



LOON ORGANICS

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What's in the box 8/5/14:

Green Beans: A new variety that we are growing this year called Prevail. It has great flavor and appearance.

Eggplant or Red Cabbage: Eggplant was just coming in, so boxes either got an eggplant or a red cabbage.

Greentop Carrots: Take those greens off if you won't eat the roots within a week, otherwise the carrots can lose their crispness.

Red New Potatoes: Check last week's newsletter for a great potato salad recipe.

Italian Flat-Leaf Parsley: A full-flavored herb that is preferred by many chefs and cooks. It is a wonderful in tabouli, chimichurri sauce, or pesto (use parsley instead of basil)

Fresh Garlic: Starting to dry down, but still has a juicy zip to it. Delicious!

Rainbow Swiss Chard: Check our website for [Chard Taco recipe](#). It converted us to chard lovers.

Zucchini and Yellow Summer Squash: Try squash fritters (recipe on our website).

Cucumbers: Peel and slice thinly and add to water with a splash of lemon or lime for refreshing cucumber water.

Tomatoes: Cherries, slicers, and heirloom mix.

Red Fresh Onions: "Torpedo" Italian heirloom onions. Store in fridge in plastic bag.

Jalapeño: Has a kick this year!

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

Happy August! The veggies this time of year are the stuff of winter dreams—tomatoes, loads of cucumbers and yellow squash, garlic, new potatoes, the sweetest carrots, and dark green, sweet beans. There's no need to fuss too much with the veggies in the kitchen, they taste great fresh and simple. Like many of you I'm sure, we turn to the grill for some of our weekend cooking. A great discovery of late is the [Clay Coyote Flameware Grill Basket](#). Potters Tom and Betsy from Clay Coyote in Hutchinson created this all ceramic grill basket that can set right on an open flame on the grill. We've been tossing all the veggies hiding in our crisper drawer with olive oil, some fresh herbs or pesto, and then in it goes in the grill basket. It's the easiest thing and we don't have to mess with foil or burned veggies. The recipe on page 2 is perfect for summer time grilling. You can visit the Clay Coyote booth at this weekend's Garlic Fest (see below)!

We are noticing some after-effects from the cool weather we had in early July. The eggplant and bell peppers in particular seem to have dropped many of their first set of blossoms. If nighttime temps fall under 55° at night, both eggplant and peppers will drop their blossoms even if they have not yet been pollinated. This is a year that we are thankful for diversity of crops and varieties. We have five different eggplant varieties and 12 different pepper varieties. The Italian sweet and Jimmy Nardello peppers are all loaded with fruit and should be ripening up soon. Same goes for the Italian striped and Asian eggplants. The bell peppers, habaneros, and purple globe eggplants are just forming their first fruits now—about 4-6 weeks later than normal. Still have our fingers crossed for a long fall, for both our summer crops and the winter squash crops that are still developing.

This week will bring lots of irrigation for most crops. It is pretty dry out there now in the top foot of soil. Setting up irrigation pipes and sprinklers is nearly a full time job for Adam. He's using his 2nd electric tractor to haul his pipes around the farm, and it goes so slow that he just hops off the tractor (set at a snail's crawl) and unloads the 30 foot pipe segments one after the other. I'll try to capture it on video one of these days.

Garlic Fest This Weekend!

We grow our garlic just for our CSA members these days, so we don't have any extra to bring to Garlic Fest. But many other amazing farmers and food vendors will be there at the *McLeod County Fairgrounds in Hutchinson, MN*. 10 a.m.-6 p.m.

Adults: \$5, Kids under 12: \$3, stroller/carried babies free, \$1 Parking per vehicle

Minnesota Garlic Festival is the premier event for lovers of garlic, great local foods and good times! Family friendly, fun filled and fragrant, this festival features fantastic foods, celebrity chefs, marvelous music, area artisans, goofy games...and lots of GARLIC – all in support of a healthy environment, sustainable farms and vital rural communities in Minnesota.

Next week's box: broccoli, purple/yellow carrots, cucumbers, summer squash/zucchini, tomatoes, red potatoes, eggplant?, jalapeños, fresh onions, salad mix!

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.

Parsley: in fridge in plastic bag.

Tomatoes: 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.

Jalapeños & Green Beans: In plastic bag in fridge.

Fresh Onions: in plastic in fridge.

Chard: in plastic in fridge.

Preservation Tips: Beans, carrots, chard, and cabbage/eggplant 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.

Loon (& Others) Recipes:

-[Zucchini/Summer Squash Fritters](#)

-[Shrimp Pad Thai](#)

-[Carrot-Zucchini Bread with](#)

[Candied Ginger](#)

-[Chocolate Zucchini Cupcakes](#)

-[Cucumber Agua Fresca](#)

-[Cucumber Salsa](#)

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Recipe Corner

Simple Garlic Rubbed Salmon (or Chicken) and Vegetables with Sweet Basil Dressing

Mill City Market Chef, Jenny Breen, made this for a recent farmers market cooking demo, and it was amazing. Here's what Jenny says about this recipe: "This is a simple marinade for fish or chicken, paired with an equally simple dressing for vegetables. They work together nicely, and are very versatile. The marinade will work well with almost any type of fish, and the vegetables too will complement most any fish. Keep this one in your back pocket for your next spontaneous barbeque."

Ingredients:

4 salmon steaks-approx. 8 oz. each (wild caught salmon from northern streams or from local fisheries is best)

8 cloves garlic, chopped

4 tablespoons fresh Italian parsley

½ cup olive oil

2 teaspoons salt

Combine garlic, herbs and olive oil. Rub or brush over salmon steaks. Place steaks directly on oiled grill, or set in pan to marinate, and grill when ready.

6 to 8 cups mixed seasonal vegetables—green beans, summer squash/zucchini, carrots, eggplant, cabbage, julienned

1 tablespoon olive oil

4 cups Swiss Chard, large stems removed and leaves chopped

Dressing:

2 cups fresh basil leaves, minced

4 cloves garlic, minced well

1/2 cup olive oil

1/4 cup champagne vinegar

¼ cup fruity vinegar like raspberry or currant

¼ cup orange juice

2 tablespoons honey

½ cup mayonnaise

2 teaspoons salt

Method

Whisk together dressing ingredients and place in fridge to chill. In a large skillet, heat 1 tablespoon olive oil over medium heat and sauté all the vegetables and chard for 5 to 7 minutes. Cover the vegetables with dressing and return to fridge to chill. Serve the vegetables on top or on the side with the grilled salmon steaks. Makes 8 servings-4 oz. each

Chimichurri Sauce

This is a favorite sauce to marinate or top meat, veggies, or pasta. Goes great with pretty much everything! From www.allrecipes.com

1 cup firmly packed fresh flat-leaf parsley, trimmed of thick stems

1-2 garlic cloves

2 Tbsps fresh oregano leaves (can sub 2 teaspoons dried oregano)

1/2 cup olive oil

2 Tbsp red or white wine vinegar

1 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

1/4 teaspoon red pepper flakes

METHOD

1 Finely chop the parsley, fresh oregano, and garlic (or process in a food processor several pulses). Place in a small bowl.

2 Stir in the olive oil, vinegar, salt, pepper, and red pepper flakes. Adjust seasonings. Serve immediately or refrigerate. If chilled, return to room temperature before serving. Can keep for a day or two.

Have a great week. Your farmers, Laura & Adam