



# LOON ORGANICS

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## What's in the box 8/12/14:

**Eggplant:** Either Striped Italian Globe eggplant or the long, skinny Asian eggplants. Both have great flavor and can be used interchangeably in any recipe calling for eggplant. See our recipe on page 2.

**Broccoli:** Gigantic heads with awesome flavor! Steam and freeze it if you can't get to it all in the next week or two.

**Greentop Carrots:** Orange or Purple/Yellow Carrots. All have great flavor for fresh eating.

**Red New Potatoes:** Slice and grill with fresh onions.

**Curly Parsley:** Perfect for Tabouli! Recipe on our website.

**Garlic:** This has dried down now. Store it on your counter or in a cupboard.

**Salad Mix:** Tender mix of baby lettuces. Summer salad!

**Zucchini and Yellow Summer Squash:** New recipes on page 2

**Cucumbers:** Check the recipes on our website! Or google cucumber cocktail for some fun drink ideas.

**Tomatoes:** Red beefsteaks in the bag, heirloom mixed cherries, and a few assorted smaller multi-colored heirlooms. Varying ripeness.

**Fresh Onions:** Red or yellow fresh onions. Keep these in the fridge for storage. They are slightly less pungent than regular onions.

**Jalapeño:** We use about a ¼ pepper for a mild salsa.

## CSA: Week Nine (*Group A Half Shares*)

We're exactly at the mid-point of the CSA season. 9 weeks down, 9 weeks to go. And it feels like fall to us! The weather has actually been just absolutely dreamy these past weeks for working and playing, don't you agree? Great sleeping weather with the windows open, cool beautiful sunrises, and just enough mid-day sun to keep things warm, comfortable, and summer-like. We've noticed the decreasing daylight on both sides of the day though, and once we hit August we know that the slow down is around the corner. We're still waiting for the speed up though—where are those 90 degree days? I don't want to speak too soon, as there is plenty of summer left and who knows what will happen. A welcome weather surprise was about an inch of rain this weekend. Perfect timing! We desperately needed that, and although we have ample irrigation and were using it, nothing beats the real thing.

One could say the same for summer, farm grown tomatoes too—nothing beats the real thing! I've said it before this year and I'll say it again, we are so grateful for our hoop house tomatoes in this cooler-than-average year. The field tomatoes are barely ripening, and I imagine much is the same for any of you with tomatoes in your garden. Especially the large slicing and heirloom tomatoes need more heat than we've had thus far to ripen up. The hoop house tomatoes are in full force and are keeping us supplied with enough for that first BLT or fresh tomato basil salad. There may be slightly less tomatoes this year overall than the last couple years, as the field tomatoes are down and we didn't have enough room to plant quite as many cherry tomatoes, but we will still have ample quantity overall.

And those Loon t-shirts I mentioned a couple weeks back? They are finally uploaded and ready to order on our website. You can order on-line and we are asking people to send us a check and then we'll deliver your shirt(s) to your CSA drop site. We're also looking into ordering some kid's sizes for the little Loon fans. Thanks to everyone that has purchased tees from us so far! Still plenty of time to order your t-shirt, and we decided to move forward and order our third hoop house last week. The hoop house is "in the mail" as they say, with initial ground prep and drilling holes for ground posts happening later this month.

On the vegetable front, we're still in the heart of the summer squash/zucchini season but they are petering out soon from both pest and disease damage. Cukes too we may see a little lull before our 3<sup>rd</sup> planting comes in. The broccoli this week is MONSTER! I think this is the biggest broccoli we've ever grown—some heads are 3 pounds. Eat that stem! Peel the tough skin off and you'll find sweet, crunchy essence of broccoli. The stems are great in stir fries, shredded in salads or to make coleslaw, steamed or sauted with your broccoli florets, cut into matchsticks and eaten with veggie dip or hummus. Melons are on the verge of ripe-ness this week. Cantaloupes likely in next week's box. We will see about watermelons, hoping we have enough for one week of boxes.

**Next week's box:** broccoli, purple/yellow carrots?, cucumbers, summer squash/zucchini, tomatoes, red potatoes, cantaloupe?, jalapeños, cilantro, green pepper, and more.

**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.

**Broccoli & 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 & Fresh Onions:** In plastic bag in fridge.

**Salad Mix:** in plastic in fridge.

**Preservation Tips:** Beans, carrots, 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.

**New Recipes:**

[-CSA Showcase Appetizer:](#)

[Zucchini Boats](#)

[-Grilled Eggplant with Basil](#)

[-Eggplant Dengaku](#)

[-Grilled Eggplant Spread](#)

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**Recipe Corner**

**Poached Chicken, Barley, Mint, Summer Squash & Pine Nut Salad**

Our latest and greatest "Farm Test Kitchen" Recipe. We all loved Siri's dish last week, and it passed the 2-year old test. We ate it as leftovers the next day on top of a bed of salad mix with fresh tomato slices. It's versatile! Adapted from the cookbook Supergrains, by Chrissy Freer. Prep time: 20 min, Cook time: 45 minutes.

Serves 4

1 cup pearl barley, briefly rinsed      1 medium yellow onion, halved  
6 black peppercorns                      1 teaspoon sea salt  
1 lb boneless chicken breasts          1 large or 2 small zucchini, trimmed  
2-4 yellow summer squash, trimmed  
2-4 carrots, trimmed                      1/2 cup mint leaves  
3 tablespoons snipped chives          1/3 c pine nuts, lightly toasted  
3 tablespoons dried currants

**DRESSING**

3 tablespoons olive oil  
1 1/2 tablespoons red wine vinegar  
3 tablespoons apple juice

1. Cook the barley in a saucepan of boiling water for 30 minutes or until al dente. Refresh under cold running water, the drain well and transfer to a large mixing bowl.
2. Meanwhile, put the onion, peppercorns and salt in a large saucepan with 4 cups water and bring to a boil. Add the chicken, reduce the heat to low, cover and simmer gently for 5 minutes. Remove from the heat and leave the chicken in the poaching liquid, covered, for 30 minute. Remove the chicken and strain out the onions if you wish to keep the poaching liquid for broth for another use. Set the chicken aside to cool, then shred.
3. Using a peeler or a mandolin, cut the zucchini and squash into thin ribbons. Place in a heatproof bowl, cover with boiling water and set aside for 1 minute. Refresh under cold running water, then drain well.
4. Add the shredded chicken, zucchini, squash, herbs, pine nuts and currants to the bowl with the barley and stir to combine.
5. To make the dressing put all the ingredients in a small bowl and whisk to combine. Add to the salad and toss gently to combine. Season with salt and fresh ground black pepper, to taste.

**Eggplant Caponata**

Another favorite Farm Test Kitchen recipe featuring eggplant. Siri added ground beef to the original recipe (leave out if desired) and we ate it over Butternut Squash Pasta from Sunrise Creative Gourmet (their fresh pasta is at Mill City, co-ops, even Cashwise in Hutchinson!). Recipe adapted from *Asparagus to Zucchini* cookbook.

1-2 eggplants, cut into ¾-inch cubes  
1 cup green olives, pitted and chopped  
2/3 cup olive oil, divided  
3 Tablespoons capers  
Salt and pepper  
1 cup thinly sliced celery or fennel  
3 cups diced onions  
1/3 cup red wine vinegar  
1 ½ pounds tomatoes, seeded and chopped  
2 teaspoons sugar  
Optional: 1 lb ground beef

Heat oven to 500 degrees. Toss eggplant cubes with 1/3 cup olive oil and season with salt and pepper. Spread in a single layer on large baking tray and roast 10 minutes. Continue roasting until eggplant browns, another 10-15 minutes, stirring every few minutes. If using ground beef, brown in a sauté pan and set aside. Heat remaining oil in large skillet and sauté onions 10 minutes. Add tomatoes, olives, and capers (and beef, if using). Reduce heat to simmer, cover, and cook about 15 minutes. Add eggplant and celery to pan and continue cooking, covered, for about 8 minutes. Remove cover, turn heat up to high, and stir in vinegar and sugar. Cook until vinegar evaporates and all flavors meld, about 3 more minutes. Season to taste with salt and pepper. Serve hot or cold, with bread, pasta, etc. Makes 8 servings.