



# LOON ORGANICS

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## What's in the box 9/22:

**Romanesco Cauliflower:** This is the crazy lime green vegetable with tiny spiral florets. Read more about it and see a photo on pg 2.

**Blue Potatoes:** Purpleish-blue on the outside and blue on the inside! These are delicious roasted in the oven with plenty of olive oil, garlic, onion and salt.

**Baby Arugula:** A spicy, peppery green. Eat raw in salads, as a sandwich topping, or try making an arugula pesto with fennel fronds and basil.

**Head Lettuce:** Red Romaine returns! Wonderful in a greek salad.

**Hungarian Hot Wax Pepper:** Long, yellow/orange hot pepper. Wear gloves when cutting/handling.

**Sweet Peppers:** Jimmy Nardello Sweet Pepper (**long, skinny RED**), and Sweet Bell Peppers.

**Purple Broccoli or Cauliflower:** The cauliflower is just starting to come in. You either received white cauliflower, cheddar orange cauli, or a purple broccoli.

**Onions:** These store well in your cupboard if you can't use them all.

**Garlic:** Great for a last salsa batch.

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

**Orange Carrots:** Very sweet!

**Basil:** This could be the end of it.

**Fennel:** We have a beautiful fall crop of fennel. Chop the raw bulb up and add it to your lettuce salad with goat cheese and red pepper.

## Week 15: Last tastes of summer

Some kind of weather we've been having lately huh? We keep checking the date on the calendar to see if it is really indeed the 4<sup>th</sup> week of September. I will be honest and say that everyone on the farm is pretty tired of working in the heat, but we're even more tired of swatting at the millions of mosquitoes that appeared a few weeks ago. We can't complain too much though since the above average temps have been perfect for getting the fall crops ripened up for harvest. Cooler temps on the way spell some relief for us, and hopefully from the mosquitoes.

We need a bit of relief in order to get ready for the next big push of fall harvesting and farm clean up. Monday/Tuesday we will kick off the winter squash harvest and begin to pick the first acorn and delicatas for curing in the greenhouse. The potato digger we bought from Peter and Katy will be tuned up in order to dig the last plantings of potatoes. The melons are done for the year, along with the cucumbers and we have old plants to pull out and compost. Thousands of feet of drip irrigation line need to be pulled out of the fields and rolled up. Some of the irrigation line will be kept and re-used for next year. Our cover crop of buckwheat is flowering in the front field just east of the barn, providing one of the most beautiful spots on the farm and a boon for fall bees and pollinators. We will either let that buckwheat get killed by the frost and let it overwinter on the field, providing the soil protection from the wind and cold. Or we may disc the buckwheat in and leave some of the plant residue on the field for winter protection. Other cold hearty cover crops need to be seeded this week on fields that have just opened up. And the beds for garlic need to be prepped for planting in another week. We're ushering out the summer fruit and fields and welcoming in a new list of fall tasks and fall vegetables!

It is kind of exciting to see new produce items grace our tables, and we are especially excited about the fall head lettuce coming in as well as the various varieties of cauliflower and broccoli. You'll notice after eating salad mix the past few months that the head lettuce has a bit more texture, flavor, and heft to it than the baby leaves. We should have head lettuce another week or two and then we will be moving into spinach for our last boxes. For the mystery Brassica vegetable this week, check out a page 2.

Another fun item: blue potatoes! Potatoes are native to the Andes mountain regions in South America and there are over 500 wild cultivars of potatoes growing there. Wild potatoes grow in all shapes and colors—like much of our produce we are only accustomed to seeing 1 or 2 different cultivars in our grocery store. These in your box are called "All Blue" Potatoes and have a purple-bluish skin and interior. They are a bit drier and nuttier than typical potato varieties. Fix them up just the same as you would any other potato of course. They bake/roast very well and will make the coolest batch of mashed potatoes that you have ever seen. Anthocyanins are the phytochemical responsible for the blue color of the potato (they are also found in other red and blue foods: red cabbage, red kale, pomegranates and blueberries). The anthocyanins have antioxidant properties that prevent cancer, which is one of the main reasons that it is often suggested that you eat a diet of varying colors. The different colors of our food literally translate to different nutrients and antioxidants!



**What is this crazy vegetable?? Romanesco! It is a cross between broccoli and cauliflower native to Italy.**

Flavor is very similar to cauliflower, but nuttier. It is one of our favorite vegetables!!

Cook like you would cauliflower or broccoli—lightly steam, sauté, or roast and top with butter, garlic, and fresh herbs.

Romanesco is also one of the only fractal vegetables: each spiral floret is composed of other spiral florets that are composed of other tiny spiral florets. Its fractal spirals make it look like a veggie from outer space! Don't be afraid, it is delicious.

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**“Autumn is a second spring when every leaf is a flower”**

– Albert Camus

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**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.

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Thanks to all who came out for our farm tour on Sunday. It was a beautiful day and wonderful to meet everyone! If you missed it, there's always next year...

**Recipe Corner**

I've included Zuppa per Settembre soup recipe in every September CSA newsletter since 2006. It is a staple in our household this time of year and freezes really well. If freezing, leave out the cream. You can add when you re-heat it later this winter. This recipe was originally passed on to us from CSA member Susie.

**Zuppa per Settembre (September Soup)**

- 1 ½ lbs tomatoes : cored, quartered and seeded (I don't de-seed and it works out fine)
- 1 lb red bell peppers (2-3) trimmed, quartered and seeded
- Hot pepper to taste (I used ½ of a Hungarian Hot Wax)
- 2 red or yellow onions cut into wedges
- 2 cloves garlic quartered lengthwise      1 tsp kosher or sea salt
- ground pepper      1 tsp sweet Hungarian paprika
- 1 tsp finely chopped fresh thyme
- 6 large fresh basil leaves cut crosswise into fine strips or coarsely chopped
- 1/3 cup olive oil      2 cups best quality chicken or veggie broth
- ¼ cup heavy cream –room temperature
- sourdough croutons

Heat oven to 450. Place tomatoes, peppers, onions and garlic on a single layer in a large roasting pan. Sprinkle with salt, pepper, thyme, paprika and basil, then drizzle with oil. Toss well to coat evenly. Roast veggies for 45-60 minutes, stirring every 15 minutes until veggies are completely tender and well browned in places. Remove from oven and let cool for at least 10-15 minutes. In blender or food processor, work in batches to puree the veggies with the broth until smooth. Transfer the puree to a saucepan and reheat over low heat. Stir in the cream and heat the soup just until warmed but not boiling. Top each bowl with sourdough croutons.

**Chicken Salad with Fennel, Almonds, and Lemon Mayo**

- ¼ cup mayonnaise      Zest of one small lemon (optional)
- Juice of one small lemon      1 small clove garlic, minced
- 2 cups cooked chicken (grilled, roasted, or poached), cut or torn into bite-size pieces
- ½ cup fennel bulb and fronds, diced
- ¾ cup sliced almonds, toasted      salt and pepper to taste
- 8 slices whole-grain bread      fresh salad greens, washed and dried

Put the mayonnaise in a medium bowl, then whisk in the lemon zest and juice to taste (I like it lemony, so I err on the side of more rather than less lemon juice). Stir in the chicken, fennel, shallot, and almonds, then season to taste with salt and fresh ground pepper. If the bread is extremely fresh, top with chicken salad and mixed greens. Otherwise, toast first. Recipe from [www.culinate.com](http://www.culinate.com) by Carrie Floyd.

**Farmers' Market Salad**

- 1 carrot, scrubbed and finely diced
- Torn leaves of basil
- 1 Tablespoons toasted sunflower seeds or pine nuts
- 2 tomatoes, chopped
- 1 fennel bulb, thinly sliced
- 1 teaspoons olive oil or to taste      4 large green olives, pitted
- Salt and freshly milled pepper      ½ sweet pepper, finely diced
- fresh lemon juice or red wine vinegar to taste
- Small cubes of cheese, such as goat cheddar or ricotta salata

Gently toss everything with oil. Season with salt and pepper and add a little lemon juice to taste. This is adapted from Deborah Madison's *Everyday Vegetarian Cooking*. You can substitute whatever vegetables are on hand and seasonal. Sounds about perfect for a CSA member!

**\*\*Just 3 more CSA boxes after today!!! Our last pack date will be the week of October 12. Half share members, your last box will be on October 6.**

**Have a great week. Your farmers, Laura and Adam**