



# LOON ORGANICS

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## What's in the FARM box 9/1-2:

**Red and golden beets:** A mix of red and orange golden beets. The gold beets taste the same as red, but they do not bleed their color. Roast in the oven until tender, peel, chop and add to salads with your favorite cheese!

**Salad Greens:** Mostly baby lettuces, with a bit of arugula too.

### Sweet corn from Nistler

**Farms:** Amazing flavor! There may be a worm or two among your ears. Trim any damage on tips or on cob and proceed to cook as normal.

**Radishes:** Because we didn't get enough of them this Spring!

**Green Beans:** A nice batch of beans this week! Very tender!

**Onions:** Red or yellow freshly harvested onions. Keep either in fridge or on counter.

**Sweet Peppers:** Jimmy Nardello Sweet Italian Pepper is the long, skinny red pepper that looks like it might be hot, but it is SWEET and fruity! More info. on the Jimmy Nardello pepper on page 2. Your box may also have: sweet Italian red or orange peppers and a bell pepper.

**Tomatoes:** An assortment of slicers, heirlooms, and cherries

**Parsley:** Chop and add liberally to pizza, pasta, salads and to season meats.

**Jalapeño Peppers:** at their peak right now so we included two. Check last week's coleslaw recipe for a great way to use a jalapeño or two!

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

Happy September! Kids and teachers are back to school locally here, and the school buses rush past the farm as we work on our first harvest tasks of the day. September is always a welcome month on the calendar for us, it is one of the beautiful shoulder months of the season where we are enjoying favorite summer crops and finally able to turn the oven back on and do some slow-roasting and simmering of our favorite veggies. Without fail, the calendar turns to September and you can find a pan or two of tomatoes, peppers, onions, garlic, and herbs roasting for our favorite [September Soup](#) recipe (on our website's recipe page!).

The heavy rains continue here as we got another 3 inches early this week and are slogging through mud, puddles, and leaving a lot of poor quality produce in the field. 2016 is now deemed the Year of the Muddy Mosquito. Enough said. We hope for wind and sun so crops can dry out and we can get back in the fields to harvest potatoes (mud has kept our tractor and digger out of the field). Big props to our crew for sticking it out and working in whatever conditions arise, mostly with smiles on their faces. Bravo! Mosquito head nets and morning coffee breaks have saved the day.

On a positive note, we had a really nice batch of green beans this week and the beets are unaffected by recent rains. It has been lovely to have salad greens and radishes back in the kitchen. The corn has been absolutely tasty and has brightened up our boxes this week and last. Thanks to Jeffrey Nistler and to his crew for growing and picking such great corn for us! Nistler Farms sells at Mill City Farmers Market, the Minneapolis Farmers Market, and a handful of other Metro markets and roadside stands. Check the [Nistler Farms Facebook Page](#) for an up-to-date market schedule if you want to pick up more of Jeff's corn before the end of the season!

And as mentioned last week in reference to the corn, it is the time of year when there may be a worm or two in the corn. You can trim the tips off the corn before you shuck, and then just trim any damage off ear. The late season corn is always some of the tastiest so it is worth dealing with a worm or two here and there.

Everyone have a fabulous Labor Day Weekend, and we will see Full shares next week and 1/2 shares in 2 weeks!

**Next week's box:** potatoes (if we can dry out and get them!), peppers, tomatoes, celery, broccoli/cauliflower or kale, more beans..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. Keep those on your counter out of the sun. Onion can be in or out of the fridge. KEEP THE CORN IN THE FRIDGE IN A PLASTIC BAG TO KEEP IN SWEETNESS! If stored properly, everything should last at least 7-10 days.

**What is this veggie: Jimmy Nardello Italian Sweet Pepper!** It's sweet, not hot!! We promise! It looks like a cayenne but it is an Italian frying pepper. These peppers have thin-skins and a sweet, fruity flavor raw that becomes creamy in texture when cooked. Traditionally, they would be de-seeded and quick sautéed in oil or butter until just soft. Then eat as is, or top pizza or pasta, salads, sandwiches, or anything else that would benefit from a sweet, fruity pepper flavor. We also eat them raw like a carrot: kid's lunchbox favorite!

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

[Braised Broccoli w/ Orange and](#)

[Parmesan](#)

[Heirloom Tomato Salad](#)

[Broccoli & Basil Mac & Cheese](#)

[Scorched Sweet Peppers & Onions](#)

[Smothered Broccoli w/ Onions,](#)

[Peppers & Currants](#)

[Creamy Roasted Tomato, Garlic &](#)

[Onion Coconut Soup](#)

[Lemon Glazed Chicken w/ Peppers](#)

[& Whole Garlic](#)

[Spicy Tomato & Pepper Dip](#)

[Golden Baked Onions](#)

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

### **Contact us:**

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## **Recipe Corner**

### **Hot Chicken with Peppers and Chili**

*Here's a quick simple supper if you're looking for some easy weeknight suppers. You can use chicken breast if you'd like but it's best to have them with bone-in as the meat becomes super succulent. From the great British cook Diana Henry.*

2 tbsp olive oil

1 chicken, jointed into 8 (skin on) or use 4 breasts or 8 legs

4 peppers, all red or a mixture of red and yellow

4 cloves garlic, finely sliced

2 tsp dried chilli flakes (or to taste)

2 tbsp red-wine vinegar

2 tbsp balsamic vinegar

about 6 sprigs fresh oregano

Heat the oil in a broad ovenproof frying-pan or shallow casserole. Season the chicken and brown it on both sides until golden. Remove from the pan and set aside. If there is a lot of fat in the pan tip out all but 1½ tbsp.

Halve, core and deseed the peppers and cut the flesh into strips about 1cm (½in) wide. Add to the pan and fry until slightly singed and beginning to soften. Season and add the garlic and chili and cook for a further two minutes. Deglaze the pan with the vinegars and stir. Add the leaves of two of the sprigs of oregano then put the chicken back into the pan on top of the peppers (the peppers should be mostly covered and the chicken lying in a single layer). Scatter on the rest of the oregano. Place in an oven preheated to 375F and cook, uncovered, for 40 minutes. Check that the chicken is cooked through by piercing the flesh of one of the legs at the thickest part right near the bone; the juices should be clear and not at all pink. If you find that the chicken is getting too dark during the cooking, cover with foil.

### **Corn, Sage & Pancetta Pasta Over Fresh Egg Noodles**

*This is a very dairy heavy recipe but Judy Rodgers does it best when it come to maximizing flavor. You can substitute olive oil for butter in the recipe if you are lactose intolerant...just reduce the amount of oil used. This dish really brings out the flavor packed-punch of the sweet corn with just these few simple ingredients. Quick and easy too!!!*

2 1/2 c. fresh corn (about 3 large ears)

1/2 c. butter (1 stick)

3 oz pancetta, cubed

6 sage leaves, diced

1 lb. fresh egg pasta, preferably linguine

salt and pepper

3 tbsp Parmesan cheese

Using a knife, slice the corn kernels off of the ear into a bowl. Then, run the back of the knife at a 45-degree angle to the ear to force out all the starchy liquid. Combine the liquid and the corn. Boil water for the pasta and cook until slightly underdone. Reserve pasta water. Heat 1 tablespoon of butter over medium heat in a large skillet. Add the pancetta and sauté until lightly browned. Turn off heat, add sage and 1 tablespoon butter. Allow the sage to seep for 1 minute. Add 6 tablespoons of butter and turn heat to medium.

When the butter is melted, add the corn and liquid. Cook until warmed through and the liquid in the pan thickens slightly. Add salt and pepper to taste. Add cooked pasta to the corn and toss. Finish cooking the pasta with the corn. Off heat, add Parmesan cheese and re-taste for seasoning.

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