



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 7/13:

Broccoli: A bountiful harvest!
Italian Parsley: There's a great recipe on page 2.

Purple/Orange Carrots: The purple carrots are orange underneath the purple skin—they taste the same as orange carrots. No need to peel them, just wash again before eating.

Cucumbers: We have mix of greenhouse cukes and field cukes. The little cukes are pickling cukes that we grow for eating! They are delicious eating at a small size. There is a little bit of scarring on the skin from the cucumber beetles, but flavor isn't affected at all.

Assorted Summer Squash: First pick of the year. You received a mix of patty pan (saucer-shaped), yellow summer squash, zucchini, and Zephyr (yellow elongated squash with green tips). They all taste similarly and are great on the grill.

Green Cabbage: First of the year. This is the sweetest and most tender variety we have ever grown. What do you think?

Peas: Sugar snap variety and a few snow peas mixed in. We're having a bumper crop year for peas! Hope you're enjoying them.

Red/Green Leaf Lettuce: This is just growing bigger and nicer every day. Makes a lovely summer salad or sandwich lettuce.

Week 5: Squash Two Ways

Lots of hustle and bustle this week in and out of the farm fields. Boy oh boy we sure wish it would rain here (and everywhere!). We have been very close to several storms in the past week, but no dice. We are down over 12 inches of rain over the past year. The CSA crops still look ok, and we see the benefit of having heavy prairie soil that holds and retains water for our crops. In some fields, there is still moisture a few inches down near the plants' roots. We are watering as much as we can, and realize that an irrigation well is probably in our future so that we can water the whole farm in a faster amount of time. Right now we are having to pick and choose what gets water first when all of the crops need it. However, an irrigation well is definitely a few years off, and we expect that by the time we can put one in, it will rain and rain all summer!

So the good side of dry weather is that you can control the amount of water plants are getting. The flavor of vegetables is less watered down—more concentrated. Some of the best tomatoes, melons, and sweet corn I have ever eaten have been in drought years. Melons actually love the hot, dry conditions that are similar to their native Middle Eastern deserts. We also don't have to deal with any fungal plant diseases on many crops, mainly Cucurbits (cukes, zukes, melons, squash), Nightshades (tomatoes, eggplant, potato, pepper), or on the beans. Fungal diseases, like tomato blight, are often common even in normal precipitation years and can be rampant in wet years. Although we're not exactly enjoying the drought, if we had to choose, we'd rather have a dry year than a wet year. So we and the crops should survive just fine, and hopefully it will rain soon so that we can stop complaining to you about the weather!

Another benefit of the dry weather is that we have perfect weeding conditions. Hoeing, hand weeding and tractor cultivation occupies most of the time that isn't spent watering and harvesting. Our crew is becoming expert hand weeders! And expert potato bug squashers. Yes, the potato bugs arrived in full-force this past week. We all put on our gloves and introduced our interns to the art of squashing bugs. Potato beetles eat the foliage of all nightshades, but they prefer potatoes. We noticed that they prefer our blue potato plant foliage over the red potato plants.

There was also a lot of farm clean-up going on in the past weeks in anticipation of a big reception Adam and I had last Saturday evening to celebrate our marriage last fall. It was a great time celebrating with friends and family. You too can see the fields and farm at our first farm tour and potluck coming up on Sunday, August 2 from 3 – 6 p.m. We would love to show you around to the farm and fowl (just 12 chickens) and to share some great food at a potluck! Dishes and drinks will be provided. Bring a dish to pass if you'd like to stay and eat. RSVP is definitely appreciated. Thanks!! **New crops now and into the future:** Summer squash and patty pan squash. Green beans by next week! Field cucumbers just coming in.

Chris Schlueter is teaching more cooking classes this summer in case you missed her class a few weeks ago. Classes are held in her home, about a mile down the road from our farm in Hutchinson. I'm especially excited about the Canning & Preserving class. If you are interested, call her soon because classes are limited to 10 people. Cost is \$25.

Saturday, July 18
"Super Summer
Vegetables"
(deadline to register
Monday July 13)

Saturday, August 8
"Basics in Freezing &
Late Summer
Vegetables"
(deadline to register is
Monday August 3)

Saturday August 22
"Introduction to
canning & preserving
produce"
(deadline to register is
Monday August 17)

Saturday September 12
"Fabulous Fall
Vegetables"
(deadline to register is
Monday September 7)

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.

"Whatever lofty things you
might accomplish today,
you will do them only because
you first ate something
that grew out of dirt."
— Barbara Kingsolver

Recipe Corner

Just a reminder to wash all your produce before you eat or cook with it. We wash most everything at least once after it comes out of the field, but you should wash it again. Sometimes there is a spare lady bug in the salad or a blade of grass that we missed while we were sorting. We also found an occasional caterpillar in the broccoli/cabbage. We do soak the broccoli and cabbage and that will force out any hidden pests, but you should check it over again. We try to leave the bugs on the farm, but if you do find one, just know that it is your guarantee that your produce is indeed organic!

The broccoli popped this week! The stem is very sweet—often sweeter than the florets! We use the stem raw as veggie sticks or added to stir-fries. Just peel the stem before you eat it. Most everyone knows that broccoli is a nutritional powerhouse. It is one of those amazing Brassicas that fight cancer and are packed with Vitamin A,C, calcium, potassium and iron. We are now having a nice assortment of vegetables for a pasta primavera dish or a vegetable lasagna. Find your favorite recipe, get a friend or family member to help you chop veggies in the kitchen, and make a feast!

Penne with Broccoli and Pumpkin Seed-Parsley Pesto

- | | |
|------------------------------------|---------------------------------|
| 1/2 cup hulled green pumpkin seeds | 1 1/2 cups fresh parsley leaves |
| 1 small garlic clove, peeled | 1/2 tsp. hot red pepper flakes |
| 1/3 cup olive oil | 1/2 cup freshly grated Parmesan |
| Salt | 1 pound penne |
- 1 pound broccoli, stem peeled and stem and florets cut into bite sized pieces.

Bring 4 quarts water to a boil in a large pot for cooking pasta. Roast pumpkin seeds in a 375 degree oven—takes about 6 minutes. Turn the seeds once or twice while cooking. Cool the pumpkin seeds. Blend the cooled pumpkin seeds, parsley, garlic, and pepper flakes in a food processor, until the ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. (The pesto will be very thick). Stir in the cheese and salt to taste in a large serving bowl with the pesto. Salt the pesto generously; it has to season a pound of pasta and the broccoli. Cook pasta until al dente. Scoop out 1 cup of the pasta cooking water, add the broccoli, and continue to cook until the broccoli is crisp-tender, 1 1/2 minutes. Meanwhile, stir 1/2 cup of the cooking water into the pesto to achieve a saucier consistency. Drain the pasta and broccoli. Add the pasta and broccoli to the bowl with the pesto and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing the grated cheese at the table. From *A Year in a Vegetarian Kitchen* by Jack Bishop.

Asian Salad

- | | |
|---|---|
| 1 cup cooked brown rice | 1 cup cabbage, shredded or finely chopped |
| 1/2 cup broccoli, raw or lightly steamed | 1 cup sugar snap peas |
| 1/2 cup arugula or other salad green | 1/4 cup fresh cilantro, chopped |
| 1 can crushed pineapple, in 100% juice (reserve pineapple juice for dressing) | |
| 1/2 cup chopped peanuts | |
| Dressing: | |
| 1- inch fresh ginger, peeled and minced | 1 cup olive oil |
| 2 teaspoons toasted sesame oil | 2 cloves garlic, minced |
| 4 Tablespoons pineapple juice | 6 whole dates, pitted and chopped |
| 2 Tablespoons soy sauce | 1/4 cup water |

Mix rice, vegetables, pineapple, peanuts and cilantro together. Blend dressing together and pour over salad. Serve right away or you can chill and let the flavors meld together for a few hours. Recipe courtesy of our intern, Kate.

Grilled Zucchini and Summer Squash

- 4 small to medium zucchini, summer squash, patty pans
 Salt 4-6 Tablespoons olive oil
 Slice the zucchini/summer squash lengthwise into 1/2-inch thick slices. Salt lightly and evenly and set aside for 5 to 10 minutes to soften. (This encourages the squash to cook more evenly and rapidly, retaining its delicate sweetness.)
 Spread out the coals, position the grill rack about 3 inches above them and preheat. Brush the squash on both sides with olive oil. Arrange in a single layer on the grill. Grill for a few minutes per side, until nutty-tender. Move father from or closer to the fire if any slices of squash threaten to char or are not coloring at all.

From the Zuni Café Cookbook. Enjoy. Your farmers, Laura and Adam



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 7/13:

Broccoli: A bountiful harvest!
Italian Parsley: There's a great recipe on page 2.

Purple/Orange Carrots: The purple carrots are orange underneath the purple skin—they taste the same as orange carrots. No need to peel them, just wash again before eating.

Cucumbers: We have mix of greenhouse cukes and field cukes. The little cukes are pickling cukes that we grow for eating! They are delicious eating at a small size. There is a little bit of scarring on the skin from the cucumber beetles, but flavor isn't affected at all.

Assorted Summer Squash: First pick of the year. You received a mix of patty pan (saucer-shaped), yellow summer squash, zucchini, and Zephyr (yellow elongated squash with green tips). They all taste similarly and are great on the grill.

Green Cabbage: First of the year. This is the sweetest and most tender variety we have ever grown. What do you think?

Peas: Sugar snap variety and a few snow peas mixed in. We're having a bumper crop year for peas! Hope you're enjoying them.

Red/Green Leaf Lettuce: This is just growing bigger and nicer every day. Makes a lovely summer salad or sandwich lettuce.

Week 5: Squash Two Ways

Lots of hustle and bustle this week in and out of the farm fields. Boy oh boy we sure wish it would rain here (and everywhere!). We have been very close to several storms in the past week, but no dice. We are down over 12 inches of rain over the past year. The CSA crops still look ok, and we see the benefit of having heavy prairie soil that holds and retains water for our crops. In some fields, there is still moisture a few inches down near the plants' roots. We are watering as much as we can, and realize that an irrigation well is probably in our future so that we can water the whole farm in a faster amount of time. Right now we are having to pick and choose what gets water first when all of the crops need it. However, an irrigation well is definitely a few years off, and we expect that by the time we can put one in, it will rain and rain all summer!

So the good side of dry weather is that you can control the amount of water plants are getting. The flavor of vegetables is less watered down—more concentrated. Some of the best tomatoes, melons, and sweet corn I have ever eaten have been in drought years. Melons actually love the hot, dry conditions that are similar to their native Middle Eastern deserts. We also don't have to deal with any fungal plant diseases on many crops, mainly Cucurbits (cukes, zukes, melons, squash), Nightshades (tomatoes, eggplant, potato, pepper), or on the beans. Fungal diseases, like tomato blight, are often common even in normal precipitation years and can be rampant in wet years. Although we're not exactly enjoying the drought, if we had to choose, we'd rather have a dry year than a wet year. So we and the crops should survive just fine, and hopefully it will rain soon so that we can stop complaining to you about the weather!

Another benefit of the dry weather is that we have perfect weeding conditions. Hoeing, hand weeding and tractor cultivation occupies most of the time that isn't spent watering and harvesting. Our crew is becoming expert hand weeders! And expert potato bug squashers. Yes, the potato bugs arrived in full-force this past week. We all put on our gloves and introduced our interns to the art of squashing bugs. Potato beetles eat the foliage of all nightshades, but they prefer potatoes. We noticed that they prefer our blue potato plant foliage over the red potato plants.

There was also a lot of farm clean-up going on in the past weeks in anticipation of a big reception Adam and I had last Saturday evening to celebrate our marriage last fall. It was a great time celebrating with friends and family. You too can see the fields and farm at our first farm tour and potluck coming up on Sunday, August 2 from 3 – 6 p.m. We would love to show you around to the farm and fowl (just 12 chickens) and to share some great food at a potluck! Dishes and drinks will be provided. Bring a dish to pass if you'd like to stay and eat. RSVP is definitely appreciated. Thanks!! **New crops now and into the future:** Summer squash and patty pan squash. Green beans by next week! Field cucumbers just coming in.

Chris Schlueter is teaching more cooking classes this summer in case you missed her class a few weeks ago. Classes are held in her home, about a mile down the road from our farm in Hutchinson. I'm especially excited about the Canning & Preserving class. If you are interested, call her soon because classes are limited to 10 people. Cost is \$25.

Saturday, July 18
"Super Summer
Vegetables"
(deadline to register
Monday July 13)

Saturday, August 8
"Basics in Freezing &
Late Summer
Vegetables"
(deadline to register is
Monday August 3)

Saturday August 22
"Introduction to
canning & preserving
produce"
(deadline to register is
Monday August 17)

Saturday September 12
"Fabulous Fall
Vegetables"
(deadline to register is
Monday September 7)

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.

"Whatever lofty things you
might accomplish today,
you will do them only because
you first ate something
that grew out of dirt."
— Barbara Kingsolver

Recipe Corner

Just a reminder to wash all your produce before you eat or cook with it. We wash most everything at least once after it comes out of the field, but you should wash it again. Sometimes there is a spare lady bug in the salad or a blade of grass that we missed while we were sorting. We also found an occasional caterpillar in the broccoli/cabbage. We do soak the broccoli and cabbage and that will force out any hidden pests, but you should check it over again. We try to leave the bugs on the farm, but if you do find one, just know that it is your guarantee that your produce is indeed organic!

The broccoli popped this week! The stem is very sweet—often sweeter than the florets! We use the stem raw as veggie sticks or added to stir-fries. Just peel the stem before you eat it. Most everyone knows that broccoli is a nutritional powerhouse. It is one of those amazing Brassicas that fight cancer and are packed with Vitamin A,C, calcium, potassium and iron. We are now having a nice assortment of vegetables for a pasta primavera dish or a vegetable lasagna. Find your favorite recipe, get a friend or family member to help you chop veggies in the kitchen, and make a feast!

Penne with Broccoli and Pumpkin Seed-Parsley Pesto

- | | |
|------------------------------------|---------------------------------|
| 1/2 cup hulled green pumpkin seeds | 1 1/2 cups fresh parsley leaves |
| 1 small garlic clove, peeled | 1/2 tsp. hot red pepper flakes |
| 1/3 cup olive oil | 1/2 cup freshly grated Parmesan |
| Salt | 1 pound penne |
- 1 pound broccoli, stem peeled and stem and florets cut into bite sized pieces.

Bring 4 quarts water to a boil in a large pot for cooking pasta. Roast pumpkin seeds in a 375 degree oven—takes about 6 minutes. Turn the seeds once or twice while cooking. Cool the pumpkin seeds. Blend the cooled pumpkin seeds, parsley, garlic, and pepper flakes in a food processor, until the ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. (The pesto will be very thick). Stir in the cheese and salt to taste in a large serving bowl with the pesto. Salt the pesto generously; it has to season a pound of pasta and the broccoli. Cook pasta until al dente. Scoop out 1 cup of the pasta cooking water, add the broccoli, and continue to cook until the broccoli is crisp-tender, 1 1/2 minutes. Meanwhile, stir 1/2 cup of the cooking water into the pesto to achieve a saucier consistency. Drain the pasta and broccoli. Add the pasta and broccoli to the bowl with the pesto and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing the grated cheese at the table. From *A Year in a Vegetarian Kitchen* by Jack Bishop.

Asian Salad

- | | |
|---|---|
| 1 cup cooked brown rice | 1 cup cabbage, shredded or finely chopped |
| 1/2 cup broccoli, raw or lightly steamed | 1 cup sugar snap peas |
| 1/2 cup arugula or other salad green | 1/4 cup fresh cilantro, chopped |
| 1 can crushed pineapple, in 100% juice (reserve pineapple juice for dressing) | |
| 1/2 cup chopped peanuts | |
| Dressing: | |
| 1- inch fresh ginger, peeled and minced | 1 cup olive oil |
| 2 teaspoons toasted sesame oil | 2 cloves garlic, minced |
| 4 Tablespoons pineapple juice | 6 whole dates, pitted and chopped |
| 2 Tablespoons soy sauce | 1/4 cup water |

Mix rice, vegetables, pineapple, peanuts and cilantro together. Blend dressing together and pour over salad. Serve right away or you can chill and let the flavors meld together for a few hours. Recipe courtesy of our intern, Kate.

Grilled Zucchini and Summer Squash

- 4 small to medium zucchini, summer squash, patty pans
 Salt
 4-6 Tablespoons olive oil
- Slice the zucchini/summer squash lengthwise into 1/2-inch thick slices. Salt lightly and evenly and set aside for 5 to 10 minutes to soften. (This encourages the squash to cook more evenly and rapidly, retaining its delicate sweetness.) Spread out the coals, position the grill rack about 3 inches above them and preheat. Brush the squash on both sides with olive oil. Arrange in a single layer on the grill. Grill for a few minutes per side, until nutty-tender. Move father from or closer to the fire if any slices of squash threaten to char or are not coloring at all.

From the Zuni Café Cookbook. Enjoy. Your farmers, Laura and Adam



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 7/13:

Broccoli: A bountiful harvest!

Italian Parsley: There's a great recipe on page 2.

Purple/Orange Carrots: The purple carrots are orange underneath the purple skin—they taste the same as orange carrots. No need to peel them, just wash again before eating.

Cucumbers: We have mix of greenhouse cukes and field cukes. The little cukes are pickling cukes that we grow for eating! They are delicious eating at a small size. There is a little bit of scarring on the skin from the cucumber beetles, but flavor isn't affected at all.

Assorted Summer Squash:

First pick of the year. You received a mix of patty pan (saucer-shaped), yellow summer squash, zucchini, and Zephyr (yellow elongated squash with green tips). They all taste similarly and are great on the grill.

Green Cabbage: First of the year. This is the sweetest and most tender variety we have ever grown. What do you think?

Peas: Sugar snap variety and a few snow peas mixed in. We're having a bumper crop year for peas! Hope you're enjoying them.

Red/Green Leaf Lettuce:

This is just growing bigger and nicer every day. Makes a lovely summer salad or sandwich lettuce.

Week 5: Squash Two Ways

Lots of hustle and bustle this week in and out of the farm fields. Boy oh boy we sure wish it would rain here (and everywhere!). We have been very close to several storms in the past week, but no dice. We are down over 12 inches of rain over the past year. The CSA crops still look ok, and we see the benefit of having heavy prairie soil that holds and retains water for our crops. In some fields, there is still moisture a few inches down near the plants' roots. We are watering as much as we can, and realize that an irrigation well is probably in our future so that we can water the whole farm in a faster amount of time. Right now we are having to pick and choose what gets water first when all of the crops need it. However, an irrigation well is definitely a few years off, and we expect that by the time we can put one in, it will rain and rain all summer!

So the good side of dry weather is that you can control the amount of water plants are getting. The flavor of vegetables is less watered down—more concentrated. Some of the best tomatoes, melons, and sweet corn I have ever eaten have been in drought years. Melons actually love the hot, dry conditions that are similar to their native Middle Eastern deserts. We also don't have to deal with any fungal plant diseases on many crops, mainly Cucurbits (cukes, zukes, melons, squash), Nightshades (tomatoes, eggplant, potato, pepper), or on the beans. Fungal diseases, like tomato blight, are often common even in normal precipitation years and can be rampant in wet years. Although we're not exactly enjoying the drought, if we had to choose, we'd rather have a dry year than a wet year. So we and the crops should survive just fine, and hopefully it will rain soon so that we can stop complaining to you about the weather!

Another benefit of the dry weather is that we have perfect weeding conditions. Hoeing, hand weeding and tractor cultivation occupies most of the time that isn't spent watering and harvesting. Our crew is becoming expert hand weeders! And expert potato bug squashers. Yes, the potato bugs arrived in full-force this past week. We all put on our gloves and introduced our interns to the art of squashing bugs. Potato beetles eat the foliage of all nightshades, but they prefer potatoes. We noticed that they prefer our blue potato plant foliage over the red potato plants.

There was also a lot of farm clean-up going on in the past weeks in anticipation of a big reception Adam and I had last Saturday evening to celebrate our marriage last fall. It was a great time celebrating with friends and family. You too can see the fields and farm at our first farm tour and potluck coming up on Sunday, August 2 from 3 – 6 p.m. We would love to show you around to the farm and fowl (just 12 chickens) and to share some great food at a potluck! Dishes and drinks will be provided. Bring a dish to pass if you'd like to stay and eat. RSVP is definitely appreciated. Thanks!! **New crops now and into the future:** Summer squash and patty pan squash. Green beans by next week! Field cucumbers just coming in.

Chris Schlueter is teaching more cooking classes this summer in case you missed her class a few weeks ago. Classes are held in her home, about a mile down the road from our farm in Hutchinson. I'm especially excited about the Canning & Preserving class. If you are interested, call her soon because classes are limited to 10 people. Cost is \$25.

Saturday, July 18
"Super Summer
Vegetables"
(deadline to register
Monday July 13)

Saturday, August 8
"Basics in Freezing &
Late Summer
Vegetables"
(deadline to register is
Monday August 3)

Saturday August 22
"Introduction to
canning & preserving
produce"
(deadline to register is
Monday August 17)

Saturday September 12
"Fabulous Fall
Vegetables"
(deadline to register is
Monday September 7)

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.

"Whatever lofty things you
might accomplish today,
you will do them only because
you first ate something
that grew out of dirt."
— Barbara Kingsolver

Recipe Corner

Just a reminder to wash all your produce before you eat or cook with it. We wash most everything at least once after it comes out of the field, but you should wash it again. Sometimes there is a spare lady bug in the salad or a blade of grass that we missed while we were sorting. We also found an occasional caterpillar in the broccoli/cabbage. We do soak the broccoli and cabbage and that will force out any hidden pests, but you should check it over again. We try to leave the bugs on the farm, but if you do find one, just know that it is your guarantee that your produce is indeed organic!

The broccoli popped this week! The stem is very sweet—often sweeter than the florets! We use the stem raw as veggie sticks or added to stir-fries. Just peel the stem before you eat it. Most everyone knows that broccoli is a nutritional powerhouse. It is one of those amazing Brassicas that fight cancer and are packed with Vitamin A,C, calcium, potassium and iron. We are now having a nice assortment of vegetables for a pasta primavera dish or a vegetable lasagna. Find your favorite recipe, get a friend or family member to help you chop veggies in the kitchen, and make a feast!

Penne with Broccoli and Pumpkin Seed-Parsley Pesto

- | | |
|------------------------------------|---------------------------------|
| 1/2 cup hulled green pumpkin seeds | 1 1/2 cups fresh parsley leaves |
| 1 small garlic clove, peeled | 1/2 tsp. hot red pepper flakes |
| 1/3 cup olive oil | 1/2 cup freshly grated Parmesan |
| Salt | 1 pound penne |
- 1 pound broccoli, stem peeled and stem and florets cut into bite sized pieces.

Bring 4 quarts water to a boil in a large pot for cooking pasta. Roast pumpkin seeds in a 375 degree oven—takes about 6 minutes. Turn the seeds once or twice while cooking. Cool the pumpkin seeds. Blend the cooled pumpkin seeds, parsley, garlic, and pepper flakes in a food processor, until the ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. (The pesto will be very thick). Stir in the cheese and salt to taste in a large serving bowl with the pesto. Salt the pesto generously; it has to season a pound of pasta and the broccoli. Cook pasta until al dente. Scoop out 1 cup of the pasta cooking water, add the broccoli, and continue to cook until the broccoli is crisp-tender, 1 1/2 minutes. Meanwhile, stir 1/2 cup of the cooking water into the pesto to achieve a saucier consistency. Drain the pasta and broccoli. Add the pasta and broccoli to the bowl with the pesto and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing the grated cheese at the table. From *A Year in a Vegetarian Kitchen* by Jack Bishop.

Asian Salad

- | | |
|---|---|
| 1 cup cooked brown rice | 1 cup cabbage, shredded or finely chopped |
| 1/2 cup broccoli, raw or lightly steamed | 1 cup sugar snap peas |
| 1/2 cup arugula or other salad green | 1/4 cup fresh cilantro, chopped |
| 1 can crushed pineapple, in 100% juice (reserve pineapple juice for dressing) | |
| 1/2 cup chopped peanuts | |
| Dressing: | |
| 1- inch fresh ginger, peeled and minced | 1 cup olive oil |
| 2 teaspoons toasted sesame oil | 2 cloves garlic, minced |
| 4 Tablespoons pineapple juice | 6 whole dates, pitted and chopped |
| 2 Tablespoons soy sauce | 1/4 cup water |

Mix rice, vegetables, pineapple, peanuts and cilantro together. Blend dressing together and pour over salad. Serve right away or you can chill and let the flavors meld together for a few hours. Recipe courtesy of our intern, Kate.

Grilled Zucchini and Summer Squash

- 4 small to medium zucchini, summer squash, patty pans
 Salt 4-6 Tablespoons olive oil
 Slice the zucchini/summer squash lengthwise into 1/2-inch thick slices. Salt lightly and evenly and set aside for 5 to 10 minutes to soften. (This encourages the squash to cook more evenly and rapidly, retaining its delicate sweetness.)
 Spread out the coals, position the grill rack about 3 inches above them and preheat. Brush the squash on both sides with olive oil. Arrange in a single layer on the grill. Grill for a few minutes per side, until nutty-tender. Move father from or closer to the fire if any slices of squash threaten to char or are not coloring at all.

From the Zuni Café Cookbook. Enjoy. Your farmers, Laura and Adam



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 7/13:

Broccoli: A bountiful harvest!

Italian Parsley: There's a great recipe on page 2.

Purple/Orange Carrots: The purple carrots are orange underneath the purple skin—they taste the same as orange carrots. No need to peel them, just wash again before eating.

Cucumbers: We have mix of greenhouse cukes and field cukes. The little cukes are pickling cukes that we grow for eating! They are delicious eating at a small size. There is a little bit of scarring on the skin from the cucumber beetles, but flavor isn't affected at all.

Assorted Summer Squash:

First pick of the year. You received a mix of patty pan (saucer-shaped), yellow summer squash, zucchini, and Zephyr (yellow elongated squash with green tips). They all taste similarly and are great on the grill.

Green Cabbage: First of the year. This is the sweetest and most tender variety we have ever grown. What do you think?

Peas: Sugar snap variety and a few snow peas mixed in. We're having a bumper crop year for peas! Hope you're enjoying them.

Red/Green Leaf Lettuce:

This is just growing bigger and nicer every day. Makes a lovely summer salad or sandwich lettuce.

Week 5: Squash Two Ways

Lots of hustle and bustle this week in and out of the farm fields. Boy oh boy we sure wish it would rain here (and everywhere!). We have been very close to several storms in the past week, but no dice. We are down over 12 inches of rain over the past year. The CSA crops still look ok, and we see the benefit of having heavy prairie soil that holds and retains water for our crops. In some fields, there is still moisture a few inches down near the plants' roots. We are watering as much as we can, and realize that an irrigation well is probably in our future so that we can water the whole farm in a faster amount of time. Right now we are having to pick and choose what gets water first when all of the crops need it. However, an irrigation well is definitely a few years off, and we expect that by the time we can put one in, it will rain and rain all summer!

So the good side of dry weather is that you can control the amount of water plants are getting. The flavor of vegetables is less watered down—more concentrated. Some of the best tomatoes, melons, and sweet corn I have ever eaten have been in drought years. Melons actually love the hot, dry conditions that are similar to their native Middle Eastern deserts. We also don't have to deal with any fungal plant diseases on many crops, mainly Cucurbits (cukes, zukes, melons, squash), Nightshades (tomatoes, eggplant, potato, pepper), or on the beans. Fungal diseases, like tomato blight, are often common even in normal precipitation years and can be rampant in wet years. Although we're not exactly enjoying the drought, if we had to choose, we'd rather have a dry year than a wet year. So we and the crops should survive just fine, and hopefully it will rain soon so that we can stop complaining to you about the weather!

Another benefit of the dry weather is that we have perfect weeding conditions. Hoeing, hand weeding and tractor cultivation occupies most of the time that isn't spent watering and harvesting. Our crew is becoming expert hand weeders! And expert potato bug squashers. Yes, the potato bugs arrived in full-force this past week. We all put on our gloves and introduced our interns to the art of squashing bugs. Potato beetles eat the foliage of all nightshades, but they prefer potatoes. We noticed that they prefer our blue potato plant foliage over the red potato plants.

There was also a lot of farm clean-up going on in the past weeks in anticipation of a big reception Adam and I had last Saturday evening to celebrate our marriage last fall. It was a great time celebrating with friends and family. You too can see the fields and farm at our first farm tour and potluck coming up on Sunday, August 2 from 3 – 6 p.m. We would love to show you around to the farm and fowl (just 12 chickens) and to share some great food at a potluck! Dishes and drinks will be provided. Bring a dish to pass if you'd like to stay and eat. RSVP is definitely appreciated. Thanks!! **New crops now and into the future:** Summer squash and patty pan squash. Green beans by next week! Field cucumbers just coming in.

Chris Schlueter is teaching more cooking classes this summer in case you missed her class a few weeks ago. Classes are held in her home, about a mile down the road from our farm in Hutchinson. I'm especially excited about the Canning & Preserving class. If you are interested, call her soon because classes are limited to 10 people. Cost is \$25.

Saturday, July 18
"Super Summer
Vegetables"
(deadline to register
Monday July 13)

Saturday, August 8
"Basics in Freezing &
Late Summer
Vegetables"
(deadline to register is
Monday August 3)

Saturday August 22
"Introduction to
canning & preserving
produce"
(deadline to register is
Monday August 17)

Saturday September 12
"Fabulous Fall
Vegetables"
(deadline to register is
Monday September 7)

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.

"Whatever lofty things you
might accomplish today,
you will do them only because
you first ate something
that grew out of dirt."
— Barbara Kingsolver

Recipe Corner

Just a reminder to wash all your produce before you eat or cook with it. We wash most everything at least once after it comes out of the field, but you should wash it again. Sometimes there is a spare lady bug in the salad or a blade of grass that we missed while we were sorting. We also found an occasional caterpillar in the broccoli/cabbage. We do soak the broccoli and cabbage and that will force out any hidden pests, but you should check it over again. We try to leave the bugs on the farm, but if you do find one, just know that it is your guarantee that your produce is indeed organic!

The broccoli popped this week! The stem is very sweet—often sweeter than the florets! We use the stem raw as veggie sticks or added to stir-fries. Just peel the stem before you eat it. Most everyone knows that broccoli is a nutritional powerhouse. It is one of those amazing Brassicas that fight cancer and are packed with Vitamin A,C, calcium, potassium and iron. We are now having a nice assortment of vegetables for a pasta primavera dish or a vegetable lasagna. Find your favorite recipe, get a friend or family member to help you chop veggies in the kitchen, and make a feast!

Penne with Broccoli and Pumpkin Seed-Parsley Pesto

- | | |
|------------------------------------|---------------------------------|
| 1/2 cup hulled green pumpkin seeds | 1 1/2 cups fresh parsley leaves |
| 1 small garlic clove, peeled | 1/2 tsp. hot red pepper flakes |
| 1/3 cup olive oil | 1/2 cup freshly grated Parmesan |
| Salt | 1 pound penne |
- 1 pound broccoli, stem peeled and stem and florets cut into bite sized pieces.

Bring 4 quarts water to a boil in a large pot for cooking pasta. Roast pumpkin seeds in a 375 degree oven—takes about 6 minutes. Turn the seeds once or twice while cooking. Cool the pumpkin seeds. Blend the cooled pumpkin seeds, parsley, garlic, and pepper flakes in a food processor, until the ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. (The pesto will be very thick). Stir in the cheese and salt to taste in a large serving bowl with the pesto. Salt the pesto generously; it has to season a pound of pasta and the broccoli. Cook pasta until al dente. Scoop out 1 cup of the pasta cooking water, add the broccoli, and continue to cook until the broccoli is crisp-tender, 1 1/2 minutes. Meanwhile, stir 1/2 cup of the cooking water into the pesto to achieve a saucier consistency. Drain the pasta and broccoli. Add the pasta and broccoli to the bowl with the pesto and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing the grated cheese at the table. From *A Year in a Vegetarian Kitchen* by Jack Bishop.

Asian Salad

- | | |
|---|---|
| 1 cup cooked brown rice | 1 cup cabbage, shredded or finely chopped |
| 1/2 cup broccoli, raw or lightly steamed | 1 cup sugar snap peas |
| 1/2 cup arugula or other salad green | 1/4 cup fresh cilantro, chopped |
| 1 can crushed pineapple, in 100% juice (reserve pineapple juice for dressing) | |
| 1/2 cup chopped peanuts | |
| Dressing: | |
| 1- inch fresh ginger, peeled and minced | 1 cup olive oil |
| 2 teaspoons toasted sesame oil | 2 cloves garlic, minced |
| 4 Tablespoons pineapple juice | 6 whole dates, pitted and chopped |
| 2 Tablespoons soy sauce | 1/4 cup water |

Mix rice, vegetables, pineapple, peanuts and cilantro together. Blend dressing together and pour over salad. Serve right away or you can chill and let the flavors meld together for a few hours. Recipe courtesy of our intern, Kate.

Grilled Zucchini and Summer Squash

- 4 small to medium zucchini, summer squash, patty pans
 Salt 4-6 Tablespoons olive oil
 Slice the zucchini/summer squash lengthwise into 1/2-inch thick slices. Salt lightly and evenly and set aside for 5 to 10 minutes to soften. (This encourages the squash to cook more evenly and rapidly, retaining its delicate sweetness.)
 Spread out the coals, position the grill rack about 3 inches above them and preheat. Brush the squash on both sides with olive oil. Arrange in a single layer on the grill. Grill for a few minutes per side, until nutty-tender. Move father from or closer to the fire if any slices of squash threaten to char or are not coloring at all.

From the Zuni Café Cookbook. Enjoy. Your farmers, Laura and Adam



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 7/13:

Broccoli: A bountiful harvest!

Italian Parsley: There's a great recipe on page 2.

Purple/Orange Carrots: The purple carrots are orange underneath the purple skin—they taste the same as orange carrots. No need to peel them, just wash again before eating.

Cucumbers: We have mix of greenhouse cukes and field cukes. The little cukes are pickling cukes that we grow for eating! They are delicious eating at a small size. There is a little bit of scarring on the skin from the cucumber beetles, but flavor isn't affected at all.

Assorted Summer Squash:

First pick of the year. You received a mix of patty pan (saucer-shaped), yellow summer squash, zucchini, and Zephyr (yellow elongated squash with green tips). They all taste similarly and are great on the grill.

Green Cabbage: First of the year. This is the sweetest and most tender variety we have ever grown. What do you think?

Peas: Sugar snap variety and a few snow peas mixed in. We're having a bumper crop year for peas! Hope you're enjoying them.

Red/Green Leaf Lettuce:

This is just growing bigger and nicer every day. Makes a lovely summer salad or sandwich lettuce.

Week 5: Squash Two Ways

Lots of hustle and bustle this week in and out of the farm fields. Boy oh boy we sure wish it would rain here (and everywhere!). We have been very close to several storms in the past week, but no dice. We are down over 12 inches of rain over the past year. The CSA crops still look ok, and we see the benefit of having heavy prairie soil that holds and retains water for our crops. In some fields, there is still moisture a few inches down near the plants' roots. We are watering as much as we can, and realize that an irrigation well is probably in our future so that we can water the whole farm in a faster amount of time. Right now we are having to pick and choose what gets water first when all of the crops need it. However, an irrigation well is definitely a few years off, and we expect that by the time we can put one in, it will rain and rain all summer!

So the good side of dry weather is that you can control the amount of water plants are getting. The flavor of vegetables is less watered down—more concentrated. Some of the best tomatoes, melons, and sweet corn I have ever eaten have been in drought years. Melons actually love the hot, dry conditions that are similar to their native Middle Eastern deserts. We also don't have to deal with any fungal plant diseases on many crops, mainly Cucurbits (cukes, zukes, melons, squash), Nightshades (tomatoes, eggplant, potato, pepper), or on the beans. Fungal diseases, like tomato blight, are often common even in normal precipitation years and can be rampant in wet years. Although we're not exactly enjoying the drought, if we had to choose, we'd rather have a dry year than a wet year. So we and the crops should survive just fine, and hopefully it will rain soon so that we can stop complaining to you about the weather!

Another benefit of the dry weather is that we have perfect weeding conditions. Hoeing, hand weeding and tractor cultivation occupies most of the time that isn't spent watering and harvesting. Our crew is becoming expert hand weeders! And expert potato bug squashers. Yes, the potato bugs arrived in full-force this past week. We all put on our gloves and introduced our interns to the art of squashing bugs. Potato beetles eat the foliage of all nightshades, but they prefer potatoes. We noticed that they prefer our blue potato plant foliage over the red potato plants.

There was also a lot of farm clean-up going on in the past weeks in anticipation of a big reception Adam and I had last Saturday evening to celebrate our marriage last fall. It was a great time celebrating with friends and family. You too can see the fields and farm at our first farm tour and potluck coming up on Sunday, August 2 from 3 – 6 p.m. We would love to show you around to the farm and fowl (just 12 chickens) and to share some great food at a potluck! Dishes and drinks will be provided. Bring a dish to pass if you'd like to stay and eat. RSVP is definitely appreciated. Thanks!! **New crops now and into the future:** Summer squash and patty pan squash. Green beans by next week! Field cucumbers just coming in.

Chris Schlueter is teaching more cooking classes this summer in case you missed her class a few weeks ago. Classes are held in her home, about a mile down the road from our farm in Hutchinson. I'm especially excited about the Canning & Preserving class. If you are interested, call her soon because classes are limited to 10 people. Cost is \$25.

Saturday, July 18
"Super Summer
Vegetables"
(deadline to register
Monday July 13)

Saturday, August 8
"Basics in Freezing &
Late Summer
Vegetables"
(deadline to register is
Monday August 3)

Saturday August 22
"Introduction to
canning & preserving
produce"
(deadline to register is
Monday August 17)

Saturday September 12
"Fabulous Fall
Vegetables"
(deadline to register is
Monday September 7)

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.

"Whatever lofty things you
might accomplish today,
you will do them only because
you first ate something
that grew out of dirt."
— Barbara Kingsolver

Recipe Corner

Just a reminder to wash all your produce before you eat or cook with it. We wash most everything at least once after it comes out of the field, but you should wash it again. Sometimes there is a spare lady bug in the salad or a blade of grass that we missed while we were sorting. We also found an occasional caterpillar in the broccoli/cabbage. We do soak the broccoli and cabbage and that will force out any hidden pests, but you should check it over again. We try to leave the bugs on the farm, but if you do find one, just know that it is your guarantee that your produce is indeed organic!

The broccoli popped this week! The stem is very sweet—often sweeter than the florets! We use the stem raw as veggie sticks or added to stir-fries. Just peel the stem before you eat it. Most everyone knows that broccoli is a nutritional powerhouse. It is one of those amazing Brassicas that fight cancer and are packed with Vitamin A,C, calcium, potassium and iron. We are now having a nice assortment of vegetables for a pasta primavera dish or a vegetable lasagna. Find your favorite recipe, get a friend or family member to help you chop veggies in the kitchen, and make a feast!

Penne with Broccoli and Pumpkin Seed-Parsley Pesto

- | | |
|------------------------------------|---------------------------------|
| 1/2 cup hulled green pumpkin seeds | 1 1/2 cups fresh parsley leaves |
| 1 small garlic clove, peeled | 1/2 tsp. hot red pepper flakes |
| 1/3 cup olive oil | 1/2 cup freshly grated Parmesan |
| Salt | 1 pound penne |
- 1 pound broccoli, stem peeled and stem and florets cut into bite sized pieces.

Bring 4 quarts water to a boil in a large pot for cooking pasta. Roast pumpkin seeds in a 375 degree oven—takes about 6 minutes. Turn the seeds once or twice while cooking. Cool the pumpkin seeds. Blend the cooled pumpkin seeds, parsley, garlic, and pepper flakes in a food processor, until the ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. (The pesto will be very thick). Stir in the cheese and salt to taste in a large serving bowl with the pesto. Salt the pesto generously; it has to season a pound of pasta and the broccoli. Cook pasta until al dente. Scoop out 1 cup of the pasta cooking water, add the broccoli, and continue to cook until the broccoli is crisp-tender, 1 1/2 minutes. Meanwhile, stir 1/2 cup of the cooking water into the pesto to achieve a saucier consistency. Drain the pasta and broccoli. Add the pasta and broccoli to the bowl with the pesto and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing the grated cheese at the table. From *A Year in a Vegetarian Kitchen* by Jack Bishop.

Asian Salad

- | | |
|---|---|
| 1 cup cooked brown rice | 1 cup cabbage, shredded or finely chopped |
| 1/2 cup broccoli, raw or lightly steamed | 1 cup sugar snap peas |
| 1/2 cup arugula or other salad green | 1/4 cup fresh cilantro, chopped |
| 1 can crushed pineapple, in 100% juice (reserve pineapple juice for dressing) | |
| 1/2 cup chopped peanuts | |
| Dressing: | |
| 1- inch fresh ginger, peeled and minced | 1 cup olive oil |
| 2 teaspoons toasted sesame oil | 2 cloves garlic, minced |
| 4 Tablespoons pineapple juice | 6 whole dates, pitted and chopped |
| 2 Tablespoons soy sauce | 1/4 cup water |

Mix rice, vegetables, pineapple, peanuts and cilantro together. Blend dressing together and pour over salad. Serve right away or you can chill and let the flavors meld together for a few hours. Recipe courtesy of our intern, Kate.

Grilled Zucchini and Summer Squash

- 4 small to medium zucchini, summer squash, patty pans
 Salt
 4-6 Tablespoons olive oil
- Slice the zucchini/summer squash lengthwise into 1/2-inch thick slices. Salt lightly and evenly and set aside for 5 to 10 minutes to soften. (This encourages the squash to cook more evenly and rapidly, retaining its delicate sweetness.) Spread out the coals, position the grill rack about 3 inches above them and preheat. Brush the squash on both sides with olive oil. Arrange in a single layer on the grill. Grill for a few minutes per side, until nutty-tender. Move father from or closer to the fire if any slices of squash threaten to char or are not coloring at all.

From the Zuni Café Cookbook. Enjoy. Your farmers, Laura and Adam