound! Have a restful winter everyone, and we will be in touch later this year with our end-of-season survey and sign up information for 2015.

Your Farmers, Laura, Adam, & Eli.

### **A Reminder:**

**Bring Back Your CSA Boxes to your drop site. We will stop by and pick them up in the next couple weeks.**

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

**Brussels Sprouts:** pull sprouts off the stem and refrigerate in plastic bag, or wrap whole stems in plastic bag and refrigerate.

**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.

**Carrots, Parsley, Celery Root, & 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/Broccoli:** keep in bag in coldest part of your fridge.

**Preservation Tips:** Cauliflower, winter squash, and carrots can be steamed or parboiled until fork tender and frozen. Parsley can be chopped up or made into pesto and frozen in ice cube trays for use all winter.

## Other Recipes

- [Leek, Potato, and Celeriac Soup](#) (from [www.kitchengardenseeds.com](http://www.kitchengardenseeds.com))
- [Squash \(Pumpkin\) Pie](#)
- [Leek and Goat Cheese Galette](#) (this is a favorite of ours! Recipe by Deborah Madison and on-line at [epicurious.com](http://epicurious.com))
- [Smashed Celeriac](#) from [www.jamieoliver.com](http://www.jamieoliver.com)
- [Kale and Brussels Sprout Salad](#) (also a favorite of ours!) at [www.epicurious.com](http://www.epicurious.com)

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## Recipe Corner

Both recipes below are adapted from The Splendid Table's Newsletter and can be found at [www.splendidtable.org](http://www.splendidtable.org)

### *Roasted Indian-Spiced Vegetables and Chickpeas with Raisins*

2 pounds potatoes, cut in small chunks

1/2 cup vegetable oil, divided

2 teaspoons coarse salt, divided

5 grinds black pepper

1 pound carrots, peeled and cut into 2- x 1/2-inch matchsticks

1 small head romanesco cauliflower or regular cauliflower, cut into 1-inch florets

1/2 cup raisins or currants

One 15-ounce can chickpeas, rinsed and drained

1/2 cup finely chopped parsley or cilantro leaves

1 tablespoon fresh-squeezed, strained lemon juice

1 teaspoon garam masala (without salt)

About 2 cups plain yogurt, for serving

1. Place two oven racks in the top two-thirds of the oven. Place a rimmed baking sheet on the top rack and heat the oven to 400°F. Once the oven is hot, carefully remove the hot pan. Using tongs, toss the potatoes well with half of the oil, 1/2 teaspoon salt, and all of the pepper. Roast until the potatoes are tender and golden brown and crispy in many parts, about 50 minutes, tossing halfway through.
2. On another rimmed baking sheet, toss the carrots, 2 tablespoons oil, and 1/2 teaspoon salt; spread on one side of the pan and roast for 15 minutes (put this pan on the lower oven rack); remove the baking sheet from the oven and use a spatula to flip over the carrots. Onto the empty half of the baking sheet, use tongs to toss the cauliflower florets, the remaining 2 tablespoons oil, and 1/2 teaspoon salt. Keep the carrots and cauliflower separate as best as possible. Return the pan to the oven and roast the carrots and cauliflower until both are tender when poked with a fork and golden brown in a few spots, about another 20 minutes.
3. Meanwhile, place the raisins in a small bowl and cover with 1/2 cup of boiling or very hot water. Let sit until the raisins are tender, about 30 minutes, then drain.
4. Pour the potatoes, carrots, and cauliflower (with their oil) into a large bowl, then add the drained raisins, drained chickpeas, parsley, lemon juice, garam masala, and the remaining 1/2 teaspoon salt. Toss well with tongs. Divide among the serving plates and add a dollop of soy yogurt alongside each portion.

### *Winter Minestrone*

Minestrone lends itself to variations, so improvise with the ingredients that you have on hand. If you were wise enough to freeze pesto at the end of the summer, you can turn this soup into Minestrone alla Genovese by stirring about 1/4 cup of the pesto into the pot just before serving.

*Kitchen Note:* Like all soups that contain pasta, this will thicken on standing. Thin with additional broth or water if needed.

2 tablespoons extra-virgin olive oil

1 onion, diced

1 celery root, peeled and diced

1 carrot, peeled and diced

4 garlic cloves, minced

6 cups vegetable broth, chicken broth, or turkey broth

1 quart crushed tomatoes or tomato purée or 1 (28-ounce) can

3 cups thinly sliced green or savoy cabbage, or kale (remove and discard tough stems from kale)

1-1/2 cups cooked white beans (cannellini, navy, pea), or 1 (15-ounce) can, rinsed and drained

1 teaspoon dried rosemary

1 teaspoon dried thyme

1 cup small pasta (rings, ditalini, alphabets, bowties)

Salt and freshly ground black pepper

1. Heat the oil in a large soup pot over medium heat. Add the onion, celery root, carrot, and garlic, and sauté until the vegetables are slightly tender, about 3 minutes. Add the broth, tomatoes, cabbage, beans, rosemary, and thyme. Bring to a boil, then reduce the heat and simmer until the vegetables are tender, about 30 minutes.
2. Return the soup to a boil. Add the pasta and boil gently until the pasta is tender, about 10 minutes. Season with salt and pepper. Serve hot.