



LOON ORGANICS

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What's in the box 7/20-21:

Green top Carrots: our favorite variety: Mokum.

Broccoli: Steam up and add to a cold noodle salad.

Rainbow Swiss Chard: Check out the Week 3 Newsletter for Honey Garlic Chard recipe that is quite amazing.

Fennel: Take a chance and try it again. Tons of good, tested recipe links on page 2 that we approve of. Last week of fennel.

Zucchini and Summer Squash: Summer squash varieties may include: yellow straightneck, Zephyr(yellow and green longer squash),or pattypan(saucer-shaped). Recipe ideas on page 2. We like the zucchini fritter recipe on our website too.

Cucumbers: A perfect cooling food for the heat wave.

Fresh Red Torpedo Onions: These are an Italian variety of red onion called "Red Long of Tropea". They are fresh, and need to be refrigerated. Great on the grill!

Tomatoes! Your box may have a mix of cherries, heirlooms, and red beefsteaks. Whatever you got, we only grow ones with good flavor. Ripe when slightly soft to the touch, we put mostly ripe/almost ripe ones in.

Cabbage: Red, green, or savoy for a summer coleslaw.

Fresh garlic: Oh the sweet, sweet spicy flavor of fresh garlic! Makes any dish exciting and flavorful!

Red potatoes: freshly dug! Yum

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

Oh baby, it's hot outside! After farming for over a decade, we have noticed that we often get an intense heat wave about a month after the summer solstice. And here it is, right on the nose. We are getting up extra early this week and out in the fields to get those veggies harvested in early in the day so that we all, produce and people included, can keep our cool.

Since it finally feels like peak summer, at least we have the first peak summer produce coming in. We picked the most beautiful batch of hoop house tomatoes this week. It is darn hot and sweaty working in those hoop houses, but I never want to go back to growing tomatoes outside after experiencing the earliness, quality, and flavor that we can get in a slightly more controlled environment. Hoop house tomatoes are grown in soil that we highly amend with compost so it is very fertile and can support these amazing plants. The plastic covering over the structure is another key to our success. It keeps it warmer in there in the spring and fall at a temp the tomatoes like, AND even more importantly, it keeps the rain off the foliage and keeps soil from splashing up on the leaves, both which spread bacterial and fungal diseases. We spend on average 12-15 hours per week in the hoop houses on tomato plant care and maintenance, pruning the plants to a single stem and clipping them to a string that goes up to the rafters. Since hoop houses are expensive farm real estate, we take advantage of the vertical space and grow up instead of out. Plants are spaced 12-15" apart.

Other highlights of the past week include getting our garlic crop harvested and in the greenhouse for curing, thanks to the help of our veteran work share team. Our boy, Willie, also turned 6 months old and in celebration got to eat some pureed zucchini for his half-birthday. He's a real (big!) bundle of joy. Also: we forgot how much work babies are! Add in the peak farming season, and life is busy. We are grateful to our farm staff, work shares, farmers market staff, and babysitters for all their help. A lot of hands are involved in getting quality produce out to you each week. To make our lives a little simpler this year, Adam and I are on the farm with the kids on Saturdays, while Colton or Sophie drives our loaded up delivery van in to the Mill City Farmers Market. We miss the wonderful market community and vibe there, but you will definitely see our faces there again in the coming years. In the meantime, the Loon farm team is representing our farm well at our Mill City stand. Stop by and say hi! ☺

Hope you all stay cool as cucumbers out there this week. Enjoy your produce!
-Laura

Next week's box Summer squash/zucchini, Cucumbers, Fresh Onions, Tomatoes, Potatoes, Beans and/or Broccoli, 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 EXCEPT FOR TOMATOES AND POTATOES. Keep those on your counter out of the sun. Potatoes should be kept in a paper bag to prevent greening of the skin. 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? What is this veggie? Fennel

We are giving you lots of recipe ideas for fennel in hopes you will try something new that you will like. Still can't stand it? No worries, this is the last week of it.

[Roasted Sweet Potato and Fennel Salad](#)

[Caramelized Fennel with Goat](#)

[Cheese](#) (we've heard this recipe is addicting, even for a 5-year old!)

[Fennel Slaw with Mint Vinaigrette](#)

[Fennel Egg Salad](#)

[Fennel Antipasto](#)

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

[Zuni Café Pickled Red Onions](#)

[David Lebovit's Zucchini Cake with Crunchy Lemon Glaze](#)

[Barefoot Contessa Traditional Potato Salad](#)

[Ginger Carrot Salad with Quinoa](#)

[Deep Fried Green Beans](#)

[Oh She Glows Carrot, Apple Ginger](#)

[Soup](#)

[Roasted Carrots with Yorgurt and Green Sauce](#)

[Salt and Vinegar Potato Hash](#)

[Mark Bitman's Zucchini Risotto](#)

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

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Recipe Corner

The Splendid Table's Mediterranean Bread Salad

Feel free to get creative and sub in whatever vegetables you have laying around the ol' refrigerator. Great meal to keep it cool during this monster of a heatwave!

1 medium red onion, cut into 1/2 inch dice
1/2 loaf or 4 cups big chunks of coarse, chewy country bread)
7 tablespoons red wine vinegar
1/2 cup cold water
1 small clove garlic, minced
few handfuls of arugula, or salad mix
1-2 medium cucumber, peeled, seeded, and diced
1-2 medium tomatoes, diced
1/2 pound green beans, steamed
15-ounce can chickpeas, rinsed and drained
12 Italian oil-cured or Kalamata olives, pitted
3 whole scallions
1 tablespoon salted or vinegar-marinated capers, rinsed
1/4 cup fresh coriander or basil leaves
6 large fresh mint or parsley leaves
3 tablespoons fruity extra-virgin olive oil
3 ounces Ricotta Salata or Fontinella cheese crumbled optional
salt and freshly ground black pepper to taste

In a small bowl, cover onions with ice water. Put bread in another bowl, sprinkling with 3 tablespoons of the vinegar and the 1/2 cup water. Chill both 30 minutes while preparing other ingredients. In a large bowl add the vinegar and the garlic. Let stand about 10 minutes. Add all the vegetables. Set aside a few whole herb leaves, then finely chop the rest with the garlic, olives, scallions, and capers. Add to the bowl with the drained onions. Squeeze bread dry, adding it to the bowl with rest of the vinegar and the cheese. Toss and taste for seasoning. Finish with the herb leaves. A large white bowl sets off the salad's color beautifully. Serve lightly chilled.

Fennel, Onion, Orange & Walnut Salad

Light, refreshing and sure to cool you off this week. From the cookbook author James Peterson from his cookbook Vegetables.

2 fennel bulbs
1 small onion
2 Tbsp fresh lemon juice
1/2 cup walnuts or pecans
1/4 cup olive oil 3 navel oranges
salt & pepper

Pull off a small handful of the green frizzy fennel fronds and reserve. Cut the rest of the stalks where they join the bulb and discard or reserve for broth or grilling. Peel the outer fibers off the fennel bulbs with a paring knife or peeler and trim a thin slice off the root ends. Slice the fennel bulbs crosswise as thin as you can with a vegetable slicer. Immediately toss the slices with the lemon juice, olive oil and salt and pepper to taste. Slice the onion as thin as you can- a vegetable slicer is best for this- and rub the slices with teaspoon salt. Drain the slices in a colander for 15 min and then grab them up in your hand and squeeze as much water out of them as you can. Put the onion in the bowl with the fennel.

Toast walnuts on a sheet pan in a 350* oven for about 15 min or until they darken slightly and smell fragrant. Reserve.

Cut the flesh of the orange away from the peel and the skin. Toss rounds or wedges or orange very gently with all other ingredients. Coarsely chop the reserved fennel fronds and sprinkle over salad.

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

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