



LOON ORGANICS

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What's in the box 8/11:

Hot Banana Pepper: (Long, yellow/orange pepper) It's Hot! But not as hot as a jalapeno. Wear gloves when cutting and handling.

Swiss Chard: Baby to mid-sized leaves. You can eat these raw mixed in with your salad greens or lightly cook them. Fabulous in quiches and scrambled egg dishes.

Fresh Onions: Sweet onion can be eaten raw or cooked.

Garlic: Beginning to dry down now. Can store out of fridge.

Cucumbers: A delicious salsa recipe on Page 2.

Assorted Summer Squash: Yellow/Green/Zucchini. We've been dreaming of chocolate zucchini bread. You can substitute summer squash for zucchini in all those recipes.

Cherry Tomatoes: Mix of Sungolds and/or Red Cherries.

Purple and Green Beans: These taste about exactly the same, despite the color. The purple beans will turn green when you cook them.

Salad Mix: Mostly arugula, a little mizuna, and lettuce.

Basil: Genovese basil with a bit of red opal basil thrown in. The red and green basil together make a beautiful contrast with some cherry tomatoes and fresh mozzarella.

Green Cabbage: Very Sweet and Tender! Recipe Page 2

Week 9: Midway through the season

Week 9 marks our halfway point of our 18 week CSA season. Hope it's been a good one so far for you. We're looking forward to some very nice boxes in the coming weeks. Mainly due to summer weather that is finally approaching normalcy and a catch-up on moisture for us this last week. The drought has broken! We received around 4 inches of rain, between this last weekend and the weekend before. This is nearly the same amount of rain we'd gotten since April! It is a really nice surprise to not have to constantly irrigate and crops should grow in epic proportions now with this heat and unlimited moisture. If it feels like the summer crops are late this year, you are right. The tomatoes and other similar crops are nearly three weeks late. But we are crossing our fingers that the mountains of green tomatoes on the verge are ripening minute by minute and we saw today that the first round of corn is filled out and just now starting to fatten up and get color. Hope we can put some in your box next week.

We're also now monitoring the first plantings of watermelon. By monitoring, we mean eating. Aw shucks, sure is hard to be a vegetable farmer sometimes! There are a few key signs that we look for on the plants in order to tell when the melons are ripe. Unlike some fruits like tomatoes, once you pick a melon, the ripening process stops so if it's not quite there, it will never get there. The key ripeness indicators that we look for on the melon plant then is dried tendrils on the watermelons stem, a yellowish sun spot on the underside of the melon, and a high hollow sound when we thump it. Still, it is often more of an art than a science in picking a good ripe melon so one must try a few every so often to see if they are not too over or underripe. We are slightly worried that all the rain that we got this past weekend may have watered down the melon flavor and that the texture could be mushy on the almost ripe ones. We will see. If so, we have other plantings coming along and muskmelons that should be ready by Sept.

Two events coming up to remember:

The almighty **Garlic Festival** going on next Saturday at the Hutchinson fairgrounds. We're particularly excited about all the awesome chefs that will be doing cooking demonstrations throughout the day. Chefs from Zellas in Hutchinson and Twin Cities restaurants including The Modern, Common Roots Café, Lucias, and The Birchwood Café will be featured, and a local wine tasting will be held in the afternoon. I would say that you could come out to the farm when you're in town, but we'll be splitting ourselves and the crew up between Mill City and GarlicFest. So if you want to see us, come to one of those places.

Learn How To Can From a Pro!

Only a Few Openings Left so call Chris to register.

Canning and Preserving Class with Chris Schlueter:

Saturday, August 22 9:30 a.m in Chris' kitchen (1 mile south of our farm): Master gardener and cooking instructor, Chris Schlueter will teach you the basics of canning tomatoes and other vegetables and fruits. Tips on freezing will also be covered. Cost is \$25. Call 320-587-4974 to register. **Deadline to Register is Monday, August 17th.**

Produce Storage: All produce should be stored in the fridge, preferably in plastic bags EXCEPT FOR TOMATOES, BASIL and GARLIC. Garlic is mostly cured, so should probably be kept out of the fridge and left in your usual garlic storing place.



One Little Hungarian Hot Wax Pepper on the vine. I've heard these are great pickled. We usually use part of it to throw in salsa or guacamole, and use the rest of it throughout the week in dishes. It is milder if you remove the seeds and stems inside, and if you cook it. One potluck dish last Sunday was home-made jalapeno poppers: fresh jalapeno peppers stuffed with cream cheese wrapped in bacon and baked at 400 degrees until the bacon was done. I have to admit that it was a pretty tasty combination. Now we're thinking about trying it out with other peppers since our jalapeno plants aren't doing so 'hot' (ha ha). Hungarians might be a great replacement.

Cookbooks we recommend for CSA members:

- From *Asparagus to Zucchini*, by the Madison Area Community Supported Agriculture Coalition
 - Farmer John's Cookbook*, by Farmer John Peterson and Angelic Organics
 - Featherstone Farms Cookbook: Tastes From Valley to Bluff*, by Mi Ae Lipe
 - Vegetarian Cooking for Everyone*, by Deborah Madison
 - A Year in a Vegetarian Kitchen*, by Jack Bishop
 - Full Moon Feast*, by Jessica Prentice
 - Zuni Café Cookbook*, by Judy Rodgers
 - Chez Panisse Vegetables*, by Alice Waters
- All of these books have seasonal recipes, abundant information on veggies, preserving tips and more.**

Recipe Corner

Our first planting of zucchini and summer squash is starting to peter out. We have a 2nd planting that is a few weeks away from producing, so we may have a bit of a break from the summer squash deluge. Hopefully we find ourselves in a tomato deluge soon. I remembered one of our favorite zuke/squash recipes that we reprinted below. It's from Deborah Madison's *Vegetarian Cooking for Everyone*. We've been making a lot of fritters this week. There is a great cabbage and potato fritter in the Farmer John's CSA Cookbook and I included that recipe below. They are such an easy and satisfying meal served with a side of sautéed green beans or broccoli in garlic butter, esp. when you're real hungry and short on time.

Zucchini and Fresh Herb Fritters

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| Salt and freshly milled pepper | 2 garlic cloves, finely chopped |
| 2 pounds zucchini, coarsely grated | ½ cup chopped parsley |
| 2 eggs, beaten (or tofu for vegan) | 1 Tablespoon chopped basil or marjoram |
| 1 Teaspoon chopped mint | Olive oil as need |
| 1 cup dried bread crumbs | 1 bunch green onions or 1 fresh onion, including an inch of the greens, thinly sliced |

Lightly salt the zucchini and set it aside in a colander to drain for 30 minutes. Meanwhile, mix the remaining ingredients together except the oil and pepper. Quickly rinse the squash, squeeze out excess water, stir it into the batter. Taste for salt and season with pepper. Film a large skillet with olive oil. When hot, drop batter—1/4 cup makes a fritter about 3 ½ inches across—and cook over medium heat until golden on the bottom. Turn and cook the second side. Serve hot. For a vegan version, replace eggs with ½ cup pureed silken tofu. Serve plain or with yogurt sauce, salsa, or garlic mayo.

Make a big batch of this and keep it in your fridge for summer lunches. Makes for a nice light lunch with pita bread, hummus, salad mix, and a tomato or two.

Cucumber Salsa

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| 2 cups crumbled feta cheese | 4 Tablespoons lemon juice |
| ½ tsp. black pepper | 3 cups cubed cucumbers |
| 2 cups finely chopped fresh onion | ½ cup cilantro |

Combine feta, lemon juice, and pepper. Partially smash. Add cuke and cilantro. Serve with pita chips/bread and lemon wedges. It's Delicious!!!

These "pancakes" are easy and very tasty. When you get tired of coleslaw, try some of the cabbage out in here. The recipe says that it serves four, but usually Adam and I eat a recipe ourselves, so you may want to double it. Especially good topped with sour cream and some freshly chopped cherry tomatoes.

Skillet Potato and Cabbage Pancakes

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| 1 cup shredded cabbage | 2 ½ cups grated potatoes, any kind |
| ¼ cup fresh minced onions | 1 clove garlic, minced |
| 1 egg, beaten | 1 ½ teaspoons salt |
| ½ teaspoon freshly ground black pepper | |
| ¼ cup butter or coconut oil | |
| 2 tablespoons oil | sour cream or applesauce (optional) |

Place the cabbage in a steamer basket set over boiling water. Cover; steam until tender, 15 to 20 minutes. Place the grated potatoes in a clean dish towel. Gather up the edges, twist the towel tight, and hold the bundle over the sink. Squeeze out as much moisture as you can. (While this step helps you get nicely browned and crisp pancakes, it is not absolutely necessary). Combine the potatoes, cabbage, onions, garlic, egg, salt, and pepper in a bowl. Mix well and then use your hands to form thin, loose patties of the size you prefer. Combine the butter and oil in a large skillet over medium-high heat; heat until butter melts. Add as many patties as will fit in your skillet without overcrowding; press down firmly with the back of a spatula. Cook until the pancakes are brown to your liking, 7 to 10 minutes. Flip the pancakes, press down firmly, and cook until the bottoms are brown, 7 to 10 minutes. Top with sour cream or applesauce if desired. Serve hot.

Have a great week! Your farmers, Laura and Adam