



LOON ORGANICS

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What's in the box 6/25:

Bunched Spinach: last week of spinach. Recipe page 2.

Kohlrabi: Bulb must be peeled and then we prefer to grate and eat it raw in coleslaws or salads.

Would make a great coleslaw grated with your peeled broccoli stem and scallions.

Strawberries: We pick our berries ripe! Eat them first as they have a shorter shelf life.

Hakurei Salad Turnips:

Sweeter and softer-textured than a radish (and nothing like a regular turnip), top your salads or add to fried rice.

Garlic Scapes: Use anywhere you would add garlic. This has a light garlic flavor. More info and recipe on page 2. They are great grilled! Pesto is a favorite.

Scallions (Green Onions):

Included in frittata recipe page 2.

Head Lettuce: Mixed varieties including red or green romaine, green or red leaf, or red butterhead. Salad with every meal!

Radishes: Last week of radishes.

Broccoli: Sweet and tender. It's early this year! Yay! Don't forget to peel the stem and grate it for a coleslaw with your kohlrabi.

Baby Bok Choi: Fried rice or grilled recipe link on page 2.

Cilantro: Try cilantro pesto for pasta or fish tacos.

Potted Basil Plant: Sweet Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

CSA: Week Two (*Group B Half Shares*)

Welcome to our Week B Half Shares and Mushroom Shares! Hope you enjoy your first box and please check out last week's newsletter for general CSA tips and info. Mushroom Share members, you should have received an informational e-mail on Sunday with mushroom handling tips and a recipe for your mushroom share. E-mail us if you didn't get it and I'll re-send to you.

****Reminder: Boxes are all labeled with your last name this season. Please take the box labeled with your name! Mushroom Shares are also labeled with your name.****

Also, please bring your box back to your pick-up site each week. We re-use boxes throughout the season to save resources and expense. Thank you!**

With this week's box, we are enclosing a letter from our farm and The Food Group, which runs the Harvest for the Hungry Program. On Monday of this week, we donated 165 pounds of produce to our local McLeod County Foodshelf through the Harvest for the Hungry Program and we will continue to donate excess produce regularly through the season. This is a fantastic program and is a model for the rest of the country. It's a win-win for farmers, foodshelves, and those in need. We get paid \$1/lb for our produce from The Food Group, which help to pay for our labor to grow, harvest, pack, and deliver the extra produce, produce which otherwise may not have a home. The foodshelves get super fresh, organic produce to offer to their patrons. We've donated over 10,000 pounds of produce since we began participating in 2011, and the program usually collects 70,000 pounds of fresh, organic produce annually from local farms in MN and WI. Donations from CSA members are an integral part of this program's support. THANK YOU to all whom have already donated. In 2015, we've raised \$1200 just from our farm alone and we hope that others can join in! If you are able, please consider donating to this worthy program.

CSA Strawberry Pick & Tour, June 27th 10 a.m.- 1 p.m.: There will be a bit of strawberry picking, an electric tractor wagon tour of the farm, organic lemonade, and general merriment! Every family can usually pick at least a free pint of strawberries to take home with them, more if we have the quantity available. All ages welcome, but no pets please. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail or phone. Hope to see you there!! loonorganics@hotmail.com; 320-587-0140

Next week's box: beets, Italian parsley, broccoli, zucchini?, Napa/Chinese cabbage, rainbow chard or kale

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

Everything in your box (except the basil plant!) should be stored in PLASTIC BAGS in your fridge to keep greens crisp and fresh. Strawberries should be kept in fridge as well. For longer shelf life, you can remove the turnips and radishes from their greens and the roots will stay crisp longer. If stored properly, everything should last at least 7-10 days. Plant your basil plant in a larger pot or in your yard in full sun, preferably, or in partial sun.



What is this veggie? Garlic Scape!! The flower stalk of the garlic plant gets plucked off to promote the bulb to grow bigger. The bonus is that the garlic scapes are a delicious edible and only around for a couple weeks.

More Loon Newsletter Recipes:
(Click on recipe in our e-newsletter to go to recipe)

- [-Kohlrabi Salad with Creamy Herb and Avocado Dressing](#)
- [-Kohlrabi Salad with Fried Shallots and Peanuts](#) (so good)
- [-Spinach and Cheese Pie](#)
- [-Grilled Baby Bok Choi](#)
- [-Hakurei Turnips with Greens, Beans and Pasta](#) (farm favorite!!)
- [-Baby Bok Choi Fried Rice](#)

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Recipe Corner

It's the pesto edition of the Recipe Corner! You can make pesto out of just about anything—we do. ☺ Some of our favorite pesto is garlic scape pesto (and we only get to eat it a couple weeks of the year!), cilantro pesto, spinach pesto, and arugula pesto. Basil pesto isn't too shabby either, but we'll have to wait another week or two for that.

Garlic Scape Pesto

- 8 garlic scapes
- ½ cup nuts (almonds, walnuts or sunflower seeds work)
- 1 cup freshly grated Parmesan cheese (optional)
- 1 to 2 Tbsp. freshly squeezed lemon juice, to taste
- ½ tsp. salt
- ½ cup extra-virgin olive oil, plus more to taste

Remove the flowers from the scapes and chop the stems. You should have about 1 cup chopped scapes. Combine the scapes, nuts, Parmesan, 1 tablespoon lemon juice, salt, and olive oil in the bowl of a food processor. Pulse until the pesto reaches the consistency you like; you may need to add up to 3 tablespoons additional olive oil or more lemon juice, to taste. Store pesto in a glass jar in the refrigerator; it will keep for at least 10 days. Toss with pasta or steamed veggies like peas and broccoli, dip Hakurei turnips and radishes into it, or it's great as a spread on bread. Can also freeze (without the cheese). Adapted from www.culinate.com Variations: If the garlicky flavor of this pesto proves too powerful for you, add 1 cup chopped parsley, arugula, spinach or basil to mellow it.

Cilantro Pesto

- 1 cup packed fresh cilantro leaves
- ½ cup almonds (or other nut of your choice)
- 4 garlic scapes (or 1 large garlic clove)
- ¼ cup grated parmesan cheese
- ¼ cup olive oil
- 1 Tablespoon lemon juice
- ½ teaspoon salt

Combine the cilantro, garlic scapes, and almonds in a blender or food processor and puree until smooth. Add the parmesan, oil, and salt and puree to a smooth paste. Stir into hot pasta or your grain or veggie of choice and serve. Or use the cilantro pesto in place of tomato sauce in pizza, in lasagna, enchiladas, on shrimp or other seafood. Adapted from www.food.com

Spinach Frittata

- ¾ lb cleaned spinach leaves (your bunch is around 1 lb)
- 2 Tablespoons butter
- Sea salt and freshly ground pepper
- 4 eggs
- 2 scallions, including 3 inches of greens, thinly sliced
- 3 ounces crumbled firm goat cheese

Put the spinach in a large skillet with a teaspoon or so of the butter, season with a few pinches of salt, and add a tablespoon of water to create a little steam. Cook over medium heat until wilted and tender, about 3 minutes. Drain and chop coarsely. Whisk the eggs in a medium bowl with several pinches of salt and some pepper. Stir in the scallions, cheese and spinach. Melt the remaining butter in a 10-inch nonstick skillet. When it foams, swirl it around the pan, coating the sides. Add the eggs, reduce the heat to low, then cover the pan and cook until golden and puffed, about 8 minutes. If, at this time, it's cooked to your taste, slide it out onto a serving plate without turning it over. If you like your eggs cooked more firmly, slide the frittata onto a plate, invert the skillet over it, then, grasping both the plate and the skillet in your hands, invert the whole thing. Cook the second side for a few more minutes, then slide the frittata onto the plate, cut into quarters and serve. Serves 2-4. Adapted from *Vegetarian Suppers from Deborah Madison's Kitchen*