



LOON ORGANICS

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What's in the box 7/1-2:

Napa/Chinese Cabbage: A lighter version of cabbage. We included many recipe links on page 2.

Green top Red Beets: The greens are edible, very nutritious, and can be prepared like chard. We included a new favorite beet recipe on page 2.

Strawberries: It doesn't get much better than a local, organic MN strawberry! Eat them first as they have a shorter shelf life.

Granita recipe on pg 2.

Zucchini and Yellow Summer

Squash: The yellow summer squashes can all be used just like zucchini, no need to peel. Yellow squashes may include yellow straightneck, zephyr (long yellow with light green end), or patty pan (scalloped saucer-shaped yellow and green). Patty pan is a favorite of ours! You can bet there will be more to come in the weeks ahead.

Garlic Scapes: Last week of these. Use anywhere you would add garlic. Check last week's newsletter for a pesto recipe.

Sugar Snap Peas: An outstanding crop this year. Whole pod is edible, snap off top and pull string down, then eat or cook with entire pea.

Summercrisp Head Lettuce:

Our favorite summer lettuce. Crisp and juicy, perfect for salads, BLT's, burgers, anything!

Italian Parsley: Chimichurri recipe on pg 2.

Broccoli: some of the best!

CSA: Week Three *(Full Shares & Group A Half Shares)*

Many milestones this week on the farm! We had a beautiful CSA Strawberry Pick and Tour last Saturday. Sunny skies, a gentle breeze, ripe, delicious strawberries and close to 100 people made for a great day. Thank you to everyone for coming out and visiting the farm. It's always a highlight of our season. **The Fall Tour and Harvest Festival is on Sunday, September 27th from 1-3 p.m.** Hope to see many of you then!

We also had a great feature in the Star Tribune "Taste" Section on Sunday, June 28th. I talked about various herbs that we grow, what to do with them, and included some recipes (like cilantro pesto!) to help incorporate more herbs into your meals. You can check it out on-line at the Star Tribune site: [HERE](#).

Another work-in-progress of late is a website upgrade for us, making our site finally mobile-friendly and responsive no matter what device you use. We'll slowly be adding more content, photos, and re-arranging as the summer continues, but you can still access everything as before. Thanks to our friend and CSA member, Ryen Goldsmith, for his eternal help on this.

The early summer vegetables continue to thrive, with some of the best-tasting and best-yielding sugar snap peas that I think we've ever grown. The broccoli is pretty much off-the-hook too, with broccoli heads easily bigger than our own heads. The summer squash and zucchini is coming in strong, and we will be harvesting this for a while now.

This is the last week of garlic scapes as we move onto the fresh onions, and the first carrots and green beans are not too far off. We've also spied the first ripe cherry tomatoes in the hoop house, so probably within a couple weeks these will be making an appearance in your box. This also is the last week of strawberries, we usually get about two solid weeks of picking before it turns into a jam patch.

In addition to the vigorous crop growth, the weeds have taken off and we're doing all we can when not harvesting to try to keep up. Slowly but surely we are making a dent. Have a wonderful 4th of July weekend everyone! Enjoy your box!

—Your farmers, Laura, Adam, Eli + crew

Next week's box: beets, broccoli, zucchini/summer squash, peas, green or savoy cabbage, rainbow chard or kale, basil, lettuce or salad mix, 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 greens crisp and fresh. Strawberries should be kept in fridge as well. If stored properly, everything should last at least 7-10 days.



What is this veggie? Napa Cabbage a.k.a. Chinese Cabbage

Napa cabbage has a lighter, sweeter flavor than regular cabbage. It can be used in place of cabbage in any recipe. It's also used in kimchi—the spicy, pickled Korean sauerkraut which is oh so delicious. A few recipe links:

1. [Asian Slaw \(Week 4 2013\)](#)

2. [Cabbage Roles with Spicy Meat Filling \(Week 5 2012\)](#)

3. [Kimchi \(Week 5 2012\)](#)

4. [Vietnamese Rice Noodle Salad](#) (via www.millcityfarmersmarket.org)

More Loon Website Recipes:

-[Marinated Tofu Salad with Chinese Cabbage](#)

-[Chocolate Buttermilk Beet Cake](#)

-[Chocolate Zucchini Cupcakes](#)

...And many other savory zucchini/summer squash recipes on the website.

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Recipe Corner

Our employee Elizabeth trialed a new recipe for our continuing “Farm Test Kitchen Series” and we and our crew are the lucky ones that got to taste the results! These croquettes pretty much knocked it out of the park, and to save on time Liz suggests making the Chimichurri sauce the night before so you can focus on the croquettes. It's worth the effort, these were delicious! Adapted from [HERE](#) and [HERE](#) (links in on-line newsletter).

Beetroot Croquettes with Chimichurri sauce

1 bunch beets, grated	1-15 oz can black beans
2 c brown rice	8 oz goat cheese
1 t cumin seeds	1 t paprika
1 t chili powder	2-4 t chopped cilantro
1 t sea salt	1/2 t pepper
1 sm onion diced	2-3 eggs
2 c flour	2 c breadcrumbs

Oil for lightly frying croquettes: coconut, sunflower, canola, etc.

Washed and dried lettuce leaves for serving

Chimichurri sauce:

2 c chopped parsley	2/3 c olive oil
6 T lemon juice, preferably fresh	2 T minced garlic (can use scapes)
2 t crushed red pepper	salt and pepper to taste

1. Cook rice according to package directions.
2. Using a blender or food processor, mix all chimichurri sauce ingredients and pulse until nicely blended. If a food processor isn't available, finely chop all ingredients and mix in a bowl. Refrigerate to help flavors chill and meld together.
3. Wash beets and cut the root from the stems and leaves. The tops can be used later for another dish! Grate beets using a cheese grater.
4. In a pan, add oil and lightly saute onions into slightly translucent. Add grated beets and cook until soft (3-5 min). Put cooked beet mixture into a large mixing bowl to cool.
5. In small pan, add cumin seeds and dry roast until slightly golden (1-2 min). Add in the paprika at the very end as it burns easily. Grind the spice mix and add to the cooling beet mixture.
6. Open can of beans and rinse. Add beans and cooked rice to beet mixture along with the goat cheese, chili powder, cilantro, salt and pepper. Mix well.
7. Using the beet mixture, make small balls about 1 1/2" in diameter. Roll in flour and chill in refrigerator for about 1 hour to help the mixture set-up for the frying later.
8. In bowl, beat eggs. Spread breadcrumbs on a plate.
9. After chilled, dip croquette balls into egg and then roll in breadcrumbs. Repeat for all rolls.
10. Heat oil in a deep pan. Fry croquettes until golden brown or bake for a healthier version. If serving a large group, fried croquettes can be put on a pan and set in a warm oven until all croquettes are finished frying.
11. Serve over lettuce greens and a light chimichurri sauce on top. Enjoy!

We followed the croquettes with a delicious **Strawberry Granita** dessert. It's the easiest: Puree really good strawberries, a few Tablespoons of sugar, water, and lemon juice together and freeze for a couple hours until it is slushy and amazing. A recipe is at www.davidebovitz.com: [Strawberry Granita Sorbet](#)**