



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 8/4:

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

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

Fresh Garlic: Harvested a week ago, this still is very juicy.

Red Potatoes: These are getting bigger and developing a thicker skin. We're still not washing them to preserve their skins. So wash before you eat!

Cucumbers: These are still coming strong. Refrigerator pickle recipe on page 2.

Green & Red Kale: Check out a recipe on page 2. Or throw it in a smoothie.

Assorted Summer Squash:
Yellow/Green/Zucchini

Greentop Beets:

Roast them in foil in the oven and eat with goat cheese and herbs. Yum.

Green Bell Pepper: Bell Peppers start out green and eventually turn sweeter to red and orange.

Cherry Tomatoes: A mix of red and orange cherries. These are the first of many!

Green Beans: These are delicious sautéed with butter, a bit of water, and garlic just until they are fork tender!

Salad Mix: A red and green lettuce mix.

Bouquet Garni: Mix of herbs. A classic in French cooking.

Week 8: It's About Time

We're happy to report that it actually rained twice here this weekend for a total of around an inch! What a relief. We had just about given up that it would rain here at all anymore, with only ¼ inch of rain in the last month. Overall, I think we've received around 4 inches total precipitation since early May. A bit unbelievable to think about, especially since we still have a pretty good amount of vegetables for our CSA boxes and for market. Irrigation has saved us along with the very cool July, one of the coolest on record. The cool weather is kind of a double-edged sword: it is slowing down the ripening of the tomatoes, eggplant, melons, corn (we're really hoping we'll get to eat some of these crops while it is still summer!). However, if we did have our normal summer temps of the high 80's and 90's, our crops would be in a very tough spot. We've been lucky to have bountiful green bean, cucumber, and summer squash harvests. The next round of broccoli coming in is doing great (broccoli loves these cool temps!) and the summer salad mix is sweet and tender. Those tomatoes will come, I promise!

Sunday's farm tour was a hit. Around 40+ CSA members showed up to tour the farm, pick some of their own veggies, and share a meal. Thanks to all of you who came out! It's great fun for us to meet the people that we grow and harvest food for each week! We're planning on collecting all the recipes of the potluck dishes that people brought and post them on our website, as well as include some of them here so stay tuned for that.

If you weren't able to make it Sunday, there's another chance to see the farm on Sunday, Sept. 20 from 3-6 p.m. We will probably have an activity, like cleaning onions or harvesting squash that people can help out at if they like, along with a farm tour. And another potluck!

A few weeks back we had an extra CSA box and we decided to bring it inside and see how we did with it. 3 weeks later, it is all gone except for the yellow summer squash and zucchini, which is still sitting untouched in our crisper drawer. I cringe every time I see it! I wondered if maybe some of you might be experiencing the same thing after a few weeks now of 4-5 squashes in each box. In looking for a couple new ways to jazz up summer squash in our kitchen, I came across a funny article in the New York Times Bitten Blog (a cooking blog written by Mark Bittman, cookbook author of *How To Cook Everything*). Emily Weinstein was a guest writer on the blog and was lamenting the weekly pound of summer squash and zucchini she was also receiving in her CSA box. Check out the recipe page for her ideas (and another great dish I came across in the process) on summer squash and zucchini. Hopefully you are managing the zucchini and summer squash portions better than your farmers are. If you have favorite summer squash dishes, please pass them along to us. We need some help here. ;)

In addition to the squashes, the cukes have gone plum crazy lately. If you can't get through all your cukes, squash, and zucchini, a good way to preserve them is to make refrigerator pickles. No canning necessary! The refrigerator pickle recipe below is our favorite one. It's a recipe we found through a friend, Mike, who originally got it from a family friend, Ralph Soltis. The turmeric, celery salt, and mustard seed give it an interesting and addictive flavor!

Look around on-line for zucchini refrigerator pickle recipes. Those are also highly addictive!!

Refrigerator Pickles

1 gallon sliced, unpeeled cucumber
3 medium onions sliced thin
4 cups sugar
4 cups vinegar
scant 1/2 cup salt
1 1/3 tsp celery salt
1 1/3 tumeric
1/3 tsp mustard seed

Mix together sugar, vinegar and spices. Heat and pour over cucumbers. Let cool completely. These keep well in refrigerator.

GarlicFest Coming up on Aug. 15 in Hutchinson! For info go to:

www.sfa-mn.org/garlicfest/

We'll have a booth there, selling garlic and assorted produce. Come and say hi!

Produce Storage: All produce should be stored in the fridge, preferably in plastic bags EXCEPT FOR POTATOES AND TOMATOES. It's your call on the fresh garlic—since it is fresh, it can go either in or out. Keep potatoes in a paper bag out of the sun. If you refrigerate them, their starch will turn to sugar and flavor will be affected. A cool spot in the kitchen works out. Don't forget to wash them.

Enjoy your box! Your farmers, Laura & Adam

Recipe Corner

PIZZALICIOUS! Two pizzas using veggies from your box! Or make one.
Pizza #1: On Friday night we tried out the Garlic and Greens Pizza from *The Moosewood Restaurant Cooks at Home*. The Moosewood Collective says that it is a "very tasty pizza recipe that will have your kids eating their greens with no coaxing necessary." The recipe actually doesn't use a tomato sauce, instead uses cherry tomatoes or sun-dried tomatoes as a topping. We did use a tomato sauce when we made it, along with the kale and cherry tomato topping. We didn't have much in the way of cheese and ended up dusting the whole pizza with grated parmesan and topped with a few whole dried figs. Yum! I think having a bit of addl. cheese would have made the pizza even better. Try out your own variation, or follow the Moosewood recipe below...

Garlic and Greens Pizza

Choose a Pizza Crust: your homemade recipe, 6 pita bread halves, 3 whole wheat tortillas, 1 loaf French bread, or 1 storebought pizza shell.

Topping:

Handful of cherry tomatoes
4 large garlic cloves, minced or pressed
4 packed cups coarsely chopped rinsed and stemmed kale
1/4 teaspoon salt
1/4 cup chopped fresh basil
1 1/2 cups grated mozzarella cheese
3 tablespoons olive oil
1/4 cup chopped fresh basil
1/4 cup grated Pecorino cheese

Preheat the oven according to the directions for the pizza crust you are using. In a large skillet, sauté the minced garlic in the oil for about a minute. Add the kale for 5 to 10 minutes, stirring frequently, until just tender. The cooking time will vary with the age and freshness of the kale. While the kale cooks, chop the tomatoes. Add the basil and tomatoes to the kale and remove the skillet from the heat.

Spread the kale topping on the pizza crust using a slotted spoon, and sprinkle the cheeses on top. Bake following the instructions given for the crust you are using.

Pizza #2: Eggplant and Zucchini Pizza with Basil and Cherry Tomatoes. Recipe on our website: www.loonorganics.com. This is one of our favorites! It's from the *Greens Cookbook* by Deborah Madison. A great way to make a meal with many of the ingredients from your box.

Squash: "The Squash Challenge" is Emily's short post on the what-to-do-with-summer squash question. You can read it at: www.bitten.blogs.nytimes.com/2009/07/17/the-squash-challenge/ She has a recipe for both zucchini bread and zucchini bisque using both zucchini and the ubiquitous yellow summer squash.

And then you can take summer squash to the next level of richness and creaminess with a recipe from Jamie Oliver for **Courgette Carbonata Pasta**: Courgette is a British term for Zucchini/Summer Squash and Carbonata is a pasta sauce with bacon, cream, and parmesan. Italian of course. So it's basically some bites of summer squash mixed up with cream, bacon bits, bacon flavored oil, cheese, and some thyme. Sounds like the perfect way to use up that summer squash. Jamie's recipe even calls for flowering thyme, some of which may be in your bouquet of herbs. Thyme has the small woody stems with tiny green leaves up and down the stem. However, a mixture of all of your bouquet garni herbs would be nice in Jamie's pasta dish. I don't have enough room to post Jamie's whole recipe, so go to his website for the **Beautiful Courgette Carbonara** Recipe.

<http://www.jamieoliver.com/recipes/pasta-recipes/beautiful-courgette-carbonara>
Bouquet Garni: Included a bit of sage, thyme, oregano, and parsley. We love the variety of it, to add a bit of all of the fresh herbs to our dishes throughout the week. They all go very nicely together, and can be mixed and matched, added to your salad dressings or main dishes. If you cannot use them all, you can dry them. Hang them up in your kitchen out of the sun, upside down, and they will dry in approximately 1-2 weeks. Then we usually leave the dry leaves whole and place them in a small glass jar in our spice cupboard. Again, just make sure they are out of the sun so that their color, fragrance, and essential oils do not fade and degrade.