



# LOON ORGANICS

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## What's in the box 6/29-30:

### Napa (a.k.a Chinese)

**Cabbage:** We love fresh Napa slaw, in stir fries, or try your hand at homemade kimchi.

**Rainbow Swiss Chard:** This is not a different colored rhubarb, it's a nutritious green related to spinach and beets! The stems and leaves are both usable. Recipe on page 2.

**Mixed Salad Greens:** Baby lettuce and baby arugula mix.

The sweet lettuce is a nice contrast to the arugula's pepper!

**Carrots:** More delicious carrots. Mokum variety is our favorite.

**Sugar snap peas:** Snap off end and eat the whole pod. Sweet as candy.

**Scallions:** We chop these and put them on everything.

Scrambled eggs, avocado toast, sautéed summer squash.

### Summer Squash and Zucchini:

The plants went BOOM! Mix includes yellow summer squash, pattypan (saucer shaped—slice and cook just like a zucchini), zephyr squash (green and yellow), and regular zucchini. We have been sautéing this up in coconut oil, topping with scallions, fresh herbs, and sometimes a fried egg for a great salad or toast topper.

**Metro--Beets:** Grill in foil for a 4<sup>th</sup> of July salad!

**Farm--Broccoli:** Sweet-tasting stuff!

**Garlic Scapes:** The last few scapes of the year sticking around.

**Basil:** The first pick

## CSA: Week Three (*Group A Half Shares*)

Howdy all!! We have news to share about our strawberry pick. Due to May frost, June heat waves, and a pesky invasive fruit fly called S.W.D. (spotted wing drosophila for the novice entomologists), the strawberries had an early demise and the upcoming CSA u-pick has been relocated to the Sugar Snap Pea patch! We'll send out an e-mail later this week with farm tour directions and details. Hope that many of you will still visit the farm and chomp on some delicious peas before their season has ended as well.

It was a sad day on Monday when our lovely group of work shares headed to the strawberry patch to start picking for this week's box and the last round of gorgeous looking berries had mostly turned to mush. The S.W.D. fly had swooped in early, laid eggs, and their worms began to eat the berries from the inside out, softening them in the process. This year is the first we have ever had SWD on our farm (it appeared in MN in 2012). The U of MN has been scouting our farm and many fruit farms all over Minnesota to track its infestation. It affects soft fruits, like strawberries, raspberries, blueberries, and stone fruit. Luckily, we don't have any other crops on our farm that will be affected. If we hadn't lost our first berry blossoms to the May freeze, then we could have started picking earlier and been nearly done by the time the fly showed up. It was just a bad confluence of events, and we are really bummed that we didn't have more fruit for you this year. In this business though, we are ultimately at the whim of Mother Nature. It's a fine line between working with nature and sometimes feeling like we are fighting against it. In the end, we do our best and have to let some things go. Just like life sometimes, eh?

At any rate, I'm happy to be moving out of tough June weather and into new and exciting summer crops, like zucchini and summer squash! We likely will have cucumbers next week, more squash, broccoli, fennel, carrots, and the hoop house tomatoes are growing larger by the day. We'll have tomatoes in July for certain, probably sweet peppers too! There is much to look forward to.

Hope you all have a delicious, safe, and fun 4<sup>th</sup> of July weekend! We will be grilling up the last of the garlic scapes and the first zucchini with our burgers and brats. Cheers! –Laura

### ~~Strawberry~~ PEA! CSA Pick & Tour, July 2<sup>nd</sup>, 10 a.m.- NOON:

Well, there ain't no strawberries on the farm anymore so let's have a sugar snap pea pick! Come out and you can pick a pint of peas in the sugar snap patch, take an electric tractor farm tour, have some organic lemonade, and pick a bouquet of flowers. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail or phone. [loonorganics@hotmail.com](mailto:loonorganics@hotmail.com); 320-587-0140

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

Everything in your box EXCEPT THE BASIL should be stored in PLASTIC BAGS in your fridge to keep everything crisp. Keep the basil on your counter out of the sun. It will get chilled in the fridge and turn black, so keep it unrefrigerated. For longer shelf life, remove the carrots from their greens. The roots will stay crisp longer. If stored properly, everything should last at least 7-10 days.

### **What is this veggie? Napa Cabbage!**

Remember the baby bok choy...well meet its partner in crime Napa cabbage. Often familiarized with being used for kimchi making Napa cabbage hails from China and can be used to make all sorts of delicious dishes. Check out the kimchi recipe below from the fermentation master Sandor Katz if you'd like to try your hat at brining up your own probiotic powerhouse. Otherwise shred it up for Katharine's salad to the right. Napa cabbage also makes an excellent addition to spring rolls with carrots, peas and some basil. Or if you're really feeling adventurous try the Japanese dish Okonomiyaki. Recipe below...it's like a delicious Napa cabbage pancake.

### **More On-Line Recipes (links in our on-line newsletter):**

[Melting Greens](#)

[Vegetarian Spring Rolls with Asian](#)

[Dipping Sauce](#)

[David Lebovitz's Basil Pesto](#)

[Okonomiyaki](#)

[Simple Asian Style Snap Peas](#)

[Rick Bayless Swiss Chard Tacos with](#)

[Caramelized Onions, Fresh Cheese &](#)

[Red Chiles](#)

[Swiss Chard with Lemon & Ginger](#)

[Sandor Katz's Kimchi](#)

Many more recipes on our website's [recipe](#) page.

### **Contact us:**

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## **Recipe Corner**

### **Grilled Scallions with Sesame Napa Cabbage Salad**

*Fire up your grill this week! Take your Napa cabbage, throw a veggie burger or meat burger on your grill and char up your scallions! Add some delicious hints of a variety of your other CSA veggies and whip up this salad. A complete meal if you add a side of grains. ☺*

#### *Salad Ingredients*

1 head Napa cabbage, shredded

1/4 tsp salt

4-5 carrots, grated or peeled with a vegetable peeler into strips

1/2 cup of peas, stems removed and finely diced

2 tablespoons roasted sesame seeds (optional)

1-2 leaves of basil thinly sliced into strips

1 bunch of scallions, ends trimmed

olive oil & balsamic vinegar

salt

#### *Dressing*

1/4 cup apple cider vinegar

2 tablespoons balsamic vinegar

1/2 cup extra virgin olive oil

2-3 tablespoons sesame oil

3 tablespoons maple syrup

1/4 tsp salt

Fire up the grill to medium high heat and drizzle your scallions with olive oil and balsamic. Meanwhile take your Napa cabbage and place in a bowl, massage with salt for 1 minute. Set aside and add carrots and peas. Next combine dressing and add to salad, toss to coat all ingredients.

Grill the scallions over your grill on moderately high heat until slightly charred...approximately 3-5 minutes. Remove from grill and sprinkle with salt. Use a scissors and chop up the scallions when cool into 1/2 inch sized pieces and add to Napa salad. Sprinkle salad with sesame seeds and basil. Taste. If lacking in flavor add a bit more salt or balsamic vinegar.

### **Swiss Chard with Honey Roasted Garlic**

*We used this recipe from Midwestern native Amy Thielen of the Heartland Table to spruce up your gorgeous Swiss chard from the box. Delicious and well worth firing up the oven for!*

1 heads garlic

1 teaspoons honey

1 teaspoon plus one tablespoon extra virgin olive oil

1.5 tablespoons butter

1 tablespoons pine nuts

1 bunch swiss chard, stripped of stems and cut into 1-inch pieces

Fine sea salt and freshly ground black pepper

Preheat the oven to 350 degrees F. Cut the top 1/2 inch off the head of garlic, exposing the cloves. Set the garlic in the center of a square of heavy aluminum foil. Pour 1/2 teaspoon of the honey and 1 teaspoon of the olive oil over the garlic, replace the tops, and fold up the sides of the foil to make a package, crimping the top tight. Bake until very tender and golden, 40 to 45 minutes.

Transfer the baked garlic to a bowl, including all the juices in the foil pouch. When cool enough to handle, remove the garlic head and carefully pop out the garlic cloves pushing up from the bottom; try to keep the cloves intact. Add the remaining 1/2 teaspoon honey and tablespoon olive oil and gently stir to combine.

Heat a very wide skillet over medium heat, and add the butter and pine nuts. When they begin to sizzle and turn golden brown, add half of the Swiss chard. Cook, stirring, until the greens wilt, a minute or two. Add the remaining chard. Once all of the chard is wilted, season with salt and pepper, and cook until most of the liquid has simmered off, another 2 to 3 minutes. Add the honey-roasted garlic to the chard, mix very gently to combine, and serve.

Have a great week! Your farmers, Adam, Laura, Eli, Willie + Crew