



LOON ORGANICS

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What's in the box 7/6-7:

Salad Mix: Mix of baby lettuces this week. Check the last few newsletters for salad and salad dressing recipes to spice things up

Summercrisp Lettuce: Red or green varieties of crispy leaf lettuce. We love this type of lettuce. It has the crispness of iceberg with actual flavor and nutrition. Who knew??

Green top Carrots: These dandies are just the perfect summer snack.

Scallions: The last batch of scallions until the fresh onions begin next week!

Broccoli: So nice to be eating farm-fresh broccoli again. Don't forget to eat the stem. Peel tough outer skin and eat the tender, sweet stem raw or steam lightly.

Dinosaur (a.k.a. Dino or Lacinato) Kale: A favorite variety of kale to make kale chips, kale salads, or sesame kale. Recipes on our website recipe page.

Green Beans or Peas: Most boxes get green beans, but we didn't have quite enough beans for everyone so the last of the peas made it in a few boxes.

Dill or Cilantro: Most boxes got fresh dill; a few got cilantro (make a creamy dill or cilantro dressing! Recipe on our site)

Zucchini and Summer Squash: Summer squash varieties may include a yellow straightneck, Zephyr (yellow and green longer squash), or pattypan (saucer-shaped)

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

Hope you all had a relaxing 4th of July weekend and enjoyed the gorgeous weather! We had a lovely, low-key first ever sugar snap pea pick on Saturday with a good group of folks, lots of lemonade, and a wagon tour around the farm. Thanks to everyone that came out!

Our next farm tour will be our Fall Harvest Festival on Sunday, September 25th from 1-3 p.m. Mark your calendars: we will be having wagon farm tours, pumpkin picking, and apple cider.

We are still in the early summer "Salad Daze" mode with lots of lettuces, salad mix, and greens in the field and in the kitchen. As we move into July and August, the hotter weather will make lettuce growing more challenging (heat makes germination a challenge and also will cause lettuce leaves to be bitter), and you won't be quite as bombarded with the salad stuff as the "harder" veggies come into play. Eat those greens now though—they are good for you (and delicious!).

Our full-time employees were here working on Monday, the 4th, and a few of our work shares were able to make it as well. We picked out the last of the sugar snap pea crop and started in on the first green bean patch. I see lots more green beans in the future CSA boxes to come. While everyone loves eating sugar snap peas, our farm crew never sheds too many tears about not having to pick them anymore. Peas take a looong time to pick, they are a very labor-intensive crop. So long in fact that our staff was able to construct this delightful ode to the peas while picking them last week. Hats off 'til next year, you sweet peas!

Peas, Peas, Peas
You've got me on my knees
Please, please, please
Help me pick with ease
Everybody wants a taste
Of your delicious crunch

Pick one
Munch, munch, munch
Even the birdies enjoy you for lunch
Oh, peas!
You're quite the tangled mess
Oh, peas!
You're better than the rest

Next week's box: Fennel, Green Beans, Summer squash/zucchini, Cucumbers, Fresh Onions, Fresh Garlic, Parsley, New Potatoes?? 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 everything crisp. 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? Dino Kale!

Yes, that is Dino for Dinosaur Kale as the bumpy textured leaf is imagined to be similar to a dinosaur skin. Sometimes this fact alone will get a kid to try kale. Also called Lacinato Kale, Tuscan or Black Kale. It is an Italian variety of kale that is a Loon favorite. We like to chop and steam until tender, then dress with toasted sesame oil, soy sauce, and fresh scallions or garlic. Kale is high in Vitamin A, K, C, and high in organosulfur compounds which have been linked to cancer prevention.

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

[Potatoes with Kale](#)

[Curried Kale](#)

[Zuni Café Zucchini Pickles](#)

[Smitten Kitchen Broccoli Slaw](#)

[Kale Salad with Glazed Pumpkin Seeds](#)

[Head Lettuce with Avocado,](#)

[Oranges and Shallot Dressing](#)

[Smitten Kitchen Vegetarian](#)

[Dumplings](#)

[Zucchini Egg & Rice Savory Bake](#)

[Vegan Pad Thai](#)

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

Recipe Corner

The Best Cold Soba Noodle Salad

This is a dish from our employee Sophie. It's an extremely versatile salad. Read the directions but basically all you need are some soba noodles, tofu and veggies from your box! Use any vegetable you like, experiment with different flavors, make the dressing as mild or spicy as you want! Based on this recipe:

<http://food52.com/recipes/21914-spring-soba-noodle-salad-with-fava-beans>

2 bundles of Soba noodles (Japanese buckwheat noodles, can be found in most grocery stores' "ethnic foods" or natural sections. Some are 100% buckwheat and gluten free, some brands use wheat flour as well, so please check the package!)

Cooked according to package instructions, drained, and run under cold water. Set aside.

1/2 block of firm tofu, pressed to release water & cubed, or other protein like chicken. Vegetables from your CSA box this week! Everything is good, but Sophie's favorites are broccoli (cut into florets and blanched), peas, carrots (shredded), radishes, summer squash, scallions (sliced), Napa cabbage.

For the dressing: 6T vinegar or rice vinegar, 1T honey/agave, 1T sesame oil, 2T soy sauce, 1T lime juice. Spice it up how you like it with minced garlic, ginger, and chili flakes/paste/Sriracha.

Whisk/blend dressing ingredients together. Pour over noodles, tofu, and vegetables. Toss to coat, and serve with a few pieces of cilantro or toasted sesame seeds.

Deborah Madison's Zucchini Frittata

From the vegetable master Deborah Madison, here is a delicious frittata for a light summer supper. Simple ingredients and tastes delicious! Use your lettuce greens to create a full meal deal.

1 1/4 pounds zucchini, coarsely grated
salt and freshly milled pepper
3 tablespoons olive oil
6 eggs
1 large garlic clove, minced
1 tablespoon chopped dill, parsley or oregano
1/3 cup freshly grated Parmesan or dry Jack

Toss the zucchini with 1 teaspoon salt and set it aside in a colander for 20-30 minutes. Rinse briefly and squeeze dry.

In a 8 to 10 inch wide skillet (non-stick or a well-seasoned cast iron pan works best), warm olive oil over medium-high heat. Add zucchini and cook stirring often, until it's dry and flecked with gold, about 6 minutes. Transfer zucchini to a bowl and wipe out the pan.

Preheat broiler and adjust rack 4-6 inches below broiler. Beat the eggs with a few pinches of salt and some pepper, then stir in the garlic, scallions zucchini, fresh herb and cheese. Add the remaining oil to the pan and when it is hot, add the eggs to the pan. Lower the heat, cook for a minute or so and give the pan a few jerks to make sure the eggs are loose on the bottom. If they are sticking, loosen them carefully with a thin rubber spatula. The thicker the frittata, the more slowly you need to cook it so that it will cook through without burning.

Cook over medium-low heat until the eggs are set and the top is nearly dry, about 10 minutes. Put the frittata 4-6 inches under the broiler to finish cooking the top. Remove and invert the frittata onto a serving plate.

Enjoy your first box and Thanks again from all of us at Loon Organics Farm!

Your farmers, Adam, Laura, Eli, Willie + Crew

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