



# LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200<sup>th</sup> St Hutchinson, MN 55350

Phone: 320.587.0140

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

## What's in the box 10/6:

**Potatoes:** Either red or blue potatoes in your bag.

**Hungarian Hot Wax Pepper:** Hotness similar to a jalapeno. Wear gloves when cutting/handling.

**Sweet Peppers:** Jimmy Nardello Sweet Pepper (**long, skinny RED**), and Sweet Bell Peppers.

**Cauliflower:** Can you believe the size of these? Check out page 2 for recipe ideas.

**Celery Root (Celeriac):** Maybe the ugliest looking vegetable, but its taste will delight you! Read more on page 2.

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

**Spinach:** Sweet taste from the cold weather. Makes a great salad.

**Cilantro:** Last of the year—we wanted to save it before it got frosted later this week.

**Onions:** Roast with your root veggies.

**Garlic:** is featured prominently in our recipes on page 2.

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

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

**Beets:** Do you love 'em or hate 'em? Roasting makes them less "earthy" tasting.

**Red Cabbage:** Try slow roasted red cabbage, pork chops, and apples. Slow Food!

## Week 17: Radical Roots

If you weren't sure it was quite fall yet, the vegetables in your box this week surely signal a big shift. Many new things entered into the equation for the last two weeks of deliveries, and this cold, blustery, rainy weather quickly ended most of the field tomatoes, basil, and eggplant. We got a very slight light frost on Wednesday morning, mainly in our lowest fields. It was so slight that we actually couldn't really tell that there had been damage until Friday morning when we were out in the squash field and saw some blackened leaves. Then we noticed some blackened tips on a few other crops. That is just fine by us. We needed a light frost to sweeten up the squash and kill the vines so we can get in and start cutting and hauling it all out before the Big Freeze this weekend. Forecasts are predicting 25 degrees on Friday and Saturday nite!

Given the forecast and the wrapping up of the season, we have some major harvesting of the fall storage crops to do in the next 2 weeks. Looks like weather conditions will improve a bit on Wed. & Thurs. and we'll do a big push to get a ½ acre of squash harvested in 2 days, plus anything else that won't make it to the 25 degree mark. The weather the past week-and-a-half was not much fun to work in. The wind is howling, the rain blowing in your face, and your fingers feel like icicles!! Because we have gotten over 3 inches of rain in just the last few days, everything everywhere is muddy and the produce has to be washed and rinsed a couple extra times. Inevitably, no matter how many water-resistant layers of clothing you put on, you are wet by lunch and wet again by the end of the day. If you have any idyllic illusions about how wonderful farming is, this last week would have burst your bubble. As a topper, at 8 a.m. last Friday (our biggest harvest day) our dog got sprayed by a skunk and he followed us around all day long amidst our harvesting smelling like skunk and wet dog, a nearly lethal sensory combination. Ahhh...It was a long week and we're all glad to have it over. The side benefit to this sudden cold snap is that we indulge in lots of hot cocoa and baked goods every couple hours to keep up our spirits and our bodily warmth—those small chocolate pleasures really help!

The weather gave us the reality check that indeed our season is coming to an end in Minnesota. How did we get to our last 2 CSA boxes though?? I'm sure it went just as fast for you all, as well. All in all we had a pretty great growing season after a slow start. And we have such a great group of CSA members too! The CSA model of farming is a pretty unique thing. You sign up and pay us in advance, not knowing what the growing season will bring. We are able to focus on growing great food (knowing that our produce is sold and paid for already) and we also feel a little more secure in the fact that our members are helping us share the risk of farming. This year was a great year and we hope for many more to come. Every year, depending on the weather, different crops do better than others. But it always seems to even out. We want to sincerely and deeply thank you for choosing to spend your hard-earned dollars with us. The simple act of choosing to buy a CSA share from us, compiled with the 125 other members, allows us to care for 40-acres of this beautiful earth and to make a living doing it. You are putting young, organic farmers back on the land and eating extremely fresh, delicious organic food to boot! We celebrate your commitment to local farmers and the future of sustainable agriculture. Cheers!! Thank you.



**Celery Root (Celeriac)** – Do not let its appearance fool you. It is one of our favorite vegetables! Tastes like celery, but with texture like a potato. Peel right before using. Can be eaten raw; we like it cooked in cream of celeriac soup or roasted with a chicken.



**Delicata Squash** – Also known as the sweet potato squash. This is also one of our favorite early squashes. Usually we just cut in half, remove seeds, and bake with some olive oil drizzled in the cavity for moisture. 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 tomatoes, 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).

\*\*\*\*\*  
 CSA members have already been asking if they can sign up for next year. We want everyone to know that if you are a member this year, there will be a spot for you next year. We will send out a survey at the end of the CSA season to get some feedback from you, and we will also ask if you would like to reserve a share in 2010. We do have a waiting list of people who would like to join next year, so it is great for us to know how many returning members we will have early on. Payment to secure your 2010 spot is not due until early next year.

**Recipe Corner**

--One of our favorite and most elegant meals is roasting a whole chicken on a bed of root vegetables. It is one of the easiest things, and the leftovers can be made into chicken salad and/or simmered for a yummy chicken soup. We usually buy a pastured broiler from one of our farmer friends—check your local co-op or farmers market for a good one. We adapted the Herb-Roasted Chicken recipe from *The Grassfed Gourmet Cookbook*.

**Herb-Roasted Chicken with Root Vegetables**

- 1 T coarse salt
- 1 T ground black pepper
- ¼ cup olive oil, plus addl. for drizzling over veggies
- 1 whole chicken, 3-6 pounds
- 4 cups diced root vegetables: potatoes, carrots, beets, peeled celery root and/or peeled winter squash
- 2 onions, sliced into rings
- handful of fresh herbs: thyme, oregano, parsley, rosemary
- 6 cloves garlic

Preheat oven to 425 degrees. Finely chop fresh herbs and combine in a bowl with ¼ cup olive oil, 2 cloves of chopped garlic, salt and pepper. Rinse the chicken and pat dry with paper towels. Rub the herb-garlic oil all over the chicken, being sure to get underneath, on top of the skin, and underneath the breast skin. If you are a garlic lover, you can stuff a couple sliced garlic cloves underneath the skin along with the herb oil. Put your chicken in a roasting pan, place root veggies, onions, and remaining garlic cloves around chicken. If you have any herb-garlic oil, drizzle over your root veggies. Otherwise, use some fresh olive oil to lightly coat the veggies. Once the chicken begins to cook, it will release its juices and olive oil and the veggies will cook in that. Place additional herb sprigs or garlic cloves in the chicken cavity, if desired. Roast chicken in oven at 425 for 15 minutes until skin is browned. Reduce oven heat to 350 and continue cooking until the legs are loose, or until the internal temp of the thigh reads 165 – 170 degrees. Typically it takes about 20 minutes of cook time for each pound of chicken. Stir veggies a couple times throughout the cooking process and tilt the chicken so some of the juices flow out of the cavity—this will produce some of the best tasting root vegetables you have ever eaten. Leftovers can be all simmered together the next day for an extremely nutritious soup stock.

--Lynne Rossetto Kasper did a cooking demo at our farmers market last fall, and made this spectacular cauliflower soup out of her recent cookbook, *The Splendid Table's How to Eat Supper* by Lynne Rossetto Kasper and Sally Swift. We listen to Kasper's show on MPR after our farmers market each Sat. and drool the whole drive home! She says this is "a virtual cream soup made without the cream...this soup comes together in a blink and proves that simple really can fly. Essential finale is fresh lemon and generous spoonfuls of whole-milk yogurt."

**Curried Cauliflower Cream Soup**

- Extra virgin olive oil
- 5 large garlic cloves, coarse chopped
- 1 large head cauliflower, washed, cored and cut into chunks
- 3 medium red-skin or Yukon Gold potatoes (1-1 ¼ pounds), peeled and cut into 1-inch chunks.
- 2 14 oz. cans chicken or vegetable broth (perhaps use the stock from your roasted chkn?)
- Salt
- 1 ½ cups plain whole-milk yogurt
- 1 medium to large onion, chopped
- 3 T curry powder
- Water
- 2 large lemons, cut into wedges

Film the bottom of a 6-quart pot with olive oil, and heat over med heat. Stir in the onion, garlic, and curry powder. Reduce the heat to medium low, and sauté for 3 to 5 minutes, taking care not to let the onion color. The onion and garlic should be softened a little, but the point is to let the curry's aroma blossom without burning it. Add the cauliflower, potatoes, broth, and enough water to barely cover the vegetables. Bring the soup to a boil, partially cover the pot, and cook for 15 minutes, or until the vegetables are fork-tender. Cool for 15 minutes. Then puree with a hand-held blender or in small batches in a regular blender. Taste the soup for seasoning. Ladle out the soup, then finish each bowl with a squeeze of lemon and a generous dollop of yogurt. **\*\*NEXT WEEK is the LAST CSA box of the Season!\*\***