



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 10/13:

Potatoes: Either red & blue potatoes in your bag.

Sweet Peppers: Bell & Jimmy Nardello. Saved from frost!

White Cauliflower: We harvested these giants before the frost came. To freeze for the winter eating, just blanch or steam for a couple minutes, cool and then package.

Celery Root (Celeriac): There is a delicious recipe on page 2.

Winter Squash (Butternut & Delicata): See pictures and i.d. on page 2.

Kale: Perfect for that hearty fall soup—great with potatoes, squash or celery root.

Brussels Sprouts: These have great flavor due to the cold weather. Cooking instructions on Page 2.

Onions: Roast with your root veggies.

Garlic: Warms you in cold weather!

Leeks: Eat the white part—reserve the green leaves for soup stock or for the compost.

Orange, Yellow & Purple

Carrots: These just keep getting sweeter! Carrot, ginger, winter squash soup is a farm favorite.

Beets: These will store for months in your fridge in a plastic bag. We've been making dark chocolate beet cupcakes. Yum! You'd never know there were beets in them.

Red Cabbage: If you have cabbage fatigue, this will also store in your fridge for months. Outer leaves may look funky after storage, but just peel away before using.

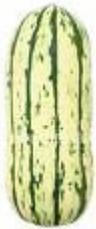
Week 18: Thank you for another great CSA season!

The weather continues to surprise and amaze us this week, not in an altogether good way. We knew last Monday that a hard frost was coming over the weekend. The concerning part was the prolonged cold temperatures below 30 degrees. With conditions that cold, many crops are damaged past the point of marketability. A double whammy was the fact that with the cool August we have only had a week or two of harvest on some late crops. The last plantings of broccoli, cauliflower, and cabbage were not yet even mature enough to harvest. After a low of 19° on Friday, the kale and Brussels sprouts seemed fine on Sunday—we'll see how everything fares after this new round of snow. Weather is certainly a farmer's most formidable challenge, especially these days. We expect that erratic weather patterns are now the norm and something we must get used to and adapt to as best we can. The good news is that we got four solid days of harvesting in last week before the killing freeze—all the winter squash is harvested and curing in the greenhouses, the first plantings of Brussels are out, the big leeks are cut and cleaned, and on and on. Our coolers are plum full of product that will fill our CSA boxes the rest of the week. Only root crops remain in the field due to the fact that we didn't have room to store them or time to harvest them. They should be ok in the ground since the soil still has residual heat and is not yet frozen. It is always hard for us to see all our veggies die in the fall, and especially hard when it seems too early and we lose out on product. We remind ourselves that the growing season is all about the cycle and we are now entering the dormancy period. It is time for us to take a deep breath and a long break 'cause we certainly can't do much about the weather, and Spring will come again with growth and renewal!

Many people ask us every fall, "What do you do in the winter??" Although our work is not quite as tangible in the colder months, it is nonetheless crucial to our farm's success. Finally we have time to tackle our office and administrative work. A lot of accounting will take place initially to analyze our farm's finances and profitability. We'll then begin evaluating our season piece by piece, down to every single variety of vegetable, herb, and flower that we grow—over 250. Excel spreadsheets with greenhouse and field production plans are revisited every year as we tweak and change what we plant when, where, and how. Adam will be busy with tractor tune-ups and some minor repairs. And then there are the organic farming conferences. These are winter educational gatherings for fellow organic farmers, students, educators, activists, and wannabe organic farmers. I'll be presenting at several of these conferences on a wide variety of topics, from a how-to class on starting a CSA and market farm to enterprise budgeting. The conferences are a re-charge for us to gather up new information, meet colleagues, socialize and have a little fun away from the farm! We're also hoping to get in a little cross country skiing (maybe this early snow will at least mean we'll have a good snow year?) and are dreaming of taking a nap sometime soon. Don't worry, we'll keep in touch. You can follow us on our farm blog (go to our website on the links page to find it) and we will also be sending out a survey to hear feedback from you, plus to ask if you are interested in next year. We can't thank you all enough for your support. Please know that it does make a big difference on our farm and in our lives. Hope you have all enjoyed the vegetables and are nourished for the months to come! Take care this winter. Thank you. Your farmers, L & A



Celery Root (Celeriac) – Tastes like celery, but with texture like a potato. Peel right before using. Can be eaten raw or cooked. Very good roasted with other root veggies and is also a nice complement with MN grown wild rice. High in Vitamin C, phosphorus, and potassium.



Delicata Squash – Also known as the sweet potato squash.



Butternut Squash – This is a versatile squash. Great for soups, pies, gratins or just baking up for eating. Flesh is dense, not stringy, and sweet.

To bake squash: Usually we just cut in half, remove seeds, and bake with some olive oil drizzled in the cavity for moisture or with a bit of water in the bottom of the pan. Bake with cut side down at 375 degrees until it is soft.

This is an easy way to cook any kind of squash actually. The skin on these is edible, so you can even slice into rounds and bake with olive oil.

Produce Storage: All produce should be stored in the fridge, preferably in plastic bags EXCEPT FOR squash, garlic, and onions. If you don't use the garlic, onions, and squash right away, keep them in a dry well-ventilated spot on your counter (out of the sun).

Recipe Corner

Brussels Sprouts: Fresh from the field and stem, these are a whole new vegetable. Basically they are mini-cabbages, but take even longer to grow and mature on the stem. Per the name, they were first cultivated in Brussels. They are very good for you and taste quite sweet after a burst of cold weather. If you are not yet convinced by their charms, just try them with bacon. Bacon and brussel sprouts are a fantastic combination. If you prefer your Brussels without meat, then try searing them at a high heat with cooking oil and adding apple cider in at the last 5 minutes. Brussels Sprout recipe below is by Mathew Amster-Burton from www.culinate.com. Mathew wrote a nifty article on the "Secrets of the Sprout" and noted that to avoid mushy sprouts, don't cook whole unless the sprouts are very tiny. Cut sprouts in half or quarter large ones before cooking. They are also best if eaten within a few days after you receive them.

Penne with Brussels Sprouts and Bacon

- 10 oz. penne pasta
- 2 T. olive oil
- 4 slices thick cut bacon, cut into 1/2-inch pieces
- 1 1/2 cups Brussels Sprouts, cut and halved lengthwise
- Salt and pepper
- 1/2 cup chicken broth
- 1/2 cup (lightly packed) freshly grated Parmesan cheese

In a large skillet, cook the bacon in the olive oil until crisp. Remove to a paper-towel-lined plate, reserving the fat in the pan.

Raise heat to medium-high and add the Brussels sprouts. Cook until lightly browned, sprinkling with salt and pepper, about 5 minutes. Add the chicken broth, reduce heat to medium-low, cover, and simmer 10 minutes, stirring occasionally.

Meanwhile, cook the penne in boiling salted water. Drain and add to the Brussels sprouts along with the bacon and Parmesan. Season with additional salt and pepper to taste and serve immediately.

Corn Bread Celeriac Stuffing

- 6 cups cubed (1-inch cubes) corn bread
- 2 cups peeled, chopped onion
- 2 T canola oil, divided
- 1 cup peeled, chopped parsnips
- 1 teaspoon dried thyme
- 2 cups cored, chopped apples
- 1 teaspoon dried sage
- 1 cup toasted, chopped pecans
- 4 T. butter
- 1 egg, beaten
- 2 cups peeled, chopped celeriac
- salt and pepper to taste

Heat oven to 350 degrees. Lightly oil a 9-by-13 inch baking dish. Toss cubed corn bread with 1 1/2 Tablespoons oil, thyme, and sage. Spread on a baking sheet; bake until toasted, about 15 minutes. Melt butter with remaining oil in a large skillet over medium-high flame. Add celeriac, onions, and parsnips; sauté until tender, about 10 minutes. Season with salt and pepper. Stir in apples and sauté 2 minutes longer. Toss corn bread, nuts, and vegetables; mix with egg. Spread into prepared baking dish, cover with foil, and bake 45 minutes. Makes 8 servings. This is delicious if stuffed in baked squash. This is from the cookbook **From Asparagus to Zucchini**.

--We were looking through celeriac recipes, and we couldn't resist the puree below. Serve as a side with your main dish and a crispy raw cabbage slaw. The flavors sounded so delicious, especially this time of year.

Curried Celeriac Carrot Puree

- 1 pound celeriac, peeled and chopped
- 1 T. curry powder
- 1 pound carrots, peeled and chopped
- 2 T. mango chutney
- 2 T. butter
- 1/4 cup heavy cream
- 1 teaspoons grated ginger
- salt and pepper to taste

Boil celeriac and carrots until very tender, about 20 minutes. Drain. Meanwhile, melt butter in small frying pan, add ginger and curry powder, and sauté for about 30 seconds. Puree cooked vegetables, butter mixture, chutney, cream, salt, and pepper until smooth. Makes 4-6 servings. Also excerpted **From Asparagus to Zucchini**.