



LOON ORGANICS

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What's in the box 7/27-28:

Purple Carrots: Purple on the outside and orange on the inside.

Broccoli: With the heat, all the broccoli came in at once! Enjoy

Zucchini and Summer Squash:

Some great zucchini and summer squash recipes on page 2.

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

Cucumbers: A cuke and tomato salad is a staple at our meals.

Check out the cold noodle salad with cukes on page 2.

Fresh Onions: Walla walla sweet onions (white) or Red Long of Tropea onions (red, elongated).

Store in your fridge.

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.

Red potatoes: Slice with onion wedges, slap in foil with a bit of oil/butter, and put them on the grill or campfire.

Green Beans: A tender batch!

METRO Boxes: Eggplant: just starting to come in. We love eggplant grilled. Recipe on our website.

Sweet Pepper: Boxes either got a sweet Italian red or orange pepper or a Yellow Bell Pepper.

Curly Parsley: "Chimichurri" is the classic parsley sauce served with meat, fish, grilled veggies.

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

Metro box members: A friendly reminder to look for the CSA boxes labeled with your name at pick-up and take that box. Thank you!

A peek into the Loon Garlic Harvest...

Most people don't imagine that garlic bulbs are harvested in July in Minnesota, but similar to other bulbs, the garlic is planted in October and begins to root itself in the soil shortly thereafter before essentially going into dormancy during the winter. In March, garlic is one of the first green things sprouting up through the soil and it continues to grow vigorously upright, reaching a height of 2-3 feet by June. In mid-June, the garlic pops out a flower stalk, the lovely edible scape that you had in your boxes earlier this season, and we snap off so that the garlic puts its energy into making a bigger bulb, instead of concentrating its energy into flowering. After spending 10 months in the ground, a couple top leaves on the plant begin to brown and dry up. It's at this point when you start harvest. Each leaf (there are 6-8) represents a bulb wrapper enclosing actual bulb and cloves, and once a leaf has dried that corresponding bulb wrapper has also dried. We like to have at least 5-6 wrappers intact, so that after we cure the garlic in our greenhouse, we can clean the garlic and lose a few wrappers while still protecting the bulb. Our root digger, an implement attached to the back of our tractor, slices 8 inches underneath the bed and loosens the soil so that we can easily pull out each garlic plant.

All of the garlic we grow is hardneck garlic, one of two subspecies of garlic. The variety is German White. Most garlic in the grocery store is softneck garlic because that type is well-adapted to the California climate where it is often grown and it also stores for many months. Hardneck garlic grows best in Northern climates, will not store as long (although it will still store up to 4-6 months), has larger cloves and stronger, more complex flavor. It also is quite similar to wild garlic in character and flavor; softneck varieties actually evolved from the hardneck varieties but the soft variety became more popular due to higher productivity and storage time. Hardnecks are making a comeback among small-scale, organic growers though! They are much preferred by chefs and cooks alike for their pungent flavor and big cloves.

We harvested over 6,000 garlic bulbs in the past few weeks and we will save around 175 pounds of this for our seed to re-plant this fall. The garlic is currently drying down in our greenhouse, but will be in many more CSA boxes to come this year. Hutchinson also hosts a Garlic Festival at the fairgrounds on Saturday, August 13th. It is a garlic-lovers dream! We don't sell there but usually make sure to visit and partake in the delicious local foods featuring garlic. More info. at: <http://www.sfa-mn.org/garlicfest/>

Next week's box: potatoes, cucumbers, summer squash/zucchini, sweet pepper, tomatoes, garlic, 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?

Patty Pan Squash

It's a bird...it's a plane...it's a flying saucer? No, actually it's just your patty pan squash! Yes, your kids might snatch it from you as a toy for their outdoor amusement but actually this squash is absolutely delicious! (Our employee Sophie is perhaps it's biggest fan.) The patty pan squash actually has its name derived from the French name *pâtisson*, which apparently is a Provencal word meaning a cake made from a scalloped mold. Interesting, right?! Put that in your recall bank for Trivia Night. Below are several zucchini recipes to help you use up the pattypan and make sure to try the Rainbow Rad Pad Thai Salad in the Recipe Corner that will be sure to use up at least part of your box's zucchini load!

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

[Smitten Kitchen Quick Zucchini Sauté](#)
[Zucchini Frittata with Marjoram](#)
[Zucchini & Fresh Herb Fritters](#)
[Grilled Pattypan Steaks w/Salsa Verde](#)
[Broccoli w/ Pine Nut Raisin Sauce](#)
[Mustard Roasted Potatoes](#)
[Pickling Green Beans from NY Times](#)

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

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Recipe Corner

Rainbow Rad Pad Thai

This week the theme is cold salads! With that heat wave last week, all we were doing was trying to keep the house and ourselves cool! Here is a recipe from our friend Shawna who introduced us to the blogger [Oh She Glows](#). Check her out if you can. This recipe from her is absolutely spectacular and is sure to satisfy the whole family and use up the ingredients in your box!

Yield: 2-3 large servings + scant 2/3 cup dressing

1-2 medium zucchinis, julienned or spiraled

3 large carrots, julienned

1 red pepper, thinly sliced

1 cup shredded red cabbage

¾ cup frozen edamame, thawed or use steamed green beans in 1" pieces

3 green onions, thinly sliced

1 tablespoon hemp seeds

1 teaspoon sesame seeds

For the Dressing:

1 garlic clove, ¼ cup nut butter of your choice, 2 tablespoons fresh lime juice, 2 tablespoons low-sodium tamari, 2 tablespoons water, 2.5 teaspoons pure maple syrup, ½ tablespoon toasted sesame oil, 1 teaspoon freshly grated ginger

Prep vegetables. Add the zucchini, carrots, cabbage and pepper into one or two large bowls. Toss with hands to combine. Prepare the dressing by processing all dressing ingredients in a mini processor (or simply whisk by hand). The dressing may seem a bit thin at first, but it thickens as it sits. Top bowls with edamame, green onion, hemp seeds, and sesame seeds. Pour on dressing and enjoy!

Sesame Noodles with Cucumbers

Here's another cold salad to keep you nourished this week. We know we've been loading you down with cucumbers so here's one to help reduce the load that might be accumulating in your fridge. © From Smitten Kitchen this one has been pre-approved in our own Loon Kitchen. Enjoy!

Serves 4

¾ pound dried rice noodles

2 tablespoons toasted sesame oil, plus a splash to loosen noodles

2 tablespoons Chinese sesame paste or tahini

1 tablespoon smooth peanut butter

3 ½ tablespoons soy sauce

2 tablespoons Chinese rice vinegar

1 tablespoon granulated or brown sugar

1 tablespoon finely grated ginger

2 teaspoons minced garlic (from 1 medium-large clove)

Chili-garlic paste, to taste

½ pound cucumber, very thinly sliced

½ cup roasted salted peanuts, roughly chopped

A handful of chopped fresh herbs, such as mint, parsley and/or cilantro, for garnish

Cook noodles according to package directions and rinse with cold water to cool. Drain well. Drizzle with a tiny splash of toasted sesame oil to keep them from sticking until dressed.

Meanwhile, whisk sesame paste and peanut butter in the bottom of a small bowl, then whisk in soy sauce, rice vinegar, remaining 2 tablespoons sesame oil, sugar, ginger, garlic and chile-garlic paste to taste until smooth. Adjust flavors to taste. It might seem a bit salty from the bowl, but should be just right when tossed with noodles. Toss sauce with cold noodles. Place a medium-sized knot of dressed noodles in each bowl, followed by a pile of cucumber. Garnish generously with peanuts and herbs. Serve with extra chile-garlic paste on the side.

Enjoy your box and thanks again from all of us at Loon Organics Farm!
Your farmers, Adam, Laura, Eli, Willie + Crew