



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 7/29-30:

Tomatoes: Cherry mix in the quart with some heirlooms mixed in. Red beefsteaks and multi-colored heirlooms in the bag.

Basil bunch: You can stick the bunch of basil in a glass of water on your counter to store.

Carrots: Still great tasting!

Cucumbers: Peak cucumber season. Pickle ideas, cucumber water, cuke and tomato salads, and more on page 2.

Zucchini and Yellow Summer

Squash: Shred and stick in freezer for use this winter in zucchini bread and muffins.

Fresh Sweet Walla Walla

Onion and Red Torpedo Fresh

Onion: Fresh onions should be stored in your fridge.

Red New Potatoes: We made some delicious foil dinners with potatoes, onions, and garlic on the camp fire this weekend.

Cooking made easy!

Metro: Broccoli/Farm: Green

Beans: There will be another planting of green beans ready next week so should be enough for Metro folks too. The broccoli continues to be super tasty!

Sweet Pepper: Red, orange, yellow, or green sweet peppers. They are ALL SWEET, even the long skinny Jimmy Nardellos. We promise!

Fresh Garlic: try roasting in foil with olive oil and spread on veggies or bread.

Metro: Eggplant, Asian and/or Globe

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

Reminder:

****Pesto AND Tomato preserving shares will start going out in the next week or so. If you signed up for one of these, you'll receive an e-mail from us soon with delivery details. Salsa shares will be ready in mid to late-August when the peppers are in season.****

Adam, Eli, and I just got back from a long weekend away from the farm frolicking up north on Lake Superior's shores in Duluth and Bayfield. Only recently have we been able to get off the farm at all during the summer, and we are grateful to our crew for harvesting and manning our busy Mill City Farmers Market stand and holding down the fort over the weekend. We came back on Monday to a gaggle of vegetables waiting to be harvested, and picked 1200 pounds of tomatoes on Tuesday morning. This is the single largest harvest of tomatoes that we have done in a single day, and it quickly became clear that we had a lot of tomatoes for the box this week. Go tomato crazy in the kitchen this week—this is peak summer eating!

All of the tomatoes on our farm this year are in our two larger hoop houses, about 7,000 sq. feet of tomatoes are planted and producing in there. The tomatoes are planted in our rich, clay soils and the hoop houses are unheated but warm up with the passive solar heat from the sun. We control the water to the plants through drip irrigation and can therefore minimize the washout summer thunderstorms that dump several inches of water, cracking the tomatoes, and watering down the flavor. We spend at least 10-20 labor hours in the houses each week pruning and cultivating the tomato vines so that they grow up and take advantage of the vertical space inside the house. I find that our hoop house tomatoes often have better flavor and quality than our field tomatoes because we are able to control the water and are growing in extra fertile soil that we have built up over the years. And we have been picking tomatoes at least a month earlier than any farmers or gardeners growing tomatoes outside, another big bonus of being a part of our CSA this year!

Thanks to all our members and friends that bought Loon t-shirts from us or made a donation to our hoop house fund last year to put up our 3rd house. It was a big project last fall, both expensive and laborious, but the rewards are certainly paying off right now as we enjoy big and early tomato harvests. We still planted 300 tomato plants in the field this year, but those unfortunately won't produce any fruit for us this year. The Loon field tomato saga is an entirely different (sad) story and we'll report back on Tomatoes Pt. 2 in next week's news. Stay tuned and enjoy your tomatoes!!

Next week's box: carrots, potatoes, onions, zucchini/summer squash, cucumbers, tomatoes, sweet peppers, more green beans, 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, BASIL, AND POTATOES. Store those on your counter out of sun.

Most of the tomatoes should be ripe or nearly ripe. Colored tomatoes will have a slight give when they are ripe. Ripen tomatoes on your counter out of sun.

Take greens off carrots for longer storage of the roots. If stored properly, everything should last at least 7-10 days.

Preservation Tips: Broccoli and green beans can be steamed or parboiled until fork tender (3-5 minutes) and frozen. Peppers and tomatoes can be frozen raw, just de-core and quarter tomatoes and dice the peppers. You may prefer to put your pepper and tomato pieces in the freezer spread out on a cookie sheet and then when the product is frozen, put it in freezer bags. This way, you won't have one big lump of frozen product but instead individual pieces. Many tomato sauces and soups will freeze nicely too, just leave out the dairy as that will not re-heat well. Check our website for [a Cucumber Freezer Pickle](#) Recipe, a [Refrigerator Pickle](#) Recipe, and a [Zuni Café Zucchini Pickles](#) Recipe.

More Loon Website Recipes:

-[Summer Pasta](#)

-[Cucumber Agua Fresca](#)

-[Chocolate Zucchini Cupcakes](#)

-[Cucumber Salsa](#)

-[Shrimp Zucchini Pad Thai](#)

-[Zucchini/Squash Fresh Herb](#)

[Fritters](#)

-[Carrot Zucchini Bread with](#)

[Candied Ginger](#)

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

These candied tomatoes in your kitchen is like money in the bank. They are seriously about one of the best things we have tasted. We eat them on salads, on fresh bread with goat cheese, on sandwiches, or just by the spoonful. I'll use the extra tomato-flavored olive oil in salad dressings.

Oven-Candied Summer Tomatoes

2-2.5 pounds of ripe tomatoes (cherries are very good here, but you can use any type of ripe, delicious tomato)

1 cup extra-virgin olive oil

Salt

Preheat the oven to 400 degrees. Core the tomatoes (unless you are using cherries, and then no need to core) and halve vertically. Do not seed. Leave small tomatoes in halves; cut slightly larger tomatoes in 4 wedges, medium ones into 6, and large into 8. In a half-sheet pan, or two 2 ½ quart shallow metal baking pans (not glass or enameled metal), arrange the tomato wedges cut side up, next to each other but not overlapping in the pan. Coat the tomatoes with the oil. Sprinkle with salt. Bake 30 minutes, then lower the heat to 350 degrees and bake another 30 minutes. Turn the heat down to 300 degrees and bake 30 more minutes, or until the edges are slightly darkened. If the edges are not yet colored, turn the heat down to 250 degrees and bake another 10 to 15 minutes. Remove the tomatoes from the oven. Cool 20 minutes. Transfer them to a shallow glass or china dish or glass quart/pint jar and pour their oil over them. Let mellow, uncovered, at room temperature 4 to 6 hours. Layer the tomatoes in a storage container, pouring in their oil, and refrigerate. Or freeze the tomatoes in their oil in sealed plastic containers up to 3 months. Serve at room temperature. They will keep in the fridge for up to 6 days. The oil is delicious drizzled over bread or used in salad dressings. Serves 4-8. Recipe adapted from **The Italian Country Table** by Lynne Rosetto Kasper

Last year my new favorite tomato dish was the splendid [Tomato and Corn Pie](#) recipe from www.smittenkitchen.com. It is a lot of work and it is totally worth it. Try it this weekend (or sometime this summer!) if you have the time.

From **Farmer John's Cookbook: The Real Dirt on Vegetables**. Serves 6.

Creamy Tomato Soup

3 Tablespoons butter

1 medium onion, coarsely chopped

2 Tablespoons flour

2 cups water or vegetable or chicken stock

4 pounds tomatoes (the bag of larger tomatoes is around 4-5 pounds—mix and match your varieties. The heirlooms and cherries would be a delicious addition too!)

2 Tablespoons light brown sugar

6 whole cloves

1 cup half-and-half, cream or non-dairy milk

½ teaspoon salt freshly ground black pepper

1/3 cup sliced basil (optional)

Melt the butter in a large stainless steel or enamelware pot over medium high heat. Add the onion; cook, stirring constantly, until tender, 5 to 7 minutes. Reduce the heat to medium. Sprinkle the flour over the onions and cook, stirring constantly, until the mixture foams. Pour the water or stock into the mixture and bring to a boil. Peel the tomatoes if desired (a quick tip is below this recipe) and remove the stem core. Cut them in half, and chop. Set aside ¾ cup of the chopped tomatoes. Add remaining tomatoes, brown sugar, and cloves to the pot. Leave uncovered and reduce the heat so that the mixture continues at a gentle simmer. Cook, uncovered, stirring occasionally, for 30 minutes. Remove the pot from the heat and set it aside to cool slightly. Remove and discard the cloves. Transfer the soup to a blender or food processor or use an immersion blender and process to a smooth puree. Return soup to pot, place over low heat, and add the reserved chopped tomato. Stir in the half-and-half or cream and add salt and pepper to taste. Heat the soup, stirring constantly, until very warm (but avoid boiling it, as this will curdle the cream). Turn off the heat; stir in the basil if desired. **To make your tomatoes virtually peel themselves, score a very shallow X on the bottom of each one, put them in a heatproof bowl or measuring cup, and pour boiling water over them. Leave them in the boiling water for a minute or so if necessary; the peel will loosen completely.**