



LOON ORGANICS

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What's in the box 8/3-4:

Tomatoes: Cherries in the container, and beefsteak and heirlooms in the bag.

Salad Mix: Mix of baby lettuces. Perfect for a summer salad or BLT!

Rainbow Carrots: Purple and Yellow Carrots. Both are great for fresh eating or cooking. The purple ones are orange inside—don't peel the purple skin off!

Cucumbers: Try in the bread salad recipe on page 2.

Zucchini and Yellow Summer Squash: Use up in the coconut curried noodle recipe on page 2, or throw on the grill and roast up.

Red Torpedo Fresh Onion and Yellow Cortland Onion: This is the end of the red fresh onions and the start of the regular onion crops.

Red New Potatoes: A really good harvest this year! We love their creamy flavor.

Green Beans: Lightly steam and toss with chopped cherry tomatoes, onion, and vinaigrette.

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

Red Watermelon: First picking and they have been delicious! We pick them ripe and ready to eat. Store in your fridge or on counter.

Cantaloupe: These are ripe and ready to eat. They smell and taste divine! Keep in your fridge until you eat but best to eat soon.

CSA: Week Nine (*Full Shares & Group B Half Shares*)

If you read last week's newsletter (and you all read every single one right? ☺), you'll remember I wrote about our amazing hoop house tomato crop this year while alluding to the sad field tomatoes. I keep our newsletter content mostly light and fun, but sometimes "manure happens" on the farm. What killed the field tomatoes? They got spray drifted with Roundup, the herbicide which is sprayed liberally on all the conventional corn and soybean fields surrounding our farm. The week after we planted our field tomatoes, we got drifted from one of our neighbors when they went to spray the weeds in their fields. Our tomatoes were on the eastern-most field on our farm, right across the street from two conventional fields. We do have the required buffer strip between our fields but the wind must have been blowing towards our farm when they sprayed. We didn't realize that tomatoes are one of the *most* sensitive crops to herbicides, so even a tiny amount of residue can stunt or kill them. It's been a maddening process to realize over the last 6 weeks that our field tomatoes got drifted from a neighbor but we can't prove which neighbor as we didn't see them spray and didn't realize it had happened until several weeks had passed. It wasn't until a few weeks had passed and the plants continued to die back that I knew something was severely amiss and got the foliage tested for herbicide residue. Results came back positive last week for Roundup (glyphosate). The tomatoes that were killed were our romas and beefsteaks dedicated for canning and preserving shares and late summer CSA boxes/market. We've been lucky to have extra tomatoes from our hoop houses to cover some of the preserving needs for now.

It's unlikely that we will get reimbursed from our neighbors for this and we don't have crop insurance for our farm (there are no good options for our type of farm) so we have to eat this loss, which is in the several thousands of dollars. Plus we are not sure if our certification agency will approve that field as "certified organic" next year so we might have to take it out of production (another big expense for us). We definitely feel like the "little guy" right now, with no crop insurance, no crop subsidies, and bearing the burden of proof and expense. We are not alone. We know another organic CSA farm in Watertown that lost their entire tomato crop to herbicide spray drift in June. And just last weekend, we heard a [story](#) on National Public Radio about Missouri organic farmers losing their tomatoes and grapevines to drift. There is a push at the national level to get more stringent penalties for drift onto organic farms. From now on, we will be farming more "defensively", and that includes continuing to grow tomatoes in hoop houses which also protect them from drift, another HUGE bonus that we didn't realize until this year. Despite this unfortunate news, we do want to thank you all for supporting "little guys" like us. Your support and gratitude for our food and work helps move us forward through tough moments like this. -Laura

We said goodbye to employee Elizabeth Hermanson this week as she heads to Alaska to look for a teaching job for the fall. Her husband, Lars, is still helping on the farm and will join her in late October. We so enjoyed her sunny presence and thank her for all her hard work! Safe travels, Liz!!

Next week's box: more melons!, carrots, potatoes, onions, zucchini/summer squash, cucumbers, tomatoes, sweet peppers, 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 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: 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](#)

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Recipe Corner

This is a favorite recipe that uses lots of beans, squash, zucchini, and carrots. We also add a cup of chopped tomato to the mixture in the last 10 minutes of cooking for extra pizzazz. Enjoy!

Curried Coconut Noodles with Summer Vegetables

8 oz. extra-wide egg noodles or other pasta
1 ½ Tablespoons peanut oil, coconut oil, or olive oil, divided
1 cup chopped onion
½ cup sliced carrots
2 cups cut-up green beans
1 Tablespoon minced garlic
1 Tablespoon minced ginger
1 teaspoon ground cumin
½-1 teaspoon red pepper flakes
1 teaspoon turmeric
Salt and pepper
1 cup sliced zucchini/summer squash
1 can (14 oz) canned coconut milk (shake before opening)
Juice of 1 ½ limes
½ cup basil leaves, cut into strips
Garnish: lime wedges and additional basil strips
Cook noodles in salted water until barely tender (do not overcook them); drain, rinse with cold water, and drain again. Heat wok or heavy skillet over highest flame 1-2 minutes. Add the oil, swirl to coat pan, and heat until very hot but not smoking. Add onions, carrots, and green beans; stir-fry until vegetables begin to soften, about 3 minutes. Add garlic, zucchini/squash, coconut milk, and lime juice. Boil mixture until sauce thickens and vegetables are barely tender, 10-12 minutes. Add noodles and basil; stir until all the noodles are coated. Heat through, stirring gently. Serve immediately. Garnish with additional basil and lime wedges. Makes 4-6 servings. Recipe adapted from **Asparagus to Zucchini CSA Cookbook**.

As tomato bonanza continues, don't forget to make the classic Italian tomato and bread salad. It's one of my favorite tastes of summer.

Summer Panzanella

From www.smittenkitchen.com and adapted loosely from Ina Garten

3 tablespoons good olive oil
1 small French bread or boule, cut into 1-inch cubes (6 cups)
1 teaspoon kosher salt
2 large ripe tomatoes, cut into 1-inch cubes
1 cucumber, unpeeled, seeded, and sliced 1/2 inch thick
1-2 cups sweet peppers, seeded and cut into 1-inch cubes
1/2 red onion, cut in half and thinly sliced
20 large basil leaves, coarsely chopped
3 tablespoons capers, drained

For the vinaigrette

1 teaspoon finely minced garlic
1/2 teaspoon Dijon mustard
3 tablespoons champagne vinegar
1/3 cup good olive oil
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

1. Heat the oil in a large saute pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed. 2. For the vinaigrette, whisk together the ingredients. 3. In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. 4. Serve immediately, or allow the salad to sit for about half an hour for the flavors to blend.

A few other favorite Smitten Kitchen recipes:

[Watermelon Lemonade](#) from www.smittenkitchen.com

[Tomato and Corn Pie](#) recipe from www.smittenkitchen.com.