



LOON ORGANICS

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What's in the box 6/16:

Assorted Kale: Dino, Green and Red Kales bunched together. See page 2 for kale info.

Green Garlic: This is the young garlic plant. White bulb and stem are used like a spring onion/leek or in place of garlic. It is milder than traditional garlic cloves so you can use liberally. Try a green garlic pizza! The green leaves can be used to flavor soups, stalks, or in stir-fries.

Head Lettuce: Red Romaine heirloom variety. Very sweet and tender for a salad or on sandwiches.

Easter Egg Radishes: The greens aren't too pretty, but the radishes are better. They've got a spicy bite to them due to the dry May.

Salad Mix: Spinach, baby speckled romaine lettuce, and some edible flowers! Yes, you can eat the flowers.

Spinach: Nutty, sweet and tender.

Cilantro: Also known as fresh coriander leaf. Recipe on pg 2

Dill: Traditional potato salad seasoning, but is also wonderful with fish and chicken. Try a dill mayonnaise.

Potted Herb Plant: Lemon Basil. A really nice compact basil plant with strong lemon scent and flavor. Makes wonderful tea or seasoning for vegetables. Likes partial to full sun. It'll keep growing bigger.

Week 1: Celebrate Greens!

Welcome to all new and returning CSA members and we're happy to present to you the first box of the season! As you will notice, we have a very green box this week. The early summer CSA boxes are always pretty heavy on the greens, since that is primarily what is in season right now. Things will change quickly in the next few weeks and we are eagerly looking forward to adding some fun new crops to the box soon: kohlrabi, baby beets, butter lettuce, seedless cucumbers from our hoop house, AND strawberries from a neighboring organic farm. The sugar snap peas should also start producing in another few weeks. Yum! We write this CSA newsletter (Loonletter) for you every week and include it with your box to keep you up to date on the farm happenings, weather (and how it's affecting the crops and the farmers), not to mention lots of produce know-how and recipes. If you are a half share CSA member, the past week's newsletters will be available for you at pick-up and can also be accessed on our website. We can also send any of you a weekly e-mail copy of the newsletter—let us know if you would like to receive an e-mail newsletter too.

We've had a very busy Spring so far, and it has left us feeling like it is more like July/August than mid-June! We are lucky to have three great interns working here since early May to help us get the farm off and running for the season. Two of the interns, Jaelyne and Kate, live on the farm with us and then our 3rd intern is a recent U of MN graduate and Hutchinson native, Katharine Plowman. The five of us have been non-stop busy the past month, mainly planting, building infrastructure, weeding, irrigating, and then planting some more. We have all of our main summer crops transplanted out of the greenhouse and into the fields (tomatoes, eggplants, peppers, broccoli, cabbage, cukes, zukes, and melons) and have one final big push of winter squash and cauliflower transplanting to do on Tuesday, along with more direct seeding.

One cool thing we can say this year is that everything we have planted has been with our electric tractor—no gas or diesel used in the planting of your vegetables! (Cultivation is a different story—we've got two gasoline cultivating tractors that are getting a lot of use right now.) The electric tractor was originally a gas tractor from the 1970's and Adam replaced the gas motor with an electric motor and added 8 batteries to the tractor for power. The conversion was a fun hobby project for Adam last winter and we weren't quite sure how it would all end up. Well, we ended up with a extremely safe, easy to use, quiet and odorless tractor! When we are done using the tractor for the day, we just plug it in and the tractor re-charges for a few hours. Hopefully you guys can see it in action at one of our farm tours. Thanks for joining us for the season, and we look forward to many more boxes of very fresh veggies! -laura

Farm Events and Cooking Classes for CSA members!

Saturday, June 27 9-11 a.m.:

Cooking Class with Chris

Schlueter, master gardener, cooking instructor, and our neighbor! Chris will prepare a seasonal CSA meal for everyone, and highlight healthy, tasty dishes for cooking greens. Cost is \$25. Call 320-587-4974 to register.

Sunday, August 2nd, 3-6 p.m.:

Farm Tour, U-Pick, and

Potluck! Get a tour of our fields, hitch a ride on our electric tractor, do some u-pick, and finish off the day with a farm potluck!

Saturday, August 15:

GarlicFest at Hutchinson

Fairgrounds. "The Best Stinking Festival Around!" Farmers market, cooking demos with the best chefs from the Twin Cities and from Hutch's Zellas, parade, music, and kids activities!

Saturday, August 22 9:30 a.m.:

Preserving and Canning Class

with **Chris Schlueter**, master gardener and cooking instructor. Cost is \$25. More info to come.

Sunday, September 20th, 3-6 p.m.: Harvest party + potluck.

Help out with the fall harvest or just come for the potluck!

Produce Storage: All produce this week should be stored in the fridge, preferably in plastic bags, if it isn't packed in one already. Everything should last over a week if stored properly. Lettuces and herbs should be used first, as they are most perishable.

Contact us:

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Recipe Corner

We love food. Especially fresh food. We like to eat it, but we also like to talk/read/hear about it, and cook it too! So, we're always excited about new recipes and new ways of cooking and preparing veggies. As the season progresses, please pass along any favorite recipes that you love or discover as you experiment with new vegetables. We love to hear what members are doing with their vegetables each week.

Kale: This is one of the most nutritious vegetables you can ever eat and also often hard for new CSA members to like. But try your best to find a way to eat it, because boy is it ever good for you and your family (and it is tasty, we swear!). As a member of the Brassica family of vegetables, kale (along with broccoli, cabbage, brussel sprouts etc.) contains cancer-fighting organosulfur compounds. Eating one cup of brassica vegetables 3 times per week has been shown in numerous studies to decrease your risk of multiple types of cancer by over 40%! Top kale nutrients: Vitamin K, Vitamin C, Vitamin A and manganese. All good and well, but how do you eat it?? We usually prefer cooking our kale, although there are a few great raw kale salad recipes we'll include in the future. Kale this time of year is pretty tender and only needs to be cooked around 5-10 minutes. When kale is cooked well enough, the leaves should tear easily without being mushy (as opposed to when it is raw and the leaves are tough and fibrous). If you are chewing and chewing your kale and feel like it isn't breaking down in your mouth, it probably needed a few more minutes cooking time. The recipe below is our absolute favorite way to eat kale. We could (and sometimes do) eat kale like this at every meal. It is extremely nourishing and delicious—hot or cold. Kale is also yummy with eggs and it can be a great way to get kids to eat it: cheesy kale omelets or a kale and green garlic quiche are a couple ideas.

Emerald Sesame Kale

1 bunch kale
2 Tbsp. Toasted Sesame Oil
2 tsp. Tamari or Soy sauce (to taste)

2-3 Tbsp toasted sesame seeds
½ stalk green garlic or 2 garlic cloves

Toast raw sesame seeds in a hot oven for 5 minutes turning occasionally until brown. Separate kale leaves from rib. Grasp kale leaf on each side next to the center rib and kale will easily pull away from rib. Wash leaf and chop into small-ish pieces. Steam for 5-8 minutes until wilted. Drain kale and toss in bowl with sesame oil, garlic, tamari, and toasted sesame seeds. Serve hot, or chill and serve cold. Serves 2-4. Loon Farm Recipe.

There are many great CSA resources out there, including some fabulous cookbooks. We'll include many recipes from these books, but you may want to check them out yourself at the local library or bookstore. Most of them have each vegetable categorized with recipes and information for each one. A few favorites:

[From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce.](#)

[Farmer John's Cookbook: The Real Dirt on Vegetables.](#) (Also a great movie).

[Everyday Vegetarian Cooking.](#) By Deborah Madison

[A Year in a Vegetarian Kitchen: Easy Seasonal Dishes for Friends and Family.](#) By Jack Bishop.

Cilantro Pecan Pesto

1 cup chopped pesto, loosely packed
1/2 jalapeno pepper, deseeded and destemmed
2 tsp. lemon juice
1/4 tsp. freshly ground black pepper
2 Tbsp. canola or olive oil

2 green garlic, white and green parts
1/2 cup toasted pecans
1 tsp. salt
1/4 tsp. ground cumin

Place all the ingredients in a food processor and blend until smooth. If you like, add ¼ - ½ cup Parmesan to the pesto. It melts nicely on hot pasta or tortillas. Great served with quesadillas or bruschetta. Feel free to substitute other nuts for the pecans. Recipe from www.culinate.com Enjoy your veggies! Your farmers, Adam and Laura