



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 9/1:

2 Hot Peppers (in plastic bag):

Wear gloves when cutting and handling.

Sweet Corn: This is bi-color sugar enhanced corn. Eat it as soon as you can for maximum flavor and sweetness. Boil ears for just a few minutes, top with butter/salt!

Sweet Peppers: Combo of a Jimmy Nardello Sweet Pepper (long, skinny RED) or Green/Red/Orange Sweet Bell or Italian Pepper.

Watermelons AND

Muskmelons: Red, yellow or orange watermelons. And a muskmelon. See page 2.

Sweet Onions: Add raw to dishes or caramelize them.

Broccoli: Fall broccoli is starting to come in. Cauli coming soon.

Green Beans: Steam lightly and dress with fresh garlic and butter.

Garlic: Roasted garlic tomato tart? Or just roast garlic by itself.

Summer Squash/Zucchini: a new planting has come in. Great sautéed with scrambled eggs and fresh herbs.

Tomatoes: Sungold, Red Cherries, heirloom/slicing tomatoes. The different colored ones are ready to eat when they a bit soft to the touch, not firm.

Baby Carrots: Orange.

Salad Mix: A mix of lettuces.

Basil: Try a tomato, basil, mozz salad drizzled with olive oil.

Cucumber: Put in the tabouli recipe on Page 2!

Week 12: We've reached the peak

The peak is here—this is the best of what vegetable growing in Minnesota has to offer. Muskmelons, watermelons, sweet peppers, tomatoes, green beans, sweet onions... These are the things we dream of in those dark January days. Although some of the tomatoes, corn and peppers are late this year, we hope that we can still keep harvesting them for the next few weeks of September.

While the sunrise and sunsets get a little shorter everyday, we seem to have just a little more work to do than normal. It works out though because at this point in the season, the farm crew (including us, the farmers) are in a deep routine of smooth cooperation and efficient harvest. Everyone is trained to know what to do and how to do it. And, in a way, the hardest part of the year is over. The crops are coming in and doing well. Now all we have to do is harvest, wash, and pack. The anxiousness of wondering...wondering whether we had planted enough of this or that, wondering how the drought would affect crops, wondering when crops would come in...has abated somewhat and now we just wonder when Jack Frost may make his first visit. Average frost date in our region of MN is Sept. 15. That means sometimes it is earlier, sometimes later. It feels like an early frost kind of year, eh? Next weekend is the full moon, and if we can slip by without a light frost then I think we may make it for a few more weeks. Luckily, even if we do get a light one we still have gajillions of tomatoes in the hoophouse. There are assorted colors and flavors of cherry tomatoes and the red slicing tomatoes are still loaded with green fruits. If you ordered canning or salsa share, look for an e-mail from us soon regarding delivery dates.

There is always so much to tell you about the vegetables in each week's box. Each vegetable really deserves a whole page just devoted to its wonders and the story behind it. We'll save that for our future dream farm cookbook. One example though: onions. After passing through our hands five times though the season (seeding, planting, harvesting, curing, cleaning), they are finally on the last leg of their journey, cleaned and bagged in the barn, awaiting your future CSA boxes. They left the field merely 2-3 weeks ago, plucked from the ground in rare ninety degree heat and set in our greenhouses to cure a bit. When they 'cure', the onion tops dry down and the skins harden in anticipation of storing into the fall and winter. Both the small and large greenhouses were plum full of red, yellow and cipollini onions and we began cleaning them all last week. It's a job that will continue on for the next few weeks, until finally we will pick them up one last time to put them in your CSA box.

The heirloom varieties of vegetables have especially interesting histories in and of themselves. I usually do write a whole page on the Jimmy Nardello Sweet Italian Peppers (I sure hope you guys have figured out by now that those aren't hot cayennes!). To read about the Jimmys, I refer you to our 2006 newsletter from August 24, (on our website) where I wax poetic about the Jimmy Nardellos and include a photo as well. The stories from the heirloom tomatoes will have to wait. You may have received some of the following varieties: Brandywine, Cherokee Purple, Red Zebra, Garden Peach, Eva Purple Ball, Nyagous, Sunkist, and Big Beef.

