



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 6/29:

Dinosaur Kale: Italian variety is our favorite. Also known as Lacinato or Tuscan kale, it is called Dinosaur because of the texture of the leaves which someone thought to be similar to what dinosaur skin might look like. This is the variety most preferred by chefs.

Garlic Scapes: Curlicue flower of the garlic plant. Photo, information, and recipes on page 2. These are one of our favorite fleeting vegetables of summer.

Basil: First of year!

Baby Carrots: First of the year too—they are incredibly sweet.

Curly Parsley: This makes a lovely addition to a garlic scape herb pesto which was our main reason for including it.

Baby Beets: These store best if you cut the roots from the greens and store them both in a plastic bag. Don't forget to eat the greens—they are similar to chard.

Strawberries: Last week of these. Eat them soon.

Cucumbers: English and Asian varieties of cucumbers from the greenhouse. Crisp, sweet, juicy!

Peas: Sugar snap variety and a few snow peas mixed in. They have edible, sweet pods so you don't have to de-pod them.

Eaten raw, they are like candy. But it is also very yummy to sauté them for a few minutes just until they turn bright green and are still crisp. Top with butter and enjoy!

Week 3: Entering a New Phase on the Farm

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Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool. From *Bon Appetit*.

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 A fresh basil leaf or a few fresh tarragon leaves
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 1/2 teaspoon coarse sea salt, more to taste
 Ground black pepper to taste
 1.5 oz of basil (all the basil in your bag) 1 bunch parsley
 1/4 cup extra virgin olive oil, more for drizzling
 ¼ cup nuts (sunflower seeds, almonds, walnuts, or pine nuts are all good)
 Parmesan (optional)

In a food processor, process garlic scapes with herbs, nuts, parmesan, lemon juice, salt and pepper until your desired consistency. Adjust seasonings according to taste. Serve with pasta or on bread. We love to spoon some on pizza or add some to our grilled cheese sandwich. In general, it's a great sandwich topping.

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 Ground black pepper to taste
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 ¼ cup nuts (sunflower seeds, almonds, walnuts, or pine nuts are all good)
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In a food processor, process garlic scapes with herbs, nuts, parmesan, lemon juice, salt and pepper until your desired consistency. Adjust seasonings according to taste. Serve with pasta or on bread. We love to spoon some on pizza or add some to our grilled cheese sandwich. In general, it's a great sandwich topping.

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 Ground black pepper to taste
 1.5 oz of basil (all the basil in your bag) 1 bunch parsley
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Tomorrow (Tuesday) we will have our organic inspector drop by for our yearly inspection to go over paperwork and our farm plan to make sure we are following the USDA organic practices. We are very lucky to be on a farm that was certified organic the past four years. Although we have a lot to cover with our inspector since we are on a new farm, we are happy to actually be able to certify the farm this year. Normally, if you are moving onto a farm that had chemicals applied within the past 3 years, you are subject to a waiting period of up to 3 years before you can be certified organic. The certification process is a way for us to verify to you that we are truly indeed doing what we say we are in regards to our farming practices. Yes, it is important to buy local, fresh food, but it is even more important to buy local, organic food. Local food economically benefits our farm families and it reduces food miles. But organic, local food goes beyond that by benefiting our health as farmers (we don't have to work with toxic chemicals), your family's health, AND the health of our environment and communities. We think of it as a sane and logical way of growing healthy, clean food and stewarding the land far into the future. Nothing loony about that! ☺



Garlic Scape. A photo of the curly flower of the garlic plant.

We pull out the scape in order for the plant to concentrate its energy into making a big garlic bulb, not in putting out a flower. The bonus is that we get to eat those garlic flowers. If you are wondering just what to do with your scapes, the *New York Times* did a wonderful piece on them last year. If you would like to read the whole article, just go to the NYT website and search for garlic scapes. We included one of our favorite garlic scape recipes just to the right.

Kale Chips: Nutty, salty, crisp chips. I have met 4-year olds that love kale this way. Especially if you tell them it is Dinosaur kale.

12 large Dino kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed
1 tablespoon olive oil

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool. From *Bon Appetit*.

Produce Storage: All produce this week should be stored in the fridge, preferably in plastic bags, if it isn't packed in one already. Everything should last over a week if stored properly. Cukes and strawberries should be used first, as they are most perishable. Strawberries should be eaten ASAP.

Sugar Snap Peas: Of course, these are great just eaten out of hand, but they are also so yummy cooked lightly. A new cookbook I came across through our intern, Katharine, is the *Zuni Café Cookbook* by Judy Rodgers. Zuni Café is in San Francisco and here's what Judy says about sugar snap peas: *"I like to cook sugar snaps cut into little "boats"—they cook evenly and rapidly, scoop up what they are cooked in, and stay on your fork. They present a pretty clutter of saber-shapes, dots, and half-dots. They are tasty and charming tossed with Ricotta Gnocchi (if you have the time!). Always cook sugar snaps just before you plan to eat them. Their improbable sweetness shows best fresh from the fire; it can turn mineral tasting if you try to keep them warm or reheat them."*

Sugar Snap Boats

12 ounces sugar snap peas (the amt. in your bag)
 1-2 Tablespoons unsalted butter or extra-virgin olive oil
 A fresh basil leaf or a few fresh tarragon leaves
 Water
 Salt

--String both edges of the snap peas—the inside curve will yield a real filament, the outside one may be less bothersome, but check for it anyway. Cut lengthwise in half, not along the seam, but across the rounded face: one piece will be a half-almond shape, and the peas and half-peas inside will easily fall out. The other piece will look like a canoe with the bottom shaved off; its half-peas will stay attached to the pod.
 --Place the peas in a shallow pan that holds them in a single layer. Add the butter or oil and water to come to a depth of ¼ inch. Turn the heat to high, cover, and bring to a boil. Check every 15 to 20 seconds and add a little more water, but not enough to come to more than 1/8 inch deep. After a minute or so, taste a pea pod. They are best when they have just lost their grassy raw taste but still have crunch—depending on the peas, your burner, and the pan, plan on 2 to 4 minutes. Don't overcook.
 --Uncover, add the optional basil or tarragon, and boil off nearly all of the water. Add an extra nut of butter or splash of oil if you like. Salt to taste. From *Zuni Café Cookbook*.

We have much more of this on the way, but we suggest making a pesto with your garlic scapes, adding a little parsley, basil, and any other herbs you have on hand. It's delicious served on little bites of bread. Or added to your grilled cheese sandwich. The recipe below can be prepped in merely 10 minutes. It may be the best 10 minutes you've spent all day. The scapes don't last long—it may even be pushing it to have them for next week's box. A fleeting reminder of early summer. Don't fret. The fresh garlic cloves will be on the way by late July and sticking around until the end of the season.

Garlic Scape Pesto

Handful of garlic scapes
 1 teaspoon freshly squeezed lemon juice, more to taste
 1/2 teaspoon coarse sea salt, more to taste
 Ground black pepper to taste
 1.5 oz of basil (all the basil in your bag) 1 bunch parsley
 1/4 cup extra virgin olive oil, more for drizzling
 ¼ cup nuts (sunflower seeds, almonds, walnuts, or pine nuts are all good)
 Parmesan (optional)

In a food processor, process garlic scapes with herbs, nuts, parmesan, lemon juice, salt and pepper until your desired consistency. Adjust seasonings according to taste. Serve with pasta or on bread. We love to spoon some on pizza or add some to our grilled cheese sandwich. In general, it's a great sandwich topping.

Kale for Kids: Another tip we've heard from members over the past few years is to steam greens (kale, collards, chard) for a few minutes and add to your kids' smoothies. If you put in some frozen blueberries or strawberries in the smoothie, it'll turn the whole thing blue or red and they'll never know anything green ever set foot in their smoothie. Whatever works, right? There's also kale chips. See info. to the left.

Enjoy your box this week! Happy Fourth of July!! Your farmers, Laura and Adam