



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 7/29/14:

Arugula: Nice salad stuff!

Green Beans: Check out the potato salad recipe on page 2 with green beans.

Greentop Carrots: No need to peel these guys—we pressure wash them to get them super clean for you to snack on as is. Eli's favorite snack right now.

Red New Potatoes: A beautiful first harvest of potatoes. Red potatoes are lower in starch, so they hold together well, making these potatoes perfect for potato salads, mashing, or steaming.

Basil: Wash right before using. Store on your counter out of sun. (A cold fridge will turn it black).

Fresh Garlic: juicy and crisp. This still has a high water content since it was recently harvested. Use wherever you use regular garlic, and enjoy its fresh, pungent flavor.

Green Kale: Use in the kale and quinoa tabouli salad, or check our website for lots of other recipes.

Zucchini and Yellow Summer

Squash: A bumper crop of squashes! Time to shred and freeze it for your favorite zucchini bread recipe. Yellow summer squash is interchangeable with zucchini in any recipe.

Broccoli: All came in at once with last week's heat. Eat soon and often. ☺

Cucumbers: tabouli!

Tomatoes: mix of orange sungold/rainbow cherry tomatoes, heirlooms, and red slicers.

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

I went out last night to take my weekly Sunday night crop walk to check on the crops and make our task list for the week. Rain showers had been skirting us all day just to our east, and one finally made it over to us for a gentle shower just as the sun was setting. Adam was in our recently expanded pack shed moving and re-arranging our work stations so that we have more room and better flow for our big harvests this week and for the rest of the season. I made it back to the pack shed right as the rain was falling, and we admired the dark blue skies under an airy lean-too roof and newly poured concrete floor. I had just spotted the first ripe tomatoes in the field. The smell of freshly harvested garlic wafted out of the barn loft, with over 5,000 bulbs harvested and drying down now. Barn swallows swooped low to devour mosquitoes.

The work this time of year is never-ending, tangible, and dynamic. Every day is a before and after photo; some piece of this farm got a little more well-tended and it looks the better for it. Weeds germinate and grow up seemingly as fast as we hoe and cultivate them. The summer squashes and zucchini grow by the hour. The tomatoes ripen overnight. As we sit on the cusp of August, we are entering the heart of the season. Our summer crops are looking nice, with the one exception being the watermelons. Oh the watermelons. They had a tough time of it this Spring, getting transplanted out right before the 5+ inch week deluge of rain and cooler temps. Despite having "water" in their name, watermelons really dislike having wet feet and wet roots. They like it dry and hot like a desert (they're native to the Nile region). Kinda tough to replicate the desert this year in MN! We lost a lot of plants early on to bacterial fungus, most likely Alternaria Leaf Spot, due to both wet conditions and cucumber beetles. The bright side is the muskmelons look good, behind schedule, but still should give us a nice yield to have them for a few weeks later in August and September. Next year, we are taking no chances and will put reemay fabric row cover or plastic over our melons (we do this for other cucurbitae crops like cucumbers and zucchini) to protect them from wet, cold, and insects. Adam, our mechanical farm guru, is currently hatching plans to build a tractor-pulled implement that will help us lay reemay over our crops so that we can do it faster and have a lot less shoveling involved. Me oh my, what a dream that would be!

Preserving Shares Soon!

If you reserved a Pesto Share this year, we'll be contacting you shortly about delivery. The garlic is in, and the basil is bountiful. Time to eat and freeze pesto! Canning tomato shares and salsa shares are still a couple weeks out, but the tomatoes will come in hard soon and you'll be hearing from us. Greens shares are typically delivered in late September/early October when the temps typically cool down and the greens get sweeter.

Next week's box: broccoli, carrots, savoy or red cabbage, cucumbers, summer squash/zucchini, tomatoes, red new potatoes, fresh garlic, eggplant, jalapeños, fresh onions, parsley, and more. Have a great week! Your farmers, Laura, Adam & Eli

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

Potatoes: keep out of fridge but in the paper bag to prevent light exposure and greening of the skin. In a cupboard or shelf in your kitchen is perfect.

Basil: cold-sensitive so keep in plastic bag on your counter out of the sun. We leave the bags unsealed so that moisture and heat don't build up in the bag.

Tomato: also cold-sensitive so leave on counter. Ripen in windowsill or on counter until ready to eat. Different colored varieties are ready to eat when they have a slight give when you squeeze them.

Fresh Garlic: Your choice: in the fridge or on the counter. The fridge will keep it moister and fresh, the counter will help it cure and dry down.

Zucchini/Squash & Cucumbers: in Plastic bag in fridge.

Greentop Carrots: Put in plastic bag in fridge to keep the tops from wilting and the roots crisp.

Remove greens from roots if not going to eat within a week. This will keep the roots much crisper.

Arugula: Keep in the plastic bag in the fridge in the coldest part.

Green Beans: In plastic bag in fridge.

Broccoli: in plastic in fridge.

Kale: in plastic in fridge.

Preservation Tips: Beans, carrots, kale, and broccoli can be steamed or parboiled and frozen.

Zucchini/summer squash can be grated and frozen for use in breads, cakes, etc. Check our website for [a Cucumber Freezer Pickle](#) Recipe or a [Refrigerator Pickle](#) Recipe.

Arugula can be made into pesto, add some kale to soften the arugula flavor.

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

Recipes from CSA member, Amy Bella James. Thank you, Amy!

Mediterranean Potato Salad

For the salad:

Red new potatoes, halved lengthwise (quartered if large)

3/4 cup chopped red onion

5 ounces slender green beans, trimmed and cut in half

1 small zucchini, cut into thick rounds and quartered

2 tablespoons olive oil

1 clove garlic, minced

For the dressing:

1 tablespoon Dijon mustard

1 tablespoon freshly squeezed lemon juice

1 tablespoon red wine vinegar

1/4 teaspoon dried oregano

1/4 teaspoon salt

Freshly ground pepper, to taste

1/4 cup olive oil

1/4 cup fresh parsley, minced

6 large fresh basil leaves, chopped

Preheat oven to 375°F.

Place the potatoes in a large saucepan or stockpot and add enough water to cover, bring the water to a boil. Once it reaches a boil, reduce the heat and simmer for about 15 minutes, until the potatoes are tender. Drain the potatoes and then add to a large bowl.

Meanwhile, spread the red onion, green beans, and zucchini onto a large rimmed baking sheet. Drizzle with the olive oil and the garlic. Bake for 15-20 minutes, stirring once halfway through, until tender. Remove from the oven and add to the bowl with the potatoes.

To make the dressing, add the mustard, lemon juice, vinegar, oregano, salt, pepper and olive oil to a small bowl. Whisk vigorously until smooth. Pour the dressing into the bowl with the potatoes (do this while the potatoes are still hot) and toss to combine. Once the potatoes are no longer piping hot, sprinkle on the fresh parsley and basil.

Kale and Quinoa Tabouli

Ingredients:

1/2 cup quinoa

1 cup water

2 tomatoes, seeded and diced

1 cucumber, seeded and diced

1 cup kale, sliced into ribbons

sea salt

1/4 cup almonds

2 tablespoons crumbled feta (optional)

For the dressing:

1/4 cup fresh lemon juice

2 tablespoons apple cider vinegar

1 shallot, minced

1 garlic clove, minced

1 tablespoon chopped fresh mint

1/4 cup olive oil

Preparation

Add the quinoa and water to a small saucepan and simmer for 15 minutes. Cover and remove from heat; let sit 5 minutes.

In a small mixing bowl, combine the cooked quinoa, tomatoes and cucumbers. Cover and refrigerate at least 30 minutes.

Meanwhile, prepare the vinaigrette by mixing together the lemon juice, vinegar, shallot, garlic, and mint. Whisk in the olive oil. Season with sea salt to taste.

Just before serving, sprinkle the kale with a little sea salt. Massage the salt into the kale for 2-3 minutes, or until the kale softens. Stir the kale, almonds, and feta into the tabbouli. Pour the dressing over the salad and mix to combine.

Loon (& Others) Recipes:

-[Shrimp Pad Thai](#) (with summer squash/zukes and beans/peas)

-[Carrot-Zucchini Bread with Candied Ginger](#)

-[Chocolate Zucchini Cupcakes](#)

-[Cucumber Agua Fresca](#)

-[Cucumber Salsa](#)

-[Emerald Sesame Kale](#)

-[Cheesy Corn and Kale Bake](#)