



# LOON ORGANICS

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## What's in the box 9/7-8:

**Broccoli:** Adds some nice green to a pasta dish or vegetable soup.

**Celery:** This is a stronger, darker version of grocery store celery. It is perfect for cooking or chop finely and add to chicken or egg salad. Recipe on page 2.

**Salad Greens:** Mostly baby arugula, with a bit of lettuce mixed in too. If arugula is too spicy for your palate, try lightly cooking and adding to omelettes, quiche, lasagna or any dish that would benefit from a cooked green. Softens the flavor.

**Blue Potatoes:** rich in antioxidants, the color makes these extra healthy! We love them roasted, pan sauted, or in potato salad. Recipe on page 2.

**Green Beans:** The rain hasn't seemed to affect the beans, they are still producing lots!

**Onion:** 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! Your box also has: sweet Italian red or orange peppers and bell pepper(s).

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

**Garlic:** Roast garlic in its skins, wrapped in foil and doused with olive oil.

**Curly parsley:** for the potato salad recipe on pg 2.

**HUTCH BOXES:** eggplant, This is winding down for season.

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

Hope you all had a great Labor Day weekend and are getting back into the rhythm of early fall. Our farm staff and work shares took the Labor Day morning off, and then we hustled in the afternoon to get a bunch of harvesting done before the next batch of heavy rain descended. The weather feels like a broken record of late: heavy rain, humidity, and mosquitoes. At least we know it is temporary. Our first frost usually visits sometime in September, and this year especially we are eagerly awaiting cooler temperatures and the demise of the pesky bugs.

This week's crops bring a continued bounty of sweet peppers and tomatoes, and with the addition of the deliciously pungent Loon celery, onions and garlic, you have the makings of a wonderful tomato soup or sauce. Make a double batch of your favorite tomato soup (ours is September Soup--on our website) and freeze some for winter. Leave out any cream or dairy when freezing, you can add in when you re-heat. Tomatoes, peppers, and celery can be chopped raw and frozen for use in cooked dishes this winter. Beans and broccoli can also be frozen, but should be blanched or steamed for a few minutes before freezing to preserve texture and taste. Product for freezing can be spread out on a cookie sheet and frozen. Once frozen, put content into freezer bag or vacuum seal, label, and pat yourself on the back. You will be glad to have it in January! ☺

Next week, our family will be taking a week vacation from the farm to go to a family reunion in the U.P. of Michigan. We will be leaving the farm in the hands of our capable and talented farm team. Our farm friends, Aimee and Andy, from Rebel Soil in Litchfield are even going to pitch in and help with the CSA harvest while we are away. Our family has never been away from the farm this long during the CSA season, so we are especially grateful to our employees and friends for keeping the farm humming so that we can spend some quality time with our extended family near the beautiful Sleeping Bear Dunes of Michigan! Thanks to Sophie, Colton, Katharine, Jenny, Luke, Josh, Jamie, Jenn, Aimee and Andy! See you all back on Week 15! **(Btw, CSA deliveries go until week 18: October 13/14).**

**Fall Box Status:** To be Determined. Due to the very wet conditions this season, we have lost numerous plantings of various fall crops. We usually plant quite a bit extra for our additional Fall CSA Share and our winter farmers markets, but this year there might not be much leftover for these extras. We will keep you posted later on this month if we expect to have any Fall CSA boxes. Thanks for your patience! It's been a wacky growing year.

**Fall Harvest Festival on Sunday, September 24<sup>th</sup> from 1-3 p.m.:** Electric tractor wagon ride, pick out a pumpkin to bring home, apple cider, and u-pick flowers (if they have not yet been frosted!). We hope to see you here! RSVP if you plan to attend.

**Next week's box:** Carrots or Potatoes?, beets, sweet peppers, tomatoes, cucumbers?, green beans, cilantro, 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 and onion can be in or out of the fridge. If stored properly, everything should last at least 7-10 days.

### **What is this veggie: CELERY!**

Yes, we can grow celery in MN. It takes a long time to mature, but it can be done. It is greener, stronger in flavor and a bit more tough than supermarket celery from California (or who knows where). That stuff is usually soured with water and pesticides, and is on the Top 12 veggies recommended to buy organic ([“Dirty Dozen” list by EWG](#)). This celery makes a mean stew, soup, stock or side dish. I also like to chop it finely and add to my chicken and egg salad.

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

[Vegetarian Orzo Stuffed Peppers](#)  
[Coconut Red Curry w/ Chickpeas](#)  
[Potato Latkes](#)  
[Eggplant Parmigianino](#)  
[Soba Noodles w/ Eggplant & Mango](#)  
[Lentil Soup w/ Coconut](#)  
[Grilled Rib Eye Steaks with Celery, Parsley & Blue Cheese Salad](#)  
[Green Beans w/ Almond Pesto](#)  
[Rigatoni w/ Sweet Tomatoes, Eggplant & Mozzarella Cheese](#)  
[Spanish Quinoa Stuffed Peppers](#)  
[20 Minute Asian Kale Salad](#)

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

### **Contact us:**

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## **Recipe Corner**

### **Sweet & Sour Celery**

*Honey provides the sweet and lemon juice the sour in this simple dish from Gourmet Magazine. It soaks up the braising liquid and becomes extremely smooth in texture. A lovely side dish to accompany a vegetarian main dish or meaty main meal of fish or chicken.*

1/3-1/2 cup water

2 tablespoons fresh lemon juice

1.5 tablespoons olive oil

1.5 tablespoons mild honey

1 bunch of celery w/ any dark green outer ribs peeled), cut into 2-inch pieces, reserving about 1/2 cup inner celery leaves

1/4 cup finely chopped flat-leaf parsley

Cut a round of parchment paper to fit just inside a wide heavy 6- to 8-qt pot, then set round aside. Simmer water, lemon juice, oil, honey, 1/2 tsp salt, and 1/4 tsp pepper in pot, stirring, until honey has dissolved. Stir in celery (but not leaves) and cover with parchment round. Simmer until tender and liquid is reduced to about 1/4 cup, 35 to 40 minutes. Meanwhile, coarsely chop reserved leaves. Serve celery sprinkled with celery leaves and parsley.

### **Green Bean & Purple Potato Salad**

*From a great little website called Love and Lemons this salad is sure to use up a good portion of your CSA box. An exquisite way to highlight those gorgeous purple potatoes. Zesty, healthy and absolutely delicious! If you've never tried capers you are in for a treat...you just might start adding them to all your dishes!!!*

6-8 small-medium purple potatoes (about 3/4 pound)

2 tablespoons olive oil, more to taste

1 clove garlic, minced

1 heaping teaspoon of capers

1 teaspoon dijon mustard

2 big handfuls of green beans

Juice and zest of 1 lemon

2 scallions, chopped

1/4 cup fresh parsley, basil or dill chopped

1/4 teaspoon red pepper flakes

sea salt and freshly ground black pepper

optional: 1/2 cup cooked chickpeas, 1/2 cup cooked grain, hard boiled eggs, pickled onion

Bring a large pot of salted water to a boil. Scrub the potatoes and slice them into 1 inch pieces. Add the potatoes and cook until knife-tender, about 15 minutes.

(Alternatively, you could roast them in the oven with a drizzle of olive oil at 400°F for 20-25 minutes).

Meanwhile, in a large bowl, combine the olive oil, garlic, capers, mustard and generous pinches of salt and pepper. Use a rubber spatula or wooden spoon to smash the garlic and capers into a paste at the bottom of the bowl. When your potatoes are done, scoop them out of the water (leave the water boiling for your green beans), transfer them to the bowl, and toss to coat them with the 'dressing' at the bottom of the bowl.

Prepare a bowl of ice water and place it near your pot of boiling water. Add the green beans to the boiling water and cook they're tender but still vibrant. About 3 minutes. Scoop them out of the boiling water and into the ice bath to cool - about 1 minute.

Drain and toss them into the bowl of potatoes. Add the lemon juice, zest, scallions, parsley, oregano, and red pepper flakes and toss to coat.

Taste and add more salt, pepper, lemon juice to taste. If your salad is a little dry, drizzle some more olive oil and toss again.

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