



LOON ORGANICS

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What's in the METRO box 7/14:

Arugula: If arugula has too much of a bite for you, mix it with your lettuce for salad, make into pesto, or lightly cook to soften the edge.

Lettuce: Red or green varieties of crispy leaf lettuce. Last head lettuce until fall.

Red new potatoes: Red Norland variety is a favorite of ours.

These make great potato salad, grill or boil up nicely, and have delicious flavor.

Sweet walla walla onions:

These are fresh, sweet onions. They must be kept in your fridge.

Broccoli: Finally starting to come in nicely.

Fennel: Info. and recipe ideas on page 2 and on our website.

Green Beans: Our favorite variety is ready this week. We love to make a potato salad with beans and thinly sliced fennel.

Flat-leaf parsley: Use in the zucchini pasta or cucumber salad recipe on page 2. Also is wonderful to season grilled meats or vegetables.

Zucchini and Summer Squash:

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

Fresh garlic: First pick out of the ground. The cloves will be very juicy since it hasn't dried down yet. Enjoy!!

Cucumbers: Amazing salad recipe on page 2.

Tomatoes: slicers. The first!!

CSA: Week Five (*Group A Half Shares*)

A few reminders and logistical notes:

-Swap Box: At your pick up site, we have a "Swap Box" with a few additional items for members to EXCHANGE for something else. It is NOT AN EXTRAS box. We get lots of member comments that the Swap box is cleaned out at their pick up site later in the day and there is nothing to swap out. Please: leave an item if you take an item. Thank you!

-On-line newsletter: Check your "junk mail" or "all mail" folder if you are not receiving an electronic copy of our newsletter each week. We send out our newsletters through Mail Chimp service and we notice that Gmail accounts and others will filter it directly to your junk mail or trash folder. If you are not getting it in your inbox and would like an electronic copy, this is probably why.

-Return your Empty Boxes: We use waxed cardboard produce boxes that can be re-used from week to week, even after having wet produce in it. They are not recyclable. Please return them to your pick up site and we will pick them up the following week and re-use. You can easily flatten your box, on-line instructions here: <http://www.loonorganics.com/wp-content/uploads/2013/05/CSA-Box-Break-Down-Instructions.pdf>

Thanks for your help everyone in keeping things flowing smoothly! We have had much less confusion about names on the labeled boxes this year. Thank you, thank you!

Farm News

There has been a flurry of activity on the farm this past week. Last Thursday we hosted a family of Norwegian farmers visiting the Midwest to learn more about organic farming techniques. They have a 300+ acre vegetable farm (!) in Norway and are interested in expanding into certified organic production. Our operation seemed tiny in comparison, but we all were happy to compare notes and make a connection. We plan to visit their farm in Norway one day!

We also knocked down our farm's silo on Thursday to make room for an eventual expansion of our pack shed area on the east side of our barn. I loved seeing our silo's silhouette on the landscape, but alas we have no use for it on a vegetable farm. Eli, our 4 year old, was beyond excited to see the excavator come and knock the silo down. (He was also quite excited by the Norwegian chocolate our guests brought). You can see a video of the silo tumble on our farm's Facebook or Instagram page.

Severe weather skirted us on Monday, and we moved our workshares from their regular weeding duties to a full-on green bean harvest before the supposed heavy rains. The weather mostly missed us, including a tornado that developed about 20 miles north of us that evening. Our hearts go out to the families and farmers that suffered damage from that tornado close by. We are hoping the weather settles down now for the rest of the season. Phew! Take care all! -Laura

Next week's box: New Potatoes, Carrots, Summer squash/zucchini, Cucumbers, Fresh Onions, Fresh Garlic, More 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 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? Fennel

Fennel! Most people immediately turn up their nose but don't be alarmed... despite preconceived notions it actually can be quite delicious when prepared properly. Click below for Caramelized Fennel, Fennel Salad Two Ways by Jamie Oliver or really stretch yourself and save the greens for a fennel Frond Pesto. If you have a dehydrator our employee Katharine loves it so much she dehydrates it! If however you are absolutely opposed to the mighty fennel know that in some western cultures it was said to ward off evil spirits, specifically during the times of the summer solstice. So instead of throwing it in the back of your fridge or the compost pile at the very least hang it above a door and keep the evil doings at bay! ;-)

More On-Line Recipes (links in our on-line newsletter): [Grilled Bacon Salad with Arugula and Balsamic](#)

[April Bloomfield's Salad Sandwich](#)

[Deborah Madison's Ribboned Cuke](#)

[Salad w/ Chile & Roasted Peanuts](#)

[Marinated Summer Vegetables with](#)

[Beans & Freekeh](#)

[Pan Caramelized Fennel](#)

[Nicoise Salad from Mark Bittman](#)

[Fennel Frond Pesto](#)

[David Lebovit's Tabbouleh](#)

[Fennel Salad 2 Ways w/ Jamie](#)

[Oliver](#)

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

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Recipe Corner

Obsessively Good Avocado Cucumber Salad

This salad is from Smitten Kitchen. It takes about 5 minutes and there are a ton of ways to adapt it. Add some chopped summercrisp lettuce or arugula for bulk. If you're not into lime and cilantro or parsley, try the lemon and dill she suggests. Don't like mayo? Use yogurt. Or, skip the creamy dressing entirely!. Make a variation with minced jalapeno, olive oil and ground cumin, or a a version with a dressing of toasted sesame oil, miso, rice vinegar, ginger and garnished with toasted black and/or white sesame seeds.

Serves 2 as a main or 4 as a side

3/4 to 1 pound seedless cucumber, washed and chopped into chunks

2 thin or 1 regular scallion or 1/4 cup sweet onion, thinly sliced

1 large avocado, pitted and diced

2 tablespoons mayonnaise

Juice of half a lime, plus more to taste

Salt and hot sauce (we used Sriracha) to taste

Chopped cilantro or flat-leaf parsley to garnish

Combine cucumber, scallions and avocado in a bowl. Whisk together mayo, lime and seasonings, adjusting levels to taste. Drizzle salad with dressing and garnish with cilantro or parsley. Repeat again tomorrow.

Yotam Ottolenghi's Pasta and Zucchini Salad

This salad, which was featured in a Times article about Yotam Ottolenghi, and adapted from "Plenty," his first cookbook. Super simple this salad can come together on a busy weeknight or made ahead the previous night and left to marinated for a delicious lunch or dinner the following day. Enjoy!

Salt

black pepper

2/3 cup sunflower oil

3 medium zucchini, cut into 1/4-inch-thick slices

1 1/2 tablespoons red wine vinegar

3/4 cup green beans, chopped

2 cups basil leaves, shredded coarsely

1/4 cup parsley leaves

1/3 cup olive oil

9 ounces strozzapreti or penne pasta

Zest of 1 lemon

1 1/2 tablespoons capers

7 ounces buffalo mozzarella, torn into chunks

Bring a large pot of salted water to a boil. In a medium saucepan, heat sunflower oil over medium-high heat. Fry zucchini slices in batches (do not crowd them) for 3 minutes, or until golden brown on both sides. Transfer to a colander to drain. Tip zucchini slices into a bowl, pour vinegar on top and stir, then set aside.

In the hot water, blanch beans for 3 minutes; drain, refresh under running cold water and set aside to dry. Keep boiling water in pot. In a food processor, combine half the basil, all of the parsley and the olive oil. Season with salt and pepper and process until smooth.

In boiling water, cook pasta until al dente; drain and rinse under cold water. Return pasta to pot. Pour zucchini slices and their juices over pasta. Add edamame, basil sauce, lemon zest, capers and mozzarella. Stir together gently, then taste and season with plenty of salt and pepper. Before serving, stir in remaining basil.

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

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