



# LOON ORGANICS

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

**Green Kale:** Summer heat makes lettuce bitter, so try one of our favorite fresh kale salad recipes on page 2.

### Watermelon or Cantaloupe:

These are just starting to come in, so Hutch Farm boxes got a watermelon and Metro boxes received either a cantaloupe or red watermelon. All are ready to eat.

**Broccoli:** Makes a perfect summer stir-fry with squash, tomatoes, and sweet peppers.

### 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:** aqua fresca and cuke salsa recipe on our website.

**Tomatoes:** Mix of cherries, heirlooms, and red beefsteaks.

**Red potatoes:** Just another week of these delicious new potatoes before others come in. Have you made homemade potato salad yet? It's the best.

### Hutchinson Farm Boxes:

**Eggplant** Metro boxes got eggplant last week so farm boxes will receive it this week. There should be more soon for everyone. Recipes on our website.

**Sweet Peppers:** Mix of sweet Italian red or orange peppers. Lots of recipe ideas on page 2.

**Garlic:** For a fresh salsa!

**Jalapeno:** Hot pepper: salsa!!

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

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

**Please return your CSA boxes:** We re-use the boxes that your CSA produce comes in however we have been barely getting half returned at our drop sites. It's only week 8 and we've already gone through nearly 500 new CSA boxes, and like most things, they ain't cheap. Please return your empty box(es) to your pick up site at your next scheduled pick up, and help us save both money and landfill space (boxes are not recyclable due to the wax coating that keeps them water-resistant). Thank you for your help!

Greetings from Tomato-landia! I'm writing from the tomato twilight zone that descends on the farm on August when the unrelenting heat and humidity is ripening tomatoes nearly faster than we can pick them. It would be a terrible shame to waste such delicious, beautiful fruit, so we keep picking them and are loading you up for the next few weeks with your fill. If you are feeling overwhelmed with ripe tomatoes after this week's box, we suggest making the candied tomato recipe on page 2, eating as many as possible at any and every meal, repeating the roasting instructions until said tomatoes are all used up, and then stashing a bag or two of candied tomatoes in your freezer for winter. You will thank us in December.

The red slicing tomatoes in your box are called Beefsteaks. They are prolific and they grow so well in our hoop houses. The heirlooms (orange, yellow, striped, and pink ones) are super fun and tasty, but sometimes overshadow the "regular" red, ripe beefsteak. Not on our farm though. The beefsteak is our workhorse of production and flavor. They are my go-to tomato with the perfect amount of sweetness and acidity to give you that quintessential "tomato" flavor that we all crave, but never can get from supermarket tomatoes. Beefsteaks are perfect for that burger or sandwich, but we use the beefsteaks for salsa, sauces, tomato salads, soups and sliced up raw with a little salt and pepper (or sugar for some!).

On top of the 2,000 pounds of tomatoes we picked in the last week, the watermelons and muskmelons are beginning. August is a bountiful, intense, and delicious time on the farm. It is satisfying to haul in big harvests, yet we keep in our minds that it is summer's last hurrah and cooler fall nights are just around the corner. Savor summer and summer eats! **Next week's box:** melons, potatoes, cucumbers, summer squash/zucchini, sweet peppers, 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. Garlic can be in or out of the fridge. Melons, if not eating right away, should be kept in fridge. If stored properly, everything should last at least 7-10 days.

### What is this veggie?

#### Sweet Italian Peppers

No, it's not hot it's sweet! These peppers are absolutely gorgeous and delicious. Try any of the recipes below to wet your whistle with your pepper haul. Roast them, sauté them up, put them in an omelet...you can even stuff them as you would regular bell peppers they'll just be a wee bit smaller. If you are really ambitious try the Romesco Sauce recipe below for a zesty addition to a sandwich, or roasted vegetables.

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

[Jamie Oliver's Roasted Tomato & Bread](#)

[Soup](#)

[NY Times Creamy Potato Salad with](#)

[Yogurt Vinaigrette](#)

[Deborah Madison's Lentil Salad with](#)

[Mint Roasted Peppers and Feta Cheese](#)

[Broccoli with Roasted Peppers Capers and Olives](#)

[Spinach Caramelized Onion Roasted](#)

[Pepper Open Faced Sandwiches](#)

[Quinoa Stuffed Peppers with Corn, Feta and Herbs](#)

[Romesco Sauce](#)

[Tomato Mozzarella Salad with Spiked](#)

[Pine Nuts](#)

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

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## Recipe Corner

### Kale Salad with Pecorino and Walnuts

*This is one of our favorite kale salads...from Smitten Kitchen again this recipe is tried and true at the loon house. Although no salad mix in this box this recipe will be sure to hit the spot if you're in need of a green salad! Enjoy.*

1/2 cup (105 grams or 3 3/4 ounces) walnut halves or pieces toasted  
1/4 cup (45 grams or 1 1/2 ounces) golden raisins  
1 tablespoon white wine vinegar  
1 tablespoon water  
1/4 cup panko (15 grams or 1/2 ounce) or slightly coarse homemade breadcrumbs  
1 tiny clove garlic, minced or pressed  
Coarse or kosher salt  
3 tablespoons olive oil  
1 bunch kale washed and patted dry  
2 ounces pecorino cheese, grated or ground in a food processor (1/2 cup total)  
Juice of half a lemon  
Freshly ground black pepper or red pepper flakes, to taste

*Prepare raisins:* In a small saucepan over low heat, simmer white wine vinegar, water and raisins for 5 minutes, until plump and soft. Set aside in liquid.

*Prepare crumbs:* Toast bread crumbs, garlic and 2 teaspoons of the olive oil in a skillet together with a pinch of salt until golden. Set aside.

*Prepare kale:* Trim heavy stems off kale and remove ribs. Stack sections of leaves and roll them into a tube, then cut them into very thin ribbons crosswise.

*Assemble salad:* Put kale in a large bowl. Add pecorino, walnuts and raisins (leaving any leftover vinegar mixture in dish), remaining 2 tablespoons olive oil and lemon juice and toss until all the kale ribbons are coated. Taste and adjust seasonings with salt, pepper and some of the reserved vinegar mixture from the raisins, if needed. Let sit for 10 minutes before serving, if you can, as it helps the ingredients come together. Just before serving, toss with breadcrumbs and, if needed, a final 1 teaspoon drizzle of olive oil.

**Another fresh kale salad we LOVE: Oh She Glows Vegan Caesar Salad,**  
<http://ohsheglows.com/2014/11/24/crowd-pleasing-vegan-caesar-salad/>

### Oven-Candied Summer Tomatoes

*Yes, another recipe from Lynn Rosetto Kasper but in all honesty—this woman really knows her stuff. Although time consuming this is definitely one of those recipes you MUST try at some point in your life time! Use this stuff on ANYTHING and we mean anything. Stir it into a frittata, slather it on a sandwich, even stir it into a vinaigrette.*

2 to 2-1/2 pounds delicious, ripe, medium/small-sized tomatoes (not plum tomatoes, unless they are extremely flavorful and never Roma tomatoes which are flavorless)  
1 cup robust extra-virgin olive oil  
Salt

Preheat oven to 400 degrees. Core tomatoes and halve vertically. Do not seed. Leave small tomatoes in halves, cut slightly larger tomatoes into 4 wedges, medium ones into 6, and large into 8. In a half sheet pan, or two 2-1/2 quart shallow metal baking pans (not glass or enameled metal), arrange tomato wedges cut side up, about 1/2 to 1-inch apart. Coat tomatoes with oil -- there should be enough to film the bottom of the pan as well. Sprinkle with salt. Bake 30 minutes, then lower heat to 350 degrees and bake another 30 minutes. Turn heat to 300 degrees, and bake 30 more minutes, or until edges are slightly darkened. If edges are not yet colored, turn heat down to 250 and bake another 10 to 15 minutes. Remove tomatoes from the oven. Cool 20 minutes. Transfer them to a shallow glass or china dish and pour their oil over them. Let mellow, uncovered, at room temperature 4 to 6 hours. Recipe from *The Italian Country Table* cookbook by Lynne Rosetto Kasper.

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