



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 9/28-29:

Broccoli: Broccoli cheese soup?

Salad Mix: all lettuce this week.

Carrots: Very crisp and sweet.

Acorn Squash: A favorite to roast in half and top with butter and brown sugar or honey.

Delicata Squash: last of the season. They are a favorite, but didn't do well this year.

Pie Pumpkin or Carnival Squash: pie pumpkins can be cooked and used just like winter squash. Not enough pies for everyone, so some boxes got a carnival squash.

Celery Root a.k.a. Celeriac: Knobby roots have texture of potato with a celery flavor.

Recipes on page 2!

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

Leeks: for soup

Sweet Peppers: last taste

Tomatoes: An assortment of slicers and heirlooms.

Cucumbers: last one?

Garlic: Roast

Shallot: Looks like a small red onion, but has sweeter milder flavor. A favorite in salad dressings and vinaigrettes.

METRO: Cauliflower or Romanesco: boxes got either white, cheddar or romanesco cauliflower. All prepare and taste similarly, cook however you prefer cauliflower. We like it roasted in the oven.

FARM: Radishes: the rain has made these barely spicy. Really nice batch!

CSA: Week Sixteen *(Group B Half Shares)*

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

Despite rain showers, mud, and even a few mosquitoes, we had a really fun pumpkin pick on Sunday! It was so wet from last week's rains, that we deemed it our first ever "Puddle Pumpkin Pick". Hopefully it will be our last puddle pick for a few years. Thank you so much to everyone that came out. There were lots of very cute, muddy kids running around.

We are working hard to get all the fall crops out of the field and into your last few CSA boxes of the season. I was happily surprised to find the first romanesco cauliflower maturing at the end of last week. For those unfamiliar with romanesco: it is lime green with spiral florets and a nutty cauliflower taste. Delicious! It seems to be faring better than our regular cauliflower which was hit hard by a few diseases from the wet weather. Metro boxes received white, cheddar or romanesco cauliflower this week, and we hope to have romanesco cauliflower for the local farm boxes next week. The regular cauliflower does not look like it will produce much else this season. It is a bummer, but we are grateful that not all the broccoli and romanesco were wiped out from black rot (yes, black rot is as bad as it sounds! Yuck).

We started harvesting the fall variety of carrots, Bolero, this week and they look good! We will have carrots for the rest of the CSA season, and celery root for at least another week. Next week we will start in on the brussel sprouts harvest. The tomatoes and peppers are finally petering out, along with cucumbers and salad mix. Our alliums (onions, garlic, shallots) did very well this year, so we will load up the last boxes with those and they will store for several months in case you can't get through them all right now. Shallots are a new addition to our CSA box. We absolutely love their flavor. Mince finely and add to a home made balsamic vinaigrette or caramelize with veggies. They have a lovely, sweet refined flavor.

The massive rains and flooding that swept through the Midwest last week went to our south and east, although we did end up with over 3 inches for the weekend. Looks like the state is headed towards the wettest year on record. May as well break a record while we are at it. It's been an epic rainy year! We are grateful for the sun and wind this week. Take care all! -Laura
Next week's box: Carrots, butternut squash, brussels sprouts, radishes, celery root, broccoli and/or romanesco cauli, onions, kale, garlic, cucumbers?, last tomatoes,

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. Garlic, onion and shallots can be in or out of the fridge. If stored properly, everything should last at least 7-10 days.

What is this veggie: Celery Root

Also known as the great celeriac, celery root's appearance often makes it a very underappreciated vegetable. But just like not judging a book by its cover, don't judge the celeriac by its old man appearance! It is absolutely delicious with a nutty taste that is out of this world when roasted, sautéed, braised and even grated raw for a salad. To prep it use a chef's knife to cut off the top and bottom of the root, exposing the pale flesh of the interior. Prop the root on one of the newly flattened poles, and, using curved downward strokes, cut off the brown skin in long swaths. Once peeled, cut the root into chunks, cutting out any spongy bits that may develop at the center.

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

[Celery Root & Potato Gratin](#)

[Celery Root w/ Hazelnuts and Mint](#)

[Creamy Curried Celery Root Soup](#)

[Squash & Apple Calzone](#)

[Acorn Squash Harvest Salad](#)

[End of Year Panzanella Salad](#)

[Grilled Onion Wedges w/ Wine & Herbs](#)

[Buckwheat Bowl w/ Roasted](#)

[Romanesco](#)

[Vegan Cesar Salad](#)

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

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

David Lebovitz's Celery Root Soup

As he always does, David Lebovitz always makes a stunning dish out of anything...and here he goes again with our featured item this week the celery root!

2 tablespoons butter
2 tablespoons olive oil
2 leeks, cleaned and chopped
sea salt
2 garlic cloves, peeled and thinly sliced
one large celery root peeled and cubed
3 cups chicken stock
3 cups water
1 to 1 1/2 teaspoons freshly-ground white pepper
scant 1/8 teaspoon chili powder

In a large pot, melt the butter with the olive oil. Add the leeks and cook for about five minutes, stirring frequently. Add the garlic cloves and season with salt, and continue to cook until the leeks and garlic are soft and translucent. If the pot begins to brown too much on the bottom as they cook, add another pat of butter or pour of olive oil.

Add the celery root and stock. (Or use all water.) Bring to a boil, then reduce to a strong simmer. Cook, with the lid to the pot ajar on top, until the celery root pieces are soft and easily pierced with a paring knife, about forty five minutes. Add white pepper and chili powder, the purée using a hand mixer, or let the soup cool to room temperature and whiz in a blender until smooth. Taste, and season with additional salt and pepper if desired. If too thick thin with water or stock.

Celery Root Salad with Apple, Caraway & Horseradish

This recipe is from Happy Yolks--a very lovely, seasonally oriented food blog. This fresh salad is an alternative to cooking your celery root.

Juice of one lemon
1 Tbsp Dijon mustard
1/2 Tsp honey
2-3 Tbsp olive oil
2 Tbsp sour cream or Greek yogurt
1 large celery root or 2 small, peeled
1 Crisp apple
3 scallions, sliced at a bias
1/2 cup fresh parsley leaves
1/2 tsp caraway seeds
1 heaping teaspoons prepared horseradish

Whisk lemon juice, mustard, honey, and salt in a medium bowl. Whisking constantly, drizzle in oil. Add sour cream last, stir to combine, and then set aside. Clean and peel celery root place halved root on the cutting board and cut a slice to a 1/8 inch thickness at a bias. Continue cutting, maintaining a wide bias through the whole root. Repeat with remaining half, then again with the two remaining prepped roots. Create a stack of two or three slices. If you are doing this for the first time you may want to start with a single slice just to get comfortable with the method and as you practice a bit you can start stacking. Cut across the celery root, lengthwise. The thickness we're aiming for, again, is 1/8 inch. Repeat with remaining slices. Place celery root in a large bowl separate from your dressing. Repeat this technique with the apple and add to the bowl of prepped celery root.

Stir in dressing immediately after creating your matchsticks to prevent browning. Add scallions, parsley, caraway seeds, and horseradish. Stir to combine, adding more greens or if things feel a bit sparse. Season with salt and pepper to taste.

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