



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 9/8:

2 Hot Peppers: Assorted kinds. Wear gloves when cutting/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 couple minutes, top with butter/salt!

Sweet Peppers: One Jimmy Nardello Sweet Pepper (**long, skinny RED**). We are waiting for the red and orange sweet peppers to turn and are holding off on picking.

Watermelon and Muskmelon: Red, yellow or orange watermelons. One muskmelon. These are ripe!! Refrigerate and eat soon!!

Sweet Onions: these are very yummy if caramelized in butter/olive oil and added to sandwiches.

Purple and Green Broccoli: Purple broccoli?! It tastes just like green, and even turns green when you cook it. Very fun for the kids (and adults)

Green Beans: Maybe the last?

Garlic: Try a garlicky hummus.

Summer Squash/Zucchini: Wonderful in pasta with cherry tomatoes and parsley.

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.

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

Eggplant: There is a great recipe on page 2.

Cucumber: Tomato and cuke salad

Italian Parsley: Make a batch of parsley pesto and freeze!

Week 13: Enjoy your produce year-round!

What a beautiful time of year. The weather is nearly picture perfect; a hint of fall, with a good dose of summer still hanging around. The sunny clear days make for very enjoyable working weather, and the cool nights sure are nice temps for sleeping.

It's also one of our favorite times of year for eating and cooking. We love the abundant produce we have now and we're trying to take a little bit of time out each week to preserve for those winter months when a little taste of summer can keep you going. We're here to say that preserving doesn't have to be time-consuming. It can be as easy as chopping up some of your sweet and hot peppers and throwing them in a freezer bag. During the winter months when organic peppers are so expensive (and shipped in from Holland), you can take a handful out of your freezer to throw in soups, stews, chilis, sauces, and just saute up with onions, garlic, and some frozen kale for a great addition to a quiche. Peppers are one of the easiest things to preserve—you can just cut up and freeze.

But most of the other veggies in your box freeze very easily too. Greens, broccoli, cauliflower, and sweet corn taste best if you blanch/boil them for just 2-3 minutes and then immediately chill them in an ice bath in your kitchen sink so that they stop cooking. Then just cut the corn off the cob, squeeze out the excess moisture from your greens, chop the broccoli/cauli up into small pieces and throw in freezer bags. We've had mixed results with freezing beans—we recommend that you cook them lightly before freezing. Zucchini can be shred raw and frozen for breads and cakes in the winter. Carrots also can be lightly cooked and frozen for that hearty winter stew. Fresh herbs can either be dried or put in the blender with oil and garlic to make a mixed herb paste that you can then freeze. Lastly, most people think that preserving tomatoes means you must can them. Not so! Tomatoes freeze awfully well, specifically for use in cooked tomato products. I wouldn't make fresh salsa with frozen tomatoes, but we make plenty of tomato-based soups and chilis with frozen tomatoes. You can take a little more time and take the skins off before freezing, but we always just de-core tomatoes, quarter them, and throw them in freezer bags. Or you can make your favorite tomato sauce/ soup, and pop those in freezer containers for re-heating later. I tell you all this info not to overwhelm, but hopefully to inspire you to take leftover or extra produce that you have this time of year, put 10 minutes of prep time into it, and end up with a special treat this winter.

Our two interns, Jaclyne and Katharine, and I all wanted to do more preserving and freezing this season, but were finding it hard to make time after a long day. So we just planned a preserving night and every Tuesday after work we gather for dinner and freeze or can something. Preserving as a group helps us all to stick to our goal and it's also turned out to be a fun, social night in the kitchen. A glass of wine helps too! Perhaps you have a friend that wants to come over and help you make tomato soup and freeze it? Or grab the kids to make pesto ice cubes. The produce is bountiful now so take advantage of any extras you find yourself with. Your tummy (and bank account) will thank you for it this winter.

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.

Melons: 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 melons right away, please refrigerate. They are ripe! The muskmelon should probably be eaten very soon, especially if it smells ripe. To prep for easy eating this week, cut the melons up into chunks and make a melon fruit salad. Add apples, raspberries, blueberries, or just stick with the melon. If covered and refrigerated, it will last several days and makes a perfect breakfast with yogurt.

FARM TOUR/HARVEST CELEBRATION on Sunday, Sept 20th from 3-6 p.m. We'll give you a fall tour of the farm and maybe do some harvesting of your favorite fall crop to take home. Afterwards, we'll celebrate with a fall potluck. Please RSVP if you can make it!

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 went through 500 containers in a couple weeks, so if you could return them, we can continue to re-use them each week. For now, we bagged up your cherry tomatoes and set them on top of the veggies. Hopefully the tomatoes are still intact by the time you get them.

Thanks! We appreciate it.

Recipe Corner

--Feeling a little tired or eggplant? My interest in it was sparked again last weekend after simply being served some eggplant, onion and zucchini slices brushed with olive oil and grilled until perfection. The veggies were topped with coarse sea salt and the combination of the veggies, the oil, the smoky flavor from the grill...it was amazing. It tasted just like Italy! You too can make it at home, and you may be surprised with how little fussing it needs. You can also throw a fennel bulb on the grill with it for some extra pizzaz. Or try out a bruschetta with grilled eggplant, goat cheese (optional as always), and fresh tomato topping. I'm warning you though: you may want to eat this sandwich for every meal this week! It's excerpted from Deborah Madison's *Vegetarian Cooking For Everyone*. She suggests that the eggplant can be grilled well ahead of time, but have it warm rather than chilled when you make the sandwich.

Bruschetta with Grilled Eggplant and Tomato

- 4 plump Asian eggplants, or 2 globe-shaped eggplants
- ½ cup crumbled goat cheese or feta
- Olive oil
- 4 slices country bread
- Salt and freshly milled pepper
- 2 teaspoons chopped marjoram or thyme
- 2 ripe tomatoes, seeded and finely diced
- Red wine vinegar to taste

Cut the eggplant into diagonal slices about 3/8 inch thick. Score one side of each piece diagonally with the tip of the knife to allow the heat to penetrate quickly. Brush both sides with oil, then grill or broil on both sides until tender, 7 to 10 minutes on each side. Toast the bread. Divide the eggplant among the pieces, season with salt and pepper, and cover with cheese. Broil until the cheese starts to bubble and color in places, about 7 minutes, then remove and set on individual plates. Sprinkle with the herb and spoon the tomatoes over the top. Finish with a few drops of vinegar.

--While you have your grill out and heated up, why not do double duty and make a wonderful grilled veggie salad? The two recipes below are from the *Asparagus to Zucchini* cookbook.

Grilled Summer Vegetable Pasta Salad

- 1 zucchini
- 1 yellow squash
- 1 eggplant
- 4 tomatoes
- 4 portobello mushrooms
- 1 red bell pepper or 1 Jimmy Nardello pepper
- 3 tablespoons chopped fresh basil
- Approximately 1 cup vinaigrette made with balsamic vinegar
- 3 tablespoons garlic powder
- salt and pepper to taste
- 1 pound penne, cooked, rinsed, and cooled
- 4 ounces fresh mozzarella, sliced
- 3 tablespoons toasted pine nuts
- olive oil spray (or olive oil to brush on veggies)

Heat/prepare outdoor grill. Slice zucchini, squash, and eggplant into long ½-inch thick "planks". Cut tomatoes in half. Remove stems from mushrooms. Cut pepper into quarters; discard core and seeds. Spray veggies with light coating of oil. Sprinkle with garlic powder; season with salt and pepper. Grill until lightly charred and barely tender. Chop and place in large bowl with pasta, cheese, nuts, and basil. Toss with vinaigrette. Season with salt and pepper. Makes 6-8 servings.

Fresh Ratatouille

- Sliced tomatoes
- 1-2 heads garlic, peeled and slivered
- Zucchini, eggplant, onions, and green pepper, all cut into 1 ½ inch chunks.
- Olive oil
- Chopped fresh parsley
- Chopped fresh basil

Heat oven to 300 degrees. Starting with tomatoes, layer vegetables and herbs in baking dish, filling it very full. Drizzle 1-2 tablespoons olive oil over each layer. Cover and bake 3 hours. If soupy, uncover during last hour. Baste with liquid if you like. Makes any number of servings (depending on how many veggies you use).

Hope you had a wonderful Labor Day weekend! Your farmers, Laura and Adam