



LOON ORGANICS

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What's in the box 10/14-15:

Carrots: perfect snack-size carrots

Sunshine Kabocha Squash: this is the dark orange round squash that is one of our favorites. Very sweet, moist flesh, not stringy at all. Recipe on page 2!

Butternut Squash: We ate this slow-roasted (275 degree oven until tender) and mashed with lots of butter at farm dinner at York farm last weekend. It was divine!

Pie Pumpkin: Cook this up and scoop out flesh for use in a true pumpkin pie, pumpkin muffins, make your own pumpkin spiced latte. It's pumpkin season!

Leeks: Use these anywhere you would use onions. They are sweeter and milder.

Yellow Satina Potatoes: Baked potatoes with spinach and broccoli (and bacon?). ☺

Spinach: Not so baby leaves anymore. Great flavor!

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!!

Broccoli: Ending on a bang! This was almost too big to fit into the box. It's delicious!

Sage and Thyme Bunch: Sage grilled cheese recipe on page 2.

Garlic: German White variety

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

REMINDERS:

****Don't forget to return your CSA boxes to your pick-up site. You can return them after the CSA is over and we will pick them up from the drop site.****

TODAY is the Last Group B Half Share, Full Share, and Mushroom Share Pick up.

Here we are at the last regular season CSA delivery of the season. Just in time too, as we expect a killing frost later this week. All in all, this season is full of positives. From the nearly perfect weather and all-around great crops to a stellar crew of workers and workshares that stuck with us through the tough and windy jobs (tugging out eggplant shrubs in the 50-mph winds on Monday!) to the beautiful and serene jobs (setting out broccoli seedlings on a beautiful summer's day in a bed of soil that resembled moist, crumbly chocolate cake). And Gratitude is first and foremost what we feel when we look back at our 11th farming season.

I feel like most of you faithful CSA members get that this type of small-scale farming is an incredible amount of physical and mental work. It can be hard to find people that want to do this work and can hack it for 6 months of the year. So gratefulness abounds to our staff, workshares, and volunteers that chose to join our team this year. Farm staff included Andrew Lars, his wife Elizabeth, Katharine, Jenny, Bree, Kelly, Elise, Eliza, and Siri (for the last 10 days!), and they will be a hard crew to beat. Responsible, kind, passionate, and fun were the values that rose to the top this year in the Loon farm culture. Our workshares Bev, Rebecca, Valerie, Jenn, Laura, Leigh Ann, and Robert helped us tackle some of the most time-consuming and laborious tasks on the farm, (i.e. pulling LOTS of weeds, big and small) and they do it with smiles on their faces. Our rotating market staff logs early Saturday mornings with us to help create a gorgeous, abundant farmers market stand each week from May to October: thanks Kim, Matthew, Amelia, Katie, Nikki, Ava, Ellie, and our on-farm staff for rocking that out each week. Thank you ALL!

Lastly, Thank YOU dear Eater for cooking and eating your vegetables right alongside us this summer. Our farm operates and hums on the support of our CSA members; over 200-households participated this season! Because of your upfront payment for veggies in this unique model, we were able to streamline and upgrade some key infrastructure components of our operation and give our employees a much-needed pay raise, without having to go to the bank for a loan in the Spring. With these improvements, we were able to dedicate even more of our time and energy to producing the best local, organic vegetables around. Please know your support makes a huge difference in the lives of our family, our farm staff, and how we are able to responsibly steward our land.

We will see some of you again in 2 weeks for our Fall Box delivery. Take good care everyone and eat your vegetables!

Signing off until next season! Your farmers, Laura, Adam, Eli + crew

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 GARLIC, POTATOES, AND SQUASH. If stored properly, everything should last at least 7-10 days.

Preservation Tips:

Broccoli/Cauliflower, leeks, carrots, brussels sprouts, and spinach can be blanched and frozen for winter use. The sage/thyme bunch can be dried easily (either in a dehydrator or hang upside down in your kitchen to dry. Once dry, you can store in a glass quart mason jar in your cupboard). 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).

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

[Broccoli Steaks with Red Chili](#)

[Sambal Romesco](#)

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Recipe Corner

Stuffed Kabochas with Butternut Squash Vindaloo

Vegan! This tasty delicacy is graciously borrowed from Isa Chandra Maskowitz's *Vegan with a Vengeance*. Not only can everyone eat it, but it's delicious too! :)

2 kabocha squashes, cut in half and insides scooped out

3 tbs peanut oil or olive oil

2 c diced yellow onion

3 cloves garlic, minced

2 tbs grated ginger

1 tbs mustard seeds

1 tbs ground cumin

1/2 tsp ground cloves

2 cinnamon sticks

1/4 c red wine vinegar

1/2 c red wine or balsamic vinegar

1 12 oz can crushed tomato

1 1/2 lbs potatoes, peeled and cut into 1/2 in chunk

1 1/2 lbs butternut squash, cut into 1/2 in chunks

1/4 c maple syrup

Preheat oven to 375F. Lightly oil a baking sheet or cover with parchment paper. Slice a sliver off each kabocha half so they sit flat. Place cut side down on sheet, bake for 40 minutes. In a stockpot over moderate heat, sauté onions in oil for 5-7 minutes. Add the garlic and ginger; sauté until fragrant. Add all the seeds and spices and stir and let sauté for 2 minutes. Add the vinegar, wine and tomatoes and mix to combine. Add potatoes and butternut, cover half way and bring to a simmer. Cook until potatoes are tender. Then add maple syrup and heat thru. When the squashes are done flip them right side up and put them on dinner plates and scoop the stew inside. Bon appetit!

Loon Organics Inspired Spinach and Grated Carrot Salad

Katharine created this salad and tested it out on her brother who is a very selective vegetable eater. Hopefully it works for your family members that are on the picky side too!

4 cups of spinach roughly chopped

5-6 carrots cleaned and grated

1/2 celeriac cleaned and grated (or omit if you don't have/don't like)

1 apple cored and thinly sliced or 1/2 cup dried berries crushed

1/2 tablespoon finely diced onion

1/3 cup toasted nuts of your choice (hazelnuts or sunflower seeds are great)

1/4 cup fresh herbs (preferably mint and chives)

Generous pinch kosher salt

Freshly ground black pepper

For Dressing:

2/3 cup olive oil

1/3 cup balsamic vinegar

1/4 cup maple syrup

1/2 tsp salt

Combine the salad ingredients together in a large bowl and mix well. Combine the dressing ingredients together in a separate jar and shake vigorously. Pour desired amount of dressing over the salad ingredients and mix well. Allow salad to sit for 10-20 minutes if possible and then eat.

Zuni Cafe Sage Grilled Cheese

12 sage leaves

2 tablespoons olive oil

4 slices of rustic bread

4 ounces Fontina cheese, sliced thin

Pepper

Roughly chop the sage and toss it into a small sauce pan. Add the olive oil and pepper. Heat over low heat until just warm. Turn off heat and let sit while you construct the sandwiches. Mound two of the slices with the cheese, and top with the other two slices. Place a large pot on top of the sandwiches, pressing them down, and letting them flatten for about 10 to 20 minutes. Remove the pot, and brush the sandwiches with the olive oil. Warm a cast-iron skillet over medium heat, and cook the sandwiches until the cheese has melted and the bread is nice and golden.