



# LOON ORGANICS

Laura Frerichs & Adam Cullip

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

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

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

Phone: 320.587.0140

## What's in the box 11/7:

**Yukon Gold Potatoes:** Great all-purpose potatoes. They are especially suited to mashed potatoes, hashbrowns, and baked potato dishes.

**Celery Root (Celeriac):** Tastes like celery, but with texture like a potato. Peel right before using. Chop or grate raw into salads or cube for adding to soups, stews, casseroles. We put it in Shepherds Pie—look for recipe on page 2.

**Winter Squash (Butternut, Acorn, Delicata & Pie**

**Pumpkin):** See pictures and i.d. on page 2.

**Brussels Sprouts:** These are left on the stem for good storage. If wanting to store over a week, snap off stem and bag up in plastic.

**Mixed Varieties of Onions:**  
Red & Yellow.

**Garlic:** This is the same garlic you've been getting all season. Will store for months (if it lasts that long!)

**Rutabagas:** Cream colored roots with a bit of purple on top.

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

**Red and/or Chioggia Beets:**  
"Chioggia" (key-o-ja) beets are an Italian variety that is pink with white-candy stripes inside. Cooked and sliced, they are beautiful next to the red beets. They taste the same.

**Spinach/Tatsoi:** Very sweet from the cold temperatures. Great chopped up for salad or for light cooking.

**Thyme:** Wonderful fall herb that goes nicely with every veggie item in your box. Add some fresh thyme to your dishes and you can't go wrong!

## "Thanksgiving" CSA Box

Hello again CSA members! We've missed you. The farm has been eerily quiet these last few weeks: no interns, no CSA members (so no dog barking) and the flocks of noisy, migrating birds have moved on south. As you know, October was one of the wettest months on record and the fields are still just barely drying out. The rainy, cold conditions prompted us to spend much of the last 2 weeks of October inside catching up on paperwork and planning for next year. It's been fun thinking about next year's season already and what we will grow! Outside farm work and fall clean-up was mostly put on hold as we couldn't get any tractors in the wet fields anyway. Luckily, our time may come later this weekend. At least we, as vegetable farmers, are in a better spot than the corn and soybean guys that have just been waiting, waiting, and waiting some more for dry weather to harvest. The main thing we are still waiting for is to get the garlic seed planted. It is starting to get late in the season—yikes! We are sure we will get it in, but it will be just in the nick of time. We heard of one local garlic grower last year that was late getting in his stock and the ground froze before he was able to plant. He then had to drill individual holes in the ground (thousands of them) to drop in his garlic cloves. Amazingly though, it worked and he had a good garlic crop last year. I really hope we don't have to repeat his experiment. ☺

Onto the CSA box and its contents: Most of the vegetables are a reprise from earlier in the fall. If you were a half-share member, you may have missed out on some varieties of squash or on the Brussels sprouts the last week. The only totally new addition to the box, is the mighty Rutabaga. These are the round roots on the bottom of your box that are cream in color with a bit of purple at the root crown. They look very similar to a turnip, but I think that they are better-tasting than turnips. Rutabagas are a vegetable that we are learning to love. Some spectacular recipes for rutabaga have helped us and are included on the following pages. We wish you and your family a really fun and tasty Thanksgiving and holiday season! Enjoy all the produce and we'll hope to see you next year!

### Storing your Produce—Ideal Conditions for each item listed below:

**Winter Squash, Potatoes, Onions & Garlic:** Dry, cool conditions. NOT refrigerated. A cupboard in your kitchen would be fine, or if you have a dry spot in your basement. Even your garage will work do for a few weeks, just make sure that the produce doesn't freeze. The acorns will store for months. Butternuts may store for well over a month, but our crop seems to be a little more perishable. You may want to use those first for your Thanksgiving dinner.

**Root Crops** (Carrots, beets, celeriac, rutabagas): Refrigerated or in a root cellar. Store in plastic bags to prevent dehydration and shriveling of produce. These roots will also store for months and months. If you are storing longer than a few weeks, it is good to go through the contents occasionally to look for any roots that may have gone bad so that they don't spoil the rest of the bunch!

**Greens & Thyme:** Just keep these in your bag. They should store for well over a week. Thyme will last for even longer, refrigerated in plastic.

**Brussels Sprout:** These stay very fresh on the stem. Wrap your stem in a plastic bag or you can snap the sprouts off the stem, to then store the sprouts in a bag. These will last for a couple weeks, at least. If there is any yellowing, you can just trim the yellow leaves off. Have a great winter! Your farmers, Laura & Adam



**Pie Pumpkin** – This can be baked up just like winter squash for pies or soups.



**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.



**Acorn Squash** – Nutty, sweet squash is suited for stuffing, side dishes, and soups.



**Fairytale Pumpkin:** These were extra (not in the box). They are lovely decorative pumpkins. If they have turned from green to more beige in color, this is the best time to eat them.

Best for soups and pies. Cut off a wedge at a time to bake with and store the rest in the refrigerator. Or just add to your front step as a fall decoration!

Although not local, pears and citrus are now in season and are a really tasty addition to green salads along with a vinaigrette. This recipe uses pomegranates. Look for fresh pomegranates in the produce section now—they are in-season. Cut the pomegranate in half, and remove seeds from the white pith inside. It's a time-consuming process, but well worth it: the pomegranate seeds (and juice) contain a very high amount of Vitamin C, folic acid, and loads of antioxidants. You can also sub toasted and salted pumpkin seeds for the pomegranate seeds in this recipe from the cookbook, *Clean Food* by Terry Walters. It's a beautiful salad.

***Winter Green Salad with Sugared Walnuts, Crispy Pears and Pomegranate***

6 cups chopped or torn greens (spinach, tatsoi, arugula, lettuce, etc.)  
2 D'Anjou pears (red or green), thinly sliced  
Seeds from ½ a pomegranate

**Sugared Walnuts:**

1 Tablespoon walnut or olive oil  
1 Tablespoon maple sugar  
2 cups walnuts

1 Tablespoon maple syrup  
1 teaspoon ground cinnamon

**Pomegranate Vinaigrette:**

1 garlic clove, minced  
1/3 cup pomegranate juice  
2 Tablespoons balsamic vinegar

1 shallot, minced  
½ cup extra virgin olive oil

Prepare vinaigrette, cover and refrigerate until ready to use. Prepare walnuts: Preheat oven to 350. In medium bowl, combine syrup, walnut oil, maple sugar and cinnamon. Add walnuts, toss to coat and spread on parchment-lined cookie sheet. Bake until lightly browned (about 20 minutes). Remove from oven and set aside. Place greens in a salad bowl, combine with most (but not all) of the sliced pears, drizzle with pomegranate vinaigrette and toss to coat. Arrange remaining pears and sugared walnuts over salad greens, top with pomegranate seeds and serve. Serves 6.

***Rutabaga, Cheese, and Spinach-Stuffed Triangles***

¼ pound spinach (1/3 of your bag)  
1 ½ cups cooked, mashed rutabaga, at room temp or chilled  
6-8 Tablespoons butter

salt and pepper to taste

¼ teaspoon ground nutmeg  
9 sheets packaged phyllo dough, thawed according to package instructions and brought to room temperature

1 Tablespoon sugar  
1 cup grated asiago cheese (2-3 oz)

Place spinach and a few tablespoons water in a pot; bring to simmer and cook until wilted, about 3 minutes. Run spinach under cool water; squeeze it to remove excess liquid, and chop it. Combine chopped spinach, mashed rutabagas, nutmeg, sugar, asiago, and salt and pepper. Melt butter. Set up a work area with filling, melted butter, a pastry brush, a sharp knife, phyllo dough, and a large ungreased baking sheet. To assemble the pastries: Carefully unfold the packaged dough. Pull off a sheet and place on work surface with long edge facing you. Brush pastry surface lightly with a little butter, emphasizing the edges (you don't have to cover every inch of the surface). Place another pastry sheet over the first and brush with butter. Repeat with a third sheet. (To prevent remaining dough from drying out, you can place a towel over it at this point.) Cut brushed layers vertically into 6 strips. Place heaping tablespoon of filling at bottom of each strip. Fold up each strip like a flag; that is, start at the bottom near the filling and fold the dough over the filling to form a triangle, then continue to fold triangle back and forth up the strip. Place folded pastry on a baking sheet. Continue this process with remaining filling and pastry sheets. Lightly brush stuffed pastries with remaining butter. (At this point, you may cover and refrigerate the pastries until you're ready to bake them.) To bake: Heat oven to 375. Bake until golden brown, 20-30 minutes. Serve as an appetizer, or for any meal of the day. Makes 18 pastries, or about 6 servings. From *Asparagus to Zucchini* cookbook.