



LOON ORGANICS

www.loonorganics.com

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This Week's Box:

Head Lettuce(s)
Salad Mix
Baby Spinach
Snow Peas
Green Garlic Stalk
Garlic Scapes
Radishes
Featuring: Blue
Potatoes (Driftless
Organics) and
Red Kale
(Gardens of Eagan)

In box #2 expect more of the same.
Snow/sugar snap peas, more beautiful head lettuce (enjoy it while it's around!), salad mix, garlic scapes, green, red, or dino kale, swiss chard, baby beets or even full size beets.
More blue potatoes?
On the verge: basil and cilantro. Broccoli. The Best Cabbage You've Ever Eaten.

For more recipes, check out the cookbook [From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce](#). Available from www.localharvest.org

Just the beginning....

Greetings CSAers! We're happy to deliver you your first box of the season. It is heavy on the greens and lettuces, but in the next weeks we will be adding things little by little until we hit the mid-July maturation date for most summer crops. For now, get ready to eat some salad! Our spring mix is an assortment of baby lettuces, baby swiss chard, beet greens, spinach. Your Head Lettuce may be a Green Romaine, Red Butter, Red Leaf, or Green Leaf. (Contrary to popular belief, lettuce is quite good for you, and contains the essential brain nutrient choline—so eat up). Everything has been washed, dried, packed with care, and should be ready to eat. Do look your veggies over before eating just in case they need an extra rinse or a stray ladybug is wandering amongst the leaves.

Have you ever seen all-blue potatoes?? They are an heirloom potato originally from Peru that has an incredible, almost nutty taste, deep blue skin, and lavender blue flesh. They are grown for you by Driftless Organics in Wisconsin and are storage potatoes from last fall to satisfy you until this season's potatoes are ready. Blue potatoes are best for baking or sautéing. They are also nice cut up in soups or chili for an eclectic surprise. See recipes on other side.

A little news from the farm: Busy-ness abounds. Today (Thursday) we not only start our CSA, but our organic inspector is also coming in the afternoon to make sure we are following all the USDA organic regulations. Everything should go fine, but there is a lot of paperwork involved. Let's just say we are always glad when the inspection is over and we have our certification in hand!

Also, Minnesotans seem to like to talk about The Weather, but our days (and livelihood) are dictated by rain, sun, wind, or the lack thereof so we are constantly musing on the state of The Weather's affairs. Currently, we are in the midst of what are usually the rainiest three weeks of the year. Expecting nearly nothing (the optimists that we are), we were pleasantly surprised with a couple inches over the past 2 weeks! Everything stands up a bit straighter and gets a bit greener after a good night's rain—including us. Here's to hoping for a few more inches in the coming weeks! Cross your fingers....

So you pick up your CSA box! Yay! Ideally you rush home to put your veggies in the fridge asap. Some days though life gets in the way of putting your CSA box first. If your lettuce is limp and the greens are tired, they just need some rehydrating: If greens have stems like kale, cut bottom inch off. Immerse greens and stems in the coldest water you have (add a couple ice cubes) and let soak for 15-30 minutes. Add more ice or change water if it becomes warm. If not using right away, wrap leaves in a damp towel in fridge or put in plastic bag in your fridge's hydrator drawer. Or add your limp veggies to a soup or stew. The rule is: If the veggies are limp, soup it. If it is slimy, throw it or compost it!!

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****Calling all cooks****
We'd love it if you sent us your favorite recipes to share with the other members!
Thanks.

Recipe corner

What d'ya do with this thing called kale?

If you're not familiar with **kale** (It wasn't until I started working on farms), don't be afraid. This curly leaved vegetable is the most nutritious cultivated vegetable out there, and is also stunningly tasty. Despite its wealth of nutrition and taste, kale is used primarily as a curly-leaved garnish for salad bars!! Kale contains ultra-high levels of calcium, magnesium, iron, Vitamin A, C, as well as B Vitamins. Also has the highest protein content of all cultivated vegetables. It is a member of the cabbage family and can be used interchangeably with broccoli and other hearty greens. **Red Kale** can be eaten raw in salads, but we prefer it lightly steamed (takes 5 minutes), sautéed, or blanched. Also excellent in soup, stew, on pizza, with scrambled eggs/omelets, as a bed of cooked greens for tofu, rice, fish, or meat. **Goes well with potatoes.** If you'd like to get your kid (or other family members even) to eat kale, try lightly sautéing it then add it to eggs, pasta sauce, or put in quesadillas. It truly is a wondrous vegetable. Oh, and you may be wondering what those **curly-q things** are that smell like garlic? **Garlic scapes!** They are the seed stalk and flower of the garlic. We snap the scape off because it promotes the garlic to form a bigger bulb. The scapes are edible of course, with a garlic flavor and texture similar to green beans.

Sautéed Kale with Garlic Scapes

1 bunch kale	handful of garlic scapes, chopped
2 tablespoons olive oil	small onion, chopped
pinch of salt	optional: sesame oil, tamari or soy sauce,
sesame seeds, ginger	

Separate kale leaves from stems. Chop stems and greens. Heat oil over medium-low heat, add chopped onion and sauté until translucent. Add chopped garlic scapes, sesame oil, and kale stems. Sauté for a couple minutes or so, add leaves, and cook for 5 minutes until limp but still retaining some texture. Add salt, other optional ingredients, or anything else you think might be good.

Baked Blue Potatoes

Lightly cover bottom of shallow baking pan with olive oil. Cut desired amount of blue potatoes into small pieces, chop up good amount of green garlic or garlic scapes, and layer potatoes and garlic in bottom of baking pan. Season with a little salt and pepper and curry spices, if desired. Bake at 400 degrees for 20 minutes, or until potatoes are soft. Turn potatoes during baking if starting to crisp on one side. Goes well with sauteed kale, green salad, and soup/sandwich. Or a tasty snack by itself. Kids will love it!

See you next week and don't forget to bring back your box!!
Laura + Adam