



# LOON ORGANICS

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## What's in the box 7/8-9:

**Tomatoes:** Cherry mix or multi-colored heirlooms. Enjoy!

**Carrots:** First harvest! The baby carrots are sweet, tender, and don't need to be peeled.

**Green top Red Beets:** Check last week's newsletter for a great recipe. Page 2 has link

**Cucumbers:** Another first pick this week. Great on a salad.

**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).

**Scallions (green onions):** Check page 2 for a pasta recipe that uses the entire white and green part of the scallion.

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

**Salad Mix:** Mix of baby lettuces. We wash and dry this, but recommend that you wash it again.

**Rainbow Swiss Chard:** Don't be fooled. This is not a colorful version of rhubarb! Most people eat the leaves lightly cooked and taste is similar to spinach. Chard stem hummus recipe on page 2.

**Broccoli:** The bumper crop harvest is finally slowing down. We like to steam or braise the florets and grate the stem in coleslaw (peel it first).

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

Hope everyone had a relaxing 4<sup>th</sup> of July weekend! We enjoyed swimming, fishing, and sun at the lake with family for a couple days.

The vegetables in your box and on the farm are slowly transitioning into the peak summer time. The strawberry patch has petered out and we likely have the last week of sugar snap peas, but the carrots are in and the new potatoes come in next week! The hoop house tomato and pepper plants are loaded with fruit, and the tomatoes are slowly ripening to colors of red, pink, yellow, orange, and green (the green zebra and green tiger are green with yellow stripes when ripe and they pack a delicious tomato flavor). We were surprised to find enough for all of our Metro boxes this week. Next week we should have more.

July entails lots of harvesting for us with the CSA and farmers market in full swing, but when not harvesting, you can probably find us weeding. With the recent rainfall on Sunday (very grateful for that!) and the heat and long days, the crops and the weeds take off. Adam and crew have done a good job keeping on top of the weeds with the tractor and wheel hoes, but inevitably we have some patches that we have to get in and hand weed. Today we hand-weeded the melons and cucumbers, and the whole patch was abuzz with the sound of honeybees flitting from flower to flower, pollinating the crops as they go. We have close to 20 hives of honeybees on the farm right now, two are ours and the rest belong to our neighbors, Cindy and Wayne. That means we probably have over 1 million honeybees or more on our farm, as each hive will be around 50,000-100,000 bees per hive in the peak summer. It never feels like we have that many, although they are prolific in the squash and melon blossoms right now.

This year, as in previous years, we'll offer a **Honey Share Add-On** to our members in the fall. Honey will be collected from the hives on our farm in late August and early September, and Cindy and Wayne bottle our honey separately from the other hives that they manage so that we have a specific "Loon" blend. With the diversity of organic vegetable, fruit and herb crops that the bees are on here, plus a lot of wild clovers and our flowering cover crops, it has been a delicious light honey in years past. You'll get an e-mail from us soon to reserve your honey share and it can be picked up this fall at your drop site or at our Fall CSA Festival on Sunday, September 28<sup>th</sup>. We've run out of our honey stash from last season, so are looking forward to another harvest thanks to the bees!

**Next week's box:** carrots, red new potatoes, fresh onions, zucchini/summer squash, cucumbers, fennel, cabbage, tomatoes, 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 EXCEPT for Tomatoes. Store those on your counter out of sun. Take greens off carrots and beets for longer storage of the roots. If stored properly, everything should last at least 7-10 days.



### What is this veggie? Rainbow Swiss Chard!

Chard is in the spinach family, closely related to beets. It is a nutritional powerhouse, very high in Vitamin K, A, C, E and more. We prefer chard lightly cooked. We got hooked on chard from Rick Bayless' recipe:

[Swiss Chard and Caramelized Onion Tacos](#) (on our recipe page)

[-Swiss Chard and Garlic Scape Frittata](#) (Week 2 2008)

[-Swiss Chard Smoothie](#) (via Heart of Hutch)

[-Swiss Chard Wraps](#) (via Mill City Farmer Market website)

### More Loon Website Recipes:

[-Beet Salad](#)

[-Chocolate Buttermilk Beet Cake](#)

[-Chocolate Zucchini Cupcakes](#)

[-Cucumber Salsa](#)

[-Shrimp Zucchini Pad Thai](#)

[-Zucchini/Squash Fresh Herb](#)

[Fritters](#)

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## Recipe Corner

Two recipes below that are on our list to-make this week! The hummus was recommended by a friend who said it was delicious (and she is not a chard fan).

### Tara Duggan's Chard Stalk Hummus

Chard stalks from 1 pound whole chard, trimmed and chopped (you could use some of your beet stems to add to your chard stems as well)

1 whole clove garlic, peeled

¼ cup tahini

¼ cup extra-virgin olive oil, plus more for drizzling

2 tablespoons fresh lemon juice

½ teaspoon kosher salt

Bring a large pot of water to boil and cook the stalks until very tender, 18 to 20 minutes. Drain. Place the garlic in a food processor and pulse until chopped. Add the chard stalks and purée, then add the remaining ingredients and process until very smooth. Transfer to a shallow bowl, drizzle with olive oil, and serve at room temperature. The hummus also can be stored in the refrigerator for up to 3 days. Return to room temperature before serving.

### Herbed Summer Squash Pasta Bake

8 oz. pasta, any shape you like

1 Tablespoon olive oil

1 pound summer squash, halved lengthwise and sliced thin

1 teaspoon finely grated lemon zest (better to zest before juicing, to avoid rumpiness)

Juice of half a lemon

3 Tablespoons unsalted butter

2 cloves garlic, minced

3 large or 5 skinny scallions, sliced thin and white/pale green parts and dark green tops in separate piles

Pinches of red pepper flakes, to taste

3 tablespoons all-purpose flour

1 1/2 cups milk, ideally whole

1/4 cup chopped parsley, divided

1 tablespoon finely chopped mixed herbs of your choice (I used a mix of thyme, oregano and mint, but if you only have, say, thyme or oregano, a full tablespoon will likely overwhelm, so use less)

Salt and more pepper to taste

3/4 cup finely grated parmesan or aged pecorino romano cheese, divided

4 ounces mozzarella, cut into small cubes

*Cook the pasta:* If you've got an oven-safe 3-quart deep skillet or braising pan, use it here and you'll only need one pot for the whole recipe. Otherwise, bring a medium/large pot of well-salted water to a boil. Add pasta and cook until al dente, about 1 to 2 minutes before perfect doneness. Drain and set aside.

*Heat oven:* To 400 degrees. *Prepare the squash:* Heat a large skillet or the pot you just used to cook your pasta to high heat. Once hot, add olive oil, and let it heat until almost smoking. Add sliced squash, season it with salt and pepper flakes and let it sear underneath, unmoved, until golden brown. Continue to saute until browned and somewhat wilted, about 10 minutes, trying to get some color on each layer before moving squash around. Transfer to a bowl and squeeze lemon juice over bowl. Add more salt or pepper if needed. *Make the sauce:* Reheat your the same pot over medium heat. Melt butter in bottom of pan. Add scallion white and pale green parts and garlic and let sizzle for 1 to 2 minutes. Add flour and stir until all has been dampened and absorbed. Add milk, a very small splash at a time, stirring the whole time with a spoon. Make sure each splash has been fully mixed into the butter/flour/onion/garlic mixture, scraping from the bottom of the pan and all around, before adding the next splash. Repeat until all milk has been added, then add lemon zest, salt and pepper to taste. Let mixture simmer together for 2 minutes, stirring frequently; the sauce will thicken. Remove pan from heat and stir in half of chopped parsley, all of mixed herbs and reserved scallion greens. Adjust seasoning to taste.

*Assemble dish:* Off the heat, add drained pasta, summer squash, 1/2 cup grated parmesan and all of the mozzarella to the pot, stirring to combine. If pan is ovenproof, you can bake your final dish in it. If not, transfer mixture to a 2 to 3 quart ovenproof casserole or baking dish. Sprinkle with remaining 1/4 cup parmesan.

*Bake:* For 25 to 30 minutes, until edges of pasta are golden brown and irresistible. Sprinkle with reserved parsley and serve hot. Reheat as needed. From

<http://smittenkitchen.com/blog/2015/06/herbed-summer-squash-pasta-bake/>