



# LOON ORGANICS

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## What's in the box 7/3:

**Salad Mix:** Mix of lettuces.

**Strawberries:** Eat these soon! Shelf life is decreased with all the rain we've received.

**Kohlrabi:** Recipes and info. in last week's newsletter.

### Red Romaine Head

**Lettuce:** A little more delicate and tender than green romaine. Makes a beautiful salad. Try it with our blue cheese dressing.

**Rainbow Chard:** Colorful stems and leaves are edible and taste similar to spinach. Our favorite taco recipe is on pg. 2.

### Zucchini and Yellow Summer

**Squash:** Mix of zucchinis and yellow summer squash and/or patty pan squashes. All can be used the same—slice and leave skin on for grilling or sautés. Or grate for your favorite zucchini bread or cupcake recipe.

**Sugar Snap Peas:** Edible sweet pod and pea. Snap off top and pull string down off side, then eat raw or sauté up.

**Broccoli:** First broccolis of the year! More to come... Peel the stem and eat it. It's sweet!

**Baby Bok Choi:** Last week of this as well. Check out the bok choy and broccoli stir fry recipe on page 2.

**Garlic Scape:** Flowers of the garlic plant. Chop up raw and use wherever you would use garlic. Delicious!

**Cilantro:** Cilantro pesto recipe is on page 2. Or chop and add to a big batch of guacamole. Yum!

## CSA: Week Three (*Half Share Green Week*)

Happy 4<sup>th</sup> of July week to everyone! Looks like a wonderful, sunny week of weather on tap for us all. Good for crops, farmers, and holiday celebrations as well. This weather has been great for drying out the farm, finally allowing Adam to get in the fields on various tractors and cultivate some weed flushes out. The heavy rains we experienced a week ago are really hard on the soil itself, as the rain compacts the soil and a thick, hard crust will form on the top soil. As soon as fields are dry enough to be worked with a tractor, we get in with our cultivators to break through the crust, allowing better soil aeration and less compaction. In the process, we are also burying or uprooting small weeds growing next to our crops, which means less hoeing and hand weeding for the crew. As hard as it is to believe, we will probably start irrigating a few crops this week that still have shallow roots and need a lot of water during establishment. At this point though, I'd rather have the option of irrigating rather than worrying about crops drowning out. July is typically a drier month, and it looks like that will hold for us this year as well, at least for the next week or two. Phew!

We had such a great time on Saturday at our Strawberry Pick. Thank you to everyone who came out! One of the best parts of CSA farming is meeting our members and seeing the kiddos learn about and enjoy the farm. Picking and eating strawberries straight from the patch was enjoyed by all, but the sand box and recently arrived chickens were a close 2<sup>nd</sup> in entertainment value. The strawberries are at their peak of production and we have enough to pick a quart of berries for everyone this week. Yahoo! We are hoping for one more good week of picking before they peter out.

Other crops trickling in and Spring crops are trickling out... The first zucchini and summer squash ripened up this weekend, and we did a first pick today. We also were able to pick the first sugar snap peas, and they were worth waiting for. We will have peas for sure for a couple more weeks, so both half share groups should get them at least once. The turnips are done for the season, but the first baby broccolis are in. The first broccoli variety we grow is early, but always is smaller in size. We have LOTS more broccoli on the way, and our summer variety gets big, beautiful heads. Just consider today's broccoli as a teaser for what's to come. Cucumbers are about an inch or two long right now, basil will be perfect next week, and there is still a good amount of nice head lettuce, including my favorite, Summercrisp, for the next few weeks. The green beans are flowering right now and should be ready in another 2 weeks, although some plants got "rust", which is a fungus that turns the leaves and beans rusty brown, making them unmarketable. Wet conditions over 10 hours favor rust infection, and we certainly had prolonged wet conditions. We do have multiple beans plantings in different fields (and we are still planting our fall successions), so we should have good quantities of beans overall. In general though, as we go into July CSA boxes, you will see more "hard" vegetables, such as carrots, beets, zucchini, cucumbers, cabbage, and broccoli and less greens. Those first few very green CSA boxes can be a challenge, **so good job to all of you for eating your way to Week 3 of the CSA!! You are healthier for it!** Next week's box: head lettuce, strawberries, sugar snap peas, last kohlrabi?, zucchini, garlic scapes, dill and basil, fennel, broccoli, 1<sup>st</sup> cukes? and more...

**Produce Storage:** All produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. Eat strawberries first. Everything should last over a week if stored properly.

**Garlic Scapes:** The curlicue flower of the garlic plant that grows out of the center of the plant. We pull off the scapes when they emerge so that the garlic plant puts its energy into making a bulb rather than producing a flower. The bonus for us all is that the garlic scapes are delicious! Chop up the whole scape raw and use it wherever you would use garlic cloves. The flavor is garlicky, but not quite as strong and more "green" tasting. There is a [garlic scape pesto recipe](#) on our website's recipe page that is seriously addictive. It's also fun to throw a couple on the grill for some garlicky goodness and pickled scapes are heavenly. Really, they are good just about in any savory dish.

**Preserving Tips:** Greens such as chard and kohlrabi greens can be easily frozen for later use. Wash and de-stem greens, chop, and blanch in boiling water for 2 minutes. Cool greens, put in freezer bags, seal, and label. Cilantro pesto can be frozen in ice cube trays.

### Other Recipe Ideas:

[Skirt Steak and Baby Bok Choy Stir Fry](#) (at [marthastewart.com](#))

[Kohlrabi Pickles](#) (on our website's recipe page)

[Asian Turkey Burgers](#)—with lots of cilantro and scallions. Yum! (on our website's recipe page)

[3 Zucchini/Squash Recipes](#) on our website's recipe page: bread, cupcakes, and fritters

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### Recipe Corner

This is the last week of baby bok choy in the box, so enjoy it in this easy, green stir fry. Serve the stir fry over cooked rice or quinoa for an easy dinner. Tofu, chicken or beef could easily be sautéed separately and mixed in at the end.

#### Baby Bok Choy and Broccoli Stir Fry

1 bok choy  
1/2 kohlrabi (peeled)  
2 tablespoons vegetable oil (we used a combo of coconut oil and sesame oil)  
2 Tablespoons finely grated fresh ginger  
Cut white stalks from bok choy; slice into 1-inch pieces. Coarsely chop green leaves. Peel stalks from broccoli; slice 1/4 inch thick. Cut florets into bite-size pieces. Peel kohlrabi skin off and slice into pieces 1/4 inch thick, about the same size as the pieces of broccoli stalk. In a large skillet, boil 1/2 cup water. Add bok choy stalks, kohlrabi pieces, and broccoli; cover. Simmer over medium-low until broccoli is bright green, 5 to 7 minutes. Uncover; cook on high until water evaporates, 2 to 4 minutes. Add bok choy leaves, oil, and garlic scapes. Cook, tossing often, until garlic is fragrant, 2 minutes. Press ginger in a sieve over skillet to release juices. Stir in soy sauce.  
Adapted from [www.marthastewart.com](http://www.marthastewart.com)

Cilantro pesto is as versatile and delicious as basil pesto, and the flavor is mellowed by the other ingredients. For a quick 4<sup>th</sup> of July potluck salad, mix your cilantro pesto with a curly pasta, such as rotini and add halved cherry tomatoes and steamed broccoli florets. Pesto also freezes well (leave out cheese), if you can't use it all.

#### Cilantro Pesto

1 cup packed fresh cilantro leaves  
4 garlic scapes (or 3 large garlic cloves)  
1/4 cup olive oil  
1/2 teaspoon salt  
1/2 cup almonds  
1/4 cup grated parmesan cheese  
1 Tablespoon lemon juice

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 and serve. Or use the cilantro pesto in place of tomato sauce in pizza, in lasagna, on shrimp or other seafood. Adapted from [www.food.com](http://www.food.com)

This blue cheese dressing makes eating salad exciting again! The head lettuce in your box is perfect with this dressing as the heftier texture of the leaves holds the dressing well without getting soggy. Add sliced raw turnips or kohlrabi on top.

#### Blue Cheese Dressing

6 Tablespoons olive oil  
2 Tablespoons sour cream or yogurt  
5 teaspoons red wine vinegar  
3 oz. blue cheese, crumbled  
1 Tablespoon minced garlic scapes  
Salt and freshly milled pepper  
Whisk all the ingredients in a bowl except the salt and pepper, leaving the cheese a little chunky or smooth as you prefer. Taste and add salt if needed—the cheese will be salty—and season with pepper. From *Vegetarian Cooking for Everyone*.

This taco recipe is one of our absolute favorites! Great way to use up your chard.

#### Swiss Chard and Caramelized Onion Tacos

1 bunch of Swiss chard, thick lower stems removed (or sub spinach for chard)  
1 1/2 tbl. oil or bacon drippings  
1 bunch garlic scapes, finely chopped  
1/2 cup chicken or vegetable broth  
1 cup (4 ounces) Queso Fresco or other fresh cheese such as feta or goat cheese  
1 large onion, thinly sliced  
1 tsp. red pepper flakes  
12 warm corn tortillas  
Salsa for serving

Slice the chard into 1/2-inch ribbons. Heat the oil in a large skillet over medium-high heat. Add the onion then cook until golden brown, about 4-5 minutes. To the onions add the red pepper flakes and garlic. Stir for about 20 seconds until you are hit with the aroma of the garlic then immediately add the broth or water, 1/2 teaspoon salt and the greens. Adjust the heat to medium-low then cover the skillet. Cook until the greens are almost tender. For Swiss chard this will be about 5 minutes. Uncover the pan, adjust the heat to medium-high then cook until the juices have reduced significantly and merely glaze the greens. Taste and add salt if you think it needs it. Serve with the corn tortillas, crumbled fresh cheese and your favorite salsa.