



LOON ORGANICS

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What's in the box 7/21/14:

Green Beans: "Strike" variety.

A long, slender, delicious bean.

Greentop Carrots: These were worth waiting for. So crunchy and sweet. Nice to be reminded of what carrots really taste like.

Basil: Wash right before using. Store on your counter out of sun. (A cold fridge will turn it black).

Fresh Red Torpedo Onions: Italian variety of onion that is elongated. Use in any recipe calling for onion.

Green Cabbage: recipe on pg 2
Zucchini and Yellow Summer

Squash: With the heat, these have come in strong! Take advantage and make your favorite zucchini/squash recipe. The yellow squash can all be used just like zucchini. No need to peel.

Arugula & Salad Mix: a summer mix of lettuces and arugula together make a super flavorful, interesting salad.

Broccoli: Also coming in strong from the heat, and super good!

Peel that stem and eat it as a veggie stick. The stem taste is similar to kohlrabi and cabbage.

Cilantro: Check out the great cilantro pesto recipe on page 2.

It's a favorite at our house!

Cucumbers: Cooling and refreshing in this hot weather. If you don't know what to do with them, make cucumber water.

Slice thinly and add to water with lemon or lime.

Slicing Tomato or Cherry

Tomatoes: First taste of summer!

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

Farm life was full last week, and we welcomed our organic inspector to our farm on Thursday morning for our annual organic inspection. The inspection itself involves a farm and crop walk, facility inspection, and an audit of your organic paperwork. This is our 10th year of organic certification (we've been certified from the start of Loon farm), and we can say with certainty that "organic" is a label with meaning and integrity. Most people know that certified organic means that we are not using synthetic pesticides, herbicides, fertilizers, and no GMO seeds. But it is SO much more than that.

In short, Organic farming = SOIL. For Adam and I, one of our primary goals as farmers is to leave the soil in better condition than we found it. That translates to extensive cover cropping, crop rotation, gentle tillage, feeding the soil with compost, and lots of observation. One of last week's tasks involved seeding in a cover crop of buckwheat and red clover on open fields and unused land. The buckwheat is already up and growing fast and dense, outcompeting most weeds even, and flowering to provide great nectar and pollen for honeybees, native pollinators, and beneficial insects like lacewings and ladybugs. It also scavenges phosphorous from the soil, and "holds" it for us so that it is readily available for the next crop. When the buckwheat has flowered (in 6-8 weeks), but before it sets seed, Adam will mow it. If the buckwheat grows back at all, it will be killed by the first frost but its residue will stay on the field and hold our soil in place. In the spring, the red clover will continue to grow and grow producing biomass, more flowers, and fixing nitrogen from the air into the soil in an available form that the next crop can use. The clover will be left to grow for the entire season next year, or will be plowed up in early July to prepare a rich, fertile planting bed for our fall broccoli crop. We have been on this farm for only six years, and every year we see soil health improvements from the use of our cover cropping and compost applications. When you take care of your soil, everything else falls into place around that. Your crops are abundant, beautiful, and nutritious. The pest damage decreases as you have an entire eco-system of pest and predator insects. Three-year crop rotations help us avoid plant diseases and funguses. And organically managed soils typically have higher organic matter content, which helps it to be more resilient to both drought and heavy rains.

This work on soils lays the foundation for the great produce that comes from our farm. Every year we learn and experiment with new cover crop innovations that are best suited to our farm and our soil. Some exciting new things that we are pulling out of the soil for next week's box: garlic and potatoes! The potatoes especially are looking really nice this year and in a field that we got into prime condition last year with an amazing red clover crop. That fertile ground, along with the abundant moisture is pointing towards a good crop. It all begins and ends with: soil!

Next week's box: broccoli, carrots, cabbage, cucumbers, summer squash/zucchini, tomatoes, red new potatoes, fresh garlic, green beans, and more. Have a great week! Your farmers, Laura, Adam & Eli

Produce Storage: How and Where to Store Your Produce for Maximum Freshness

Basil: cold-sensitive so keep in plastic bag on your counter out of the sun. We leave the bags unsealed so that moisture and heat don't build up in the bag.

Tomato: on counter.

Fresh Onions: in the fridge! In a plastic bag.

Zucchini/Squash & Cucumbers: in Plastic bag in fridge.

Greentop Carrots: Put in plastic bag in fridge to keep the tops from wilting and the roots crisp.

Remove greens from roots if not going to eat within a week. This will keep the roots much crisper.

Salad Mix: Keep in the plastic bag in the fridge in the coldest part.

Green Beans: In plastic bag in fridge.

Cilantro: in plastic bag in fridge

Broccoli: in plastic in fridge.

Green Cabbage: in plastic in fridge.

Preservation Tips: Beans, carrots, and broccoli can be steamed or parboiled and frozen. Zucchini/summer squash can be grated and frozen for use in breads, cakes, etc. Check our website for [a Cucumber Freezer Pickle Recipe](#) or a [Refrigerator Pickle Recipe](#). Cabbage will store for months in your crisper drawer in a plastic bag. Make cilantro or basil pesto and freeze it in ice cube trays!

Loon (& Others) Recipes:

[-Asian Turkey Burgers](#)

[\(w/cilantro\)](#)

[-Shrimp Pad Thai](#)

[-Carrot-Zucchini Bread with](#)

[Candied Ginger](#)

[-Chocolate Zucchini Cupcakes](#)

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Recipe Corner

Cilantro pesto is a favorite in our house. We usually freeze some in ice cube trays for use all winter. The following two delicious recipes are from [Amy Bella James](#).

Steamed Green Beans and Carrots with Cilantro Pesto

- 1 lb. green beans, ends trimmed
- 1/2 lb. carrots, trimmed into sticks the same thickness as beans
- 1 large clove garlic, slightly chopped 1 cup coarsely chopped cilantro
- 1/2 cup coarsely chopped flat leaf parsley
- 3 T extra-virgin olive oil 2 T lemon juice
- 1/4 - 1/2 tsp. paprika 1/4 - 1/2 tsp. ground cumin
- salt and fresh ground black pepper to taste

Instructions:

Add a few inches of water to a steamer (or large pot with a steamer insert) and bring to a boil. While water is heating, trim the ends of the green beans, and cut carrots into sticks about the same thickness as the beans. When water starts to boil and steam, add the carrots and steam for 3 minutes. Then add green beans and steam for 4-5 minutes more, or until all the vegetables are tender-crisp.

While the vegetables are steaming, chop the garlic a few times and wash, dry, and coarsely chop the cilantro and parsley. Add garlic, cilantro, and parsley to food processor and pulse until the herbs and garlic are starting to look finely chopped. Then add the olive oil, lemon juice, paprika, and ground cumin and pulse until all ingredients are combined. Season with salt and pepper to taste.

When the vegetables are done, drain for a few minutes and then place them in a bowl and toss with about half the sauce. Arrange vegetables on a serving platter and spoon over the rest of the sauce. Season with salt and fresh ground black pepper as desired.

Roasted Salmon with Kale and Cabbage

- 1 bunch kale, tough stems removed, leaves thinly sliced (about 5 cups)
- 1/2 head cabbage, cored and thinly sliced (4 cups)
- 6 tablespoons olive oil, divided salt and pepper
- 4 skinless salmon fillets (4 to 6 ounces each)
- 1 teaspoon lemon zest plus 2 tablespoons juice 1/4 cup fresh dill, chopped
- 1 teaspoon Dijon mustard

Instructions:

Preheat oven to 450 degrees. On a rimmed baking sheet, toss kale and cabbage with 2 tablespoons oil and spread in an even layer; season with salt and pepper and bake 6 minutes. Stir. Season salmon and add to baking sheet. Bake until salmon is cooked through, about 10 minutes.

Meanwhile, whisk together lemon zest and juice, dill, mustard, and remaining 1/4 cup oil. Season. Drizzle salmon and vegetables with dressing before serving.

Green Bean and Cherry Tomato Salad

Our favorite way to eat green beans lately! Adapted from *Chez Panisse Vegetables*.

- 1 lb pound green beans, (your bag of beans is 1 lb)
 - 1/2 pint cherry tomatoes or 1 large slicing tomato
 - 2 Tablespoons fresh onion (diced finely)
 - 3 tablespoons red wine vinegar Salt and pepper
 - 1/2 cup extra-virgin olive oil Basil or other herb (optional)
- Prepare the vegetables: Snap the top of the beans off, and parboil them in salted water until just tender, about four to five minutes. Drain and immediately spread them out to cool. (The beans retain more flavor if you avoid shocking them in cold water). Cut the cherry tomatoes in half or your slicing tomato in small pieces. For the vinaigrette: Put diced onion in a bowl with the vinegar and salt and pepper. Whisk in the olive oil. Taste and adjust the balance with more vinegar, oil, or salt, as needed. Toss the tomatoes in with the vinaigrette; this can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinaigrette. For variety, the salad can be garnished with basil or some other fresh herb such as parsley. We served this on top of the salad mix for a really nice green salad. Do ahead: Beans and vegetables can be prepared ahead of time. Simply toss with the dressing at the last minute.