



LOON ORGANICS

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What's in the box 9/15:

1 Hot Pepper: Assorted kinds. Wear gloves when cutting/handling.

Celery: Read about it on Page 2. This ain't no Cal-i-fornia celery! It is strong and hearty just like us Minnesotans.

Sweet Peppers: Three Jimmy Nardello Sweet Pepper (**long, skinny RED**), one Sweet Orange or Red Bell Pepper, and one Mini Bell.

Watermelon: Red, yellow or orange watermelons. Refrigerate and eat soon!

Sweet Corn: Eat it in the next day or two for best flavor. If you find some earworm damage on the tip of the corn, just trim it off before eating. This is the last of the year!!!

Purple Broccoli: Purple broccoli?! It tastes just like green, and even turns green when you cook it.

Red Cipollini Onions: A flat, red Italian variety of onion. Wonderful for cooking. Use just like you would any other onion.

Garlic: Great for a salsa batch.

Summer Squash or Cucumber: These are the last for season too!!

Tomatoes: Assorted colors of cherry tomatoes—all should be ripe and ready to eat. A few heirlooms and slicing tomatoes.

Purple/Orange Carrots: No need to peel. We like them best raw or lightly cooked.

Basil: A must with your tomatoes.

Beets or Fennel: Check Week 4 newsletter on our website for fennel recipes. Beets are delicious roasted.

Salad Mix: Is back too!

Week 14: Dusk of the Season

Folks, we are starting to approach the dusk of the season. This is the 14th CSA box that we have planned, harvested, washed and packed for. After this box, there are three more consecutive weeks of deliveries until we hit week 18—our last box!?! Don't worry though, that is still a month away and there are many fine vegetables still to come. Looking at the season thus far, it has been a surprisingly good season for *most* crops. We have the previous 7 farming seasons to compare it to and this has been definitely the coolest and driest summer we can remember. Last season the crops might have been a little more consistently on-time and I think the sweet corn was certainly better, but we have been amazed with how well many crops have done. Our biggest problem right now is that we can't fit all the veggies into your box! Those dang watermelons are just too prolific. Our only flat out crop failure so far (knock on wood) was our parsnips. A disappointment for sure, but the lack of the earthy roots will be made up for with fall carrots, celery root, beets, and rutabagas.

Speaking of those watermelons, just last week our two interns and Adam harvested 217 of them in one morning! It was our last big pick and big it was. This will probably be the last week of watermelons in your box. Then we will shift to the fall vegetables which, by the way, are all looking great (with parsnips being the exception). Blue and red potatoes, cooking greens, beets, and leeks coming soon. The sweet peppers are kicking it into high gear from now until frost time—there should be a ton of them in your boxes next week. And then the star of the fall crops: Brassicas. The farm is dotted with them: broad deep bluegreen leaves make a beautiful contrast with the dark soil and green grass on the edges of the field. Come see it them at our Sept 20 farm tour or check for photos online at our website. I hope to post some fall photos of the farm soon, in case you can't visit.

Sunday, September 20th Farm Tour. The theme of the upcoming tour is "Harvest Festival". If you come, there will be a pie pumpkin for you to harvest and take home. You'll also be welcome to pick some cherry tomatoes and a pint of raspberries per household. We may actually ask you to help out with a bit of the squash harvest too. Rumor has it there will be a killing frost next week (the week of the 21st) and if so, we need to harvest all the winter squash. We're still waiting for a more conclusive weather forecast before we panic. Regardless, wear clothes you don't mind getting a little dirty since you will be harvesting at least a few crops for yourself. A short potluck will follow around 5 p.m. Please bring a dish if you stay. RSVP appreciated.

Thanksgiving CSA Box: Back in June and July, Adam and I planned to try to grow additional fall produce for a "Thanksgiving" CSA box delivered in November and offered to our CSA members (and then the public) as a season extender. As of now, the crops look great and we are planning on doing a large CSA box that will contain 50-60 pounds of storage crops like winter squash, potatoes, onions, garlic, cooking greens, spinach, beets, celery root, carrots and whatever else is still available. The box will be \$50 and available on a first-come, first-serve basis. We hope to have 50-100 boxes available for picking up at our farm or in Minneapolis on a Saturday in early November. All the veggies, except for the spinach will store for months in a heated garage, refrigerator or root cellar. An e-mail will follow shortly with details.



Produce Storage: All produce should be stored in the fridge, preferably in plastic bags EXCEPT FOR tomatoes, garlic, and onions. Garlic and onions are mostly cured, but if you don't use them right away keep them in a dry well-ventilated spot on your counter (out of the sun). They will continue to "cure" until you use them.

Watermelons: We try to pick these melons when they are ripe so that you can enjoy them immediately, if you wish. If you can't get to your melon right away, please refrigerate. They are ripe!

Saturday, October 24 is the next class with Cooking in the Country with Chris. She'll be covering Fall Vegetables: Squash specialty dishes, fall vegetable ideas, and unique potato dishes including tattooed potatoes. Register by calling Chris at 320-587-4974 or e-mailing her: rcschlueter@gmail.com

Please return the blue/green cardboard pint containers with your CSA box! These are the containers we've been putting cherry tomatoes into in your box to prevent them from getting smashed. We will continue to re-use them. Thanks!

Have a great week. Your farmers, Laura and Adam

Recipe Corner

Celery! You probably recognize this, but if you take a big old bite of it raw, you will find it has the flavor of a million stalks of store bought celery put together and it is a bit tougher. Slather it with peanut butter, blue cheese, or pesto and you may not notice the assertive flavor. Locally grown celery is just a joy to cook with though. It actually has flavor! The store-bought celery is lighter in color and a bit juicier because commercial farms hill soil up around the whole plant and water the heck out of it. A bit of this locally grown "real celery" chopped up raw and added to salads with walnuts and gruyere cheese will elicit sighs of appreciation (at least from us). It is also lovely in practically any soup recipe, or braised with chicken/veggie broth and garlic. **Did you know non-organic celery has some of the highest pesticide residues of any fruit or vegetable?** It ranks Number 4 after Peaches, Apples, and Sweet Bell Peppers. Kale is actually up there too—Number 8! And lettuce follows at Number 9! Every year the Environmental Working Group tests fruits and veggies for pesticide residues and posts the rankings. It's a great guide for you to use in the winter when you aren't getting produce from us, and you can prioritize what is most important to buy organic for you and your kids. To read the list, go to www.foodnews.org

I foresee a lot of broccoli and cauliflower in your CSA future this fall. Did I mention that it freezes oh so well? Everyone knows what to do with broccoli: steam it, sauté it, or serve it raw with dip. If you want to try something new though, may we suggest the recipe below? We love just about anything with toasted sesame oil on it, and this recipe surely delivers in that respect. If you haven't cooked with toasted sesame oil and want to buy some, go to the natural food section or a co-op and look in the Asian area. It's important to buy Toasted Sesame Oil, not just regular sesame cooking oil. The toasted oil is dark in color, thick, aromatic, and a little goes a long way. The recipe first appeared in the *New York Times* in February 2008 along with the article, "Raw Broccoli by Another Name" by Melissa Clark.

Garlicky Sesame-Cured Broccoli Salad

Time: 10 minutes, plus 1 hour marinating

- 1 1/2 teaspoons red wine vinegar
- 1 teaspoon kosher salt, more to taste
- 2 heads broccoli, 1 pound each, cut into bite-size florets
- 3/4 cup extra virgin olive oil
- 4 fat garlic cloves, minced
- 2 teaspoons cumin seeds
- 2 teaspoons roasted (Asian) sesame oil
- Large pinch crushed red pepper flakes.

1. In a large bowl, stir together the vinegar and salt. Add broccoli and toss to combine.

2. In a large skillet, heat olive oil until hot, but not smoking. Add garlic and cumin and cook until fragrant, about 1 minute. Stir in sesame oil and pepper flakes. Pour mixture over broccoli and toss well. Let sit for at least 1 hour at room temperature, and up to 48 (chill it if you want to keep it for more than 2 hours). Adjust seasonings (it may need more salt) and serve. **Yield:** 6 to 8 side-dish servings or more as an hors d'oeuvre.

--The pasta recipe below is a staple in our kitchen. Having a good tomato and some great fresh ricotta is key. It will feed two hungry people or 4 not as hungry ones.

Tomato Basil Pasta

- 1/2 pound whole wheat pasta (fettucinne, penne, spaghetti, etc.)
- 1 large tomato, several medium sized tomatoes, or 1 pint of cherry tomatoes, chopped
- Large handful of basil leaves, chopped
- 2 fresh garlic cloves, chopped
- Extra-virgin olive oil
- Salt and freshly ground pepper
- Fresh Ricotta Cheese (feta or fresh goat cheese works too)

Fill a medium-sized pot with water to boil for the pasta. While waiting for water to boil, chop your tomatoes, basil and garlic. Add them to a large serving bowl and douse with a generous amount of olive oil (1/4 cup?). Add your pasta to the boiling water and cook until al dente. Drain and immediately add hot pasta to your serving bowl and toss with your tomato, basil, and oil mixture. Add more olive oil if needed. Top with 4 ounces or so of fresh ricotta cheese, salt to taste, and plenty of freshly ground black pepper. Serve immediately with a green salad.