



LOON ORGANICS

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What's in the box 9/29:

Potatoes: Mix of red, white and an occasional blue potato. These are great in a potato kale soup.

Arugula & Mustard Greens:

Spicy, peppery green. Eat raw in salads, add to scrambled eggs, or top your sandwiches with it.

Hungarian Hot Wax Pepper:

Hotness similar to a jalapeno. Wear gloves when cutting/handling.

Sweet Peppers: Jimmy Nardello

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

White or Orange (Cheddar)

Cauliflower: We have a great crop of fall cauliflower. Check out page 2 for recipe ideas.

Green or Purple Broccoli: The broccoli just keeps coming. This freezes well—just steam for a 2 minutes, cool and place in a freezer bag. Or try roasting it!

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 slicing tomato or an heirloom, Aunt Ruby's German Green. It's a ripe green tomato (ready to eat when it is slightly soft to the touch). Great for a last BLT sandwich.

Orange/Yellow Carrots: Good for cooking or carrot sticks.

Curly Parsley: Very nice added to the potato kale soup.

Radishes: A beautiful fall crop of radishes! Mild, sweet, and tender.

Green Kale: Soup recipe on pg 2

Week 16: Local farmers + interns buried under broccoli!?

We are nearing the end of the CSA season and officially it looks and feels like fall. No doubt about it this has been a rollercoaster ride of weather and it threw us for a few loops here and there. Going from one of the coolest and driest Julys on record to one of the warmest Septembers on record was a big surprise, and it made us feel like we were living the season semi-backwards. We started out with cool, dry weather very reminiscent of fall, then the "spring" rains came in August and sunny, summer-like 80 degree days in September! Yields on some early crops were lower than expected due to the drought/coolness, and also to our own learning curve on a new farm. Now we find ourselves inundated with our fall Brassica plantings! The plantings that were staggered up to 3 weeks apart are all coming in at once due to the (former) heat. We don't normally plan to give you all these brassicas in such quantity, however it is here and gorgeous so you may as well eat it (or at least freeze some for the winter!). In the least, you are surely getting your recommended 3 weekly cups of cancer-fighting brassica vegetables. That is pretty tasty medicine, wouldn't you say?

We also found out this week that we were nominated for a 2009 "Local Hero Award" sponsored by Edible Twin Cities magazine! Edible Twin Cities is a publication devoted to local, seasonal foods and eating in and around the Twin Cities and the greater Midwest.

Local Heros are those people and businesses that Edible readers feel have made a significant contribution to the local food community. Wow is all we have to say. We are real honored just to be nominated; we would be even more honored if you would consider voting for your CSA farmer! You can vote for us online at www.edibletwincities.net. We are nominated under the Local Farmer category.

Although we were quite surprised to hear about our "Local Hero" nomination, now is a perfect time to thank our devoted and hard-working crew of interns and work shares this year. No matter if it is sunny and perfect, pelting rain, or a holiday, they help us harvest those veggies nearly every day of the week. Without them, we would be unable to provide for 125 CSA shares plus a busy Minneapolis farmers market—our operation would be too big for two farmers to go it alone. And we wouldn't have nearly as much fun. Our farm name would have to be changed to Grumpy Old Farm, and that just doesn't have much of a ring to it. We are very grateful to all the employees for helping us to do all the behind-the-scenes work that makes the veggies (and the farm) look great. Thanks to Jaclyne, Katharine, Kate, Katie, Julie, Ashley, Jessica and Kevin! You guys are awesome.

****Two more weeks of CSA boxes left for pick-up at Applehouse!! Oct 6 & Oct 13***



Salad Mix Ingredients: Red Komatsuna leaves (on the left, red in color) and Arugula (on the right, green leaves). These baby leaves are delicious in salads or can be lightly sautéed with garlic and ginger.

Cauliflower and why it is good for you:

Contains 91% of your recommended daily Vitamin C! It is also a member of the Brassica family of vegetables, which all have sulfur-containing phytonutrients that prevent cancer and help detoxify your body. To retain the most nutrients in cauliflower, you are recommended to lightly steam for just a short time (this makes more nutrients available for absorption by the body).

Cauliflower as we know it today was first cultivated in the Mediterranean region around 600 B.C. The French adored it and brought it to wide-spread popularity in the 16th century. The Cheddar cauliflower (orange florets) is a different variety that tastes just like the white cauliflower and actually is a bit more nutritious due to the color. We have more orange cauli on the way, along with purple cauliflower! Together they are perfect for those Vikings football fans. ☺

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).

***Just 2 more CSA boxes after today!!! 1/2 Share members picking up today, your last delivery will be on our last week of CSA: Tuesday October 13th.**

Recipe Corner

These pepper roasting directions below are via Deborah Madison and they are the method that we have used in the past. Although it can seem time consuming, roasted bell peppers are a real treat. And they are great in the broccoli recipe below. Bell Peppers are the best sweet pepper for roasting due to their thick walls. The Nardello sweet peppers are best for frying, eating raw, or sautéing due to their thin walls.

Roasting and Peeling Peppers and Chiles

In the oven: Cut off the top of the pepper, slice it in half lengthwise, remove the seeds and veins, and press down on each half to flatten. Brush the skins with oil, then set them skin side up on a sheet pan. Bake at 400 degrees or boil 5 to 6 inches under the heating element until the skins are wrinkled but not charred, 10 to 20 minutes. Remove and stack the peppers on top of each other to steam for 15 minutes.

Peeling Peppers: First reserve any juice that has collected from the steaming peppers in the bottom of a bowl or tray. Concentrated and sweet, it makes a wonderful addition to vinaigrettes and sauces. Next rub off the skins with your hand or a paper towel. Don't worry about getting every little fleck of skin. Although rinsing the peppers is faster, you'll wash away their good flavor, so try to be patient and do it by hand. Open the peppers and scrape out the seeds, the cut as desired. "Broccoli always tastes best with strong, lively accompaniments; here it's the pungent feta and the olives in the dressing that provide that punch. Green beans, cauliflower, and romanesco are also good prepared this way."-Deborah Madison from *Everyday Vegetarian Cooking*. The tomato vinaigrette is great on a lettuce or arugula salad in addition to the broccoli salad.

Broccoli (or Cauli) and Roasted Red Pepper Salad with Tomato Vinaigrette

- 2 yellow or red bell peppers, roasted
- 1 1/2 pounds broccoli (cauli or romanesco) with the stems
- Salt and freshly ground pepper
- 1 Tablespoon chopped marjoram or parsley
- 1/2 cup crumbled feta cheese

Tomato Vinaigrette with olives (recipe below)

Dice the peeled peppers into 1/2-inch squares. Separate the broccoli into small florets. Peel and dice the stems. Blanch both the stems and florets in boiling salted water until tender; drain and shake off any excess water.

In a large bowl, toss the broccoli and peppers with the vinaigrette and marjoram. Taste for salt, allowing for the feta, season with pepper, and toss again with the feta. Serve warm or at room temperature.

Tomato Vinaigrette:

- 1 garlic clove, minced
- 1 shallot, finely diced (of a bit of fresh onion)
- 2 Tablespoons red wine vinegar
- 4 to 6 Tablespoons extra virgin olive oil
- 1/2 cup cherry tomatoes, neatly diced
- 1/4 cup halved and pitted Nicoise or Kalamata olives, pitted and quartered.

Salt and freshly milled pepper
2 teaspoons balsamic vinegar

In a small bowl, combine the garlic, shallot, both vinegars, 1/4 tsp salt and pepper to taste. Let stand for 15 minutes, then whisk in the oil and add the tomatoes. Taste and adjust the balance if needed.

--There are many variations on this soup. You can choose to add cream or milk (reduce the amount of broth you put in & add cream/milk at the end of cooking). You can also puree some of the soup in the blender for a smooth soup. It is a extremely nourishing and satisfying soup, especially with this first shot of cold weather!

Potato Kale Soup

- 2 Tablespoons of Olive oil or butter
- 1 bunch green kale, washed, stems discarded, and leaves finely chopped
- 4 medium-sized potatoes, washed and chopped into bite-sized pieces.
- 3 onions or 3 leeks, chopped
- 6 cups chicken or veggie broth (or water)
- Salt and pepper to taste
- 2-4 medium cloves of garlic
- handful of fresh herbs: parsley and thyme are nice

Pour your olive oil or butter into a large soup pot and heat on medium heat. Add chopped onions and sauté for around 5 minutes until they begin to slightly brown. Add the garlic, potatoes, broth and herbs and bring to a boil. Once the soup is boiling reduce to a simmer and add the kale. Continue simmering until the potatoes are soft and the kale is tender. Season to taste with salt and pepper.