



LOON ORGANICS

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What's in the box 9/21-2:

Broccoli: We have been adding chopped broccoli to our fresh pasta sauce for a little dose of green.

Salad Mix: Assorted lettuce varieties and a bit of arugula mixed in.

Russet or Yellow Potatoes: Good for baking, frying, or sautéed up.

Delicata Squash: Long cream/yellow colored squash with green stripes is a favorite. Info and recipes on page 2.

Sweet Dumpling or Carnival Acorn Squash: Sweet dumpling is cream with green stripes, but in the shape of an acorn squash and carnival is a multi-colored acorn squash. Both have sweet, nutty flavors. Cut in half, bake with a little oil, butter or water until tender and enjoy!

Onion: Red or yellow. Keep either in fridge or on counter.

Sweet Peppers: these are winding down for the season

Leek(s): the first harvest of leeks to add into your favorite soup, fall veggie roast, or caramelize.

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

Cucumbers: Perfect for that salad.

Green top Carrots: carrots are back and we hope to have them in boxes for the rest of the season.

CSA: Week Fifteen *(Group A Half Shares)*

A reminder that CSA deliveries go until week 18: October 12/13. The last Group A half share box is on October 5/6.

Fall Harvest Festival is THIS Sunday, September 25th from 1-3 p.m.: Electric tractor wagon ride, pick out a pumpkin to bring home, apple cider, and u-pick flowers. We hope to see you here! Rain or shine. RSVP if you plan to attend. Wear your mud boots!!

Greetings all! We had a very lovely family vacation last week to Michigan and send big thanks to our crew for doing a great job while we were gone. They put together a nice box while we were away, and kept things humming and rolling on the farm!

We were just away for under a week, but when we returned it felt, smelled and looked like the fall season had arrived. The leaves are turning on the trees, the sweet peppers have stopped turning overnight from green to red, the black birds are flocking in the trees. We are working our way through our fall crops now and are seeing what has been affected by all the rains over the past months. Potatoes were really hit hard and we hope to eke out one more week of potatoes for the box and then those will be done for the season. We did the winter squash harvest on Monday before this week's rains came, and it is now curing in the greenhouse. We should have a good amount of squash for the rest of our boxes. We should also have carrots for the rest of the season, and some more broccoli. The cauliflower, including the romanesco, has been hit hard by disease. We are holding our breath about our last plantings and hoping for the best. More will be revealed on those crops...

This is a fun time of year in the kitchen though. I subscribe to the [NYTimes Cooking Newsletter](#) which sends out several recipe newsletters throughout the week. If you need cooking inspiration or ideas, I'd recommend it! As always, thanks for eating and cooking your way through the season with us!

Next week's box: Carrots, winter squash, broccoli, leeks, salad greens and/or kale, last potatoes, tomatoes, peppers, cucumbers, 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: Delicata Squash

What's this torpedo shaped thing in your box? Delicata squash of course. Actually considered a summer squash in the botanical world Delicata is generally labeled a winter squash because it is so hard fleshed and harvested later in the year. Bake and bite in and you will be delighted with a brown sugary taste. One website describes it as a cross between sweet corn and pumpkin pie. And don't worry the peel is TOTALLY edible. Recipes below in the extra recipe section and to the right in Recipe Corner. Enjoy!

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

[Farmhouse Roasted Carrots](#)

[Glazed Beet & Carrot Salad](#)

[Mark Bittman's Autumn Millet Bake](#)

[Power Green Salad](#)

[Leek & Greens Frittata](#)

[Roasted Delicata Squash w/](#)

[Almonds](#)

[Roasted Vegetable Orzo w/ Delicata Squash & Kale](#)

[Baked Delicata Squash w/ Cream and Parmesan Cheese](#)

[Ginger Carrot Salad Dressing](#)

[Best Baked Onions](#)

[Spanish Chicken & Rice](#)

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

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Recipe Corner

Rosemary Roasted Delicata Squash

Super simple this is a splendid way to use up your squash. Quick and absolutely delicious. A sure fire way to bring out all the delightful yumminess of your first winter squash of the season! From [White on Rice Couple](#) via their blog.

2 medium delicata squash (can use one delicata and your other squash)
1 tablespoon olive oil
1 shallot finely diced
4 fresh rosemary sprigs
Coarse salt and pepper to taste

Preheat oven to 425°F. Wash, slice and scoop the seeds from the delicata squash. Cut the halves into 1-inch strips. Add the cut squash to a sheet pan with a covering of parchment paper or aluminum foil leaving plenty of space between the pieces. Drizzle with olive oil and sprinkle with the shallots/onion and rosemary, salt and pepper. Toss to coat. Roast about 20-30 minutes, turning once... might need a bit longer. Enjoy warm as a side dish or chop into bite size pieces to enjoy over kale or other greens with your favorite vinaigrette for a sweet and savory fall salad.

Coconut Roasted Tomato Soup

This recipe is from [Oh She Glows](#)...it may seem it's a bit complicated at first but have no fear. Absolutely stunning this will happily fill your belly with the last of those tomatoes. Hearty and soul-satisfying!

For Roasting:

5 pounds of tomatoes, washed & sliced in half
1 large sweet onion, peeled & sliced
2-3 large garlic bulbs, prepared for roasting
extra virgin olive oil, kosher salt, & pepper, for vegetables

Assembling the Soup:

3 cups roasted tomatoes
2 tbsp roasted garlic flesh
all of the roasted sweet onion
1 can light coconut milk (reserve 2-3 tbsp for garnish)
3 cups vegetable broth (I used low-sodium)
2 tbsp tomato paste
2 tsp garam masala (add slowly, to taste)
1 tsp salt or to taste (you may have to reduce amt. if you used full-sodium broth)
1/2 tsp freshly ground black pepper
for garnish: garlic croutons, coconut milk, pesto, herbs, garam masala, pepper, etc.

Preheat oven to 400F and line 2 baking sheets with tin foil. Grab a small casserole dish to place the garlic in. Lightly drizzle on EVOO onto onions and season onions and tomatoes with salt and pepper. Roast for about 30 minutes and then check on the vegetables. When the onions are golden and lightly blackened on the edge, you can remove them. Continue roasting the garlic for about 60 minutes or so (check it after 4 5 mins), and the tomatoes for about 1 hour and 20 mins. Your oven times will vary though, so keep an eye on them!

Add 3 cups roasted tomatoes, 2 tbsp roasted garlic flesh, and all the onion into a large pot. Add coconut milk, tomato paste, and broth and stir well. Stir in the seasonings and spices to taste. Bring to a boil and then simmer for about 5-10 minutes. Carefully transfer into a blender, processor, or use an immersion blender. Pulse for just a few seconds until chunky. Serve immediately and garnish with reserved coconut milk, a sprinkle of garam masala, croutons/bread, and fresh black pepper.

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