



LOON ORGANICS

www.loonorganics.com

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This Week's Box:

Yukon Gold New Potatoes-

Thanks Driftless Organics

Sweet Corn-Glad to have it again! In short supply these days.

Cucumber – Beautiful, dark green fruits that look and taste good.

Bush Beans – Purple!

Greenish/Red Peppers

– A couple types of peppers, but they are all sweet. No hot ones this week.

Beets- Baby beets

Salad Mix –Baby lettuce varieties

Basil – This freezes well, more info at right.

Tomato- Cherrys, Heirlooms, Romas

Onions-Walla Walla sweet onion-store in your fridge until you use it.

Garlic – Inchelium Red-Artichoke strain of garlic (also called softneck). It's a milder garlic flavor that is good raw or cooked.

Week 10: Enjoy your veggies all year long.

Your CSA box can keep on giving throughout the winter months and remind you that summer will indeed come again. Any extras that you have can be easily preserved by freezing or canning. Extra basil, tomatoes, peppers, beans, eggplant, beets, and sweet corn are easy to freeze and will still retain much of their ripe, summer flavors. Here are a few ideas. **Basil**--We use a lot of basil in our cooking, eating pesto a couple times a week, and adding fresh basil to cucumber and tomato salads. Once the basil gets going in the summer, it is a prolific producer. If you can't use it all, freeze it and you will thank yourself this winter when basil is back up to \$16 a pound and shipped in from who knows where. You can make pesto, or just mix it with a little olive oil and freeze in ice-cube trays. Once frozen, put basil ice-cubes into storage freezer bags and add a couple cubes to your winter tomato soups, sauces, or pesto. Our new favorite thing is to add fresh chopped basil and sage to lemonade/limeade, or any citrus drink or cocktail. It adds a refreshing and subtle sophistication. **Tomatoes** also freeze very well, and it's so much easier than canning. Core tomatoes and cut into quarters. Place tomato quarters into freezer bags and these tomatoes can also be used as soup bases, in stews, chilis, or sauces. It takes more time, but you can also roast vegetables including tomatoes, eggplant, peppers brushed with olive oil, garlic, and herbs and freeze this tasty concoction after it is fully roasted and cooled. It also makes a wonderful addition to a roasted vegetable soup, chili, or sauce.

Farm tour: If you missed the first one, you've got another chance!

The Gardens of Eagan farm tour went on despite the rain last Sunday. Around 60 people showed up for a lively talk from Martin and Atina Duffley and "locavore" and author Jessica Prentice. We also made it on a brief farm tour through a gentle spitting rain. If you couldn't make it, you're welcome to come to our part of the farm on Sunday from 2-4 p.m. Otherwise, please stop by and visit us another time! We're out in the field most all the time these days and would love to see you. You can pick as many cherry tomatoes as your heart desires.

**Jessica Prentice reminded us at the farm tour that on average, one's food travels a distance of 1,500 miles to reach the grocery shelves (which means it was probably harvested over 2 weeks ago by the time you get it). Loon Organics CSA boxes travel 30 miles at the most to reach your delivery site and the produce is picked that morning. That's 1,470 miles and 14 days less than the average! **



Potato Plant with Tubers



Potato Flowers, usually purple or white in color

Adam says: **Planting Fall Spinach** is a sure way to bring back summer's heat. Spinach won't germinate if the soil temp is over 75 degrees. We're planting a few beds a week from now until September, and after the weather gets colder and we get some light frosts, the spinach is crunchier, sweeter, and more robust than ever. Something to look forward to once tomato season ends.

Potato Storage: should be stored in cool dark place like a cupboard, preferably in a paper bag. If refrigerated, it will cause their starch to turn into sugar. Potatoes may turn green if exposed to light and the greenness should be cut off the potato. Your potatoes are freshly dug and not green.

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Recipe Corner

Po-ta-to- Once upon a time in Europe, the potato was a snubbed vegetable of low regard. Potatoes are native to the South American Andes, but the Spaniards brought them to Europe in the early 18th century. Starving German peasants refused to eat potatoes until threatened at gunpoint, the English government offered farm subsidies to any farmer willing to grow potatoes, and Russians considered potatoes to be "devil's apples". In France potatoes were initially thought to be poisonous and to cause leprosy! That all changed when Antoine Parmentier, a champion of potatoes after eating them for three straight years in a Prussia POW camp, presented Marie Antoinette with a bouquet of potato flowers and suggested that it was the potato that was the answer to France's dire 1785 famine. Potato soup kitchens were set up throughout France and *Potage Parmentier* became France's beloved soup. Parmentier went on to become Napoleon's Inspector General of Health four years later during the French Revolution....Of course, there was also the famed Irish potato famine of 1845 that sent millions of Irish to emigrate. Potatoes caught on in America by 1890 and the average American now eats 75 pounds of spuds each year. Primarily as French Fries I would imagine. **Most of the nutrients in potatoes are just under the skin, and the skin also contains a lot of fiber, so cook them up with the skin on. We recommend **steaming or boiling new potatoes whole**. Top them with crème fraîche or sour cream mixed with fresh herbs and garlic. Simple but oh so tasty. **

Thanks to member and Personal Chef Carolyn Bock for the gazpacho recipe. She said that there are as many versions of Gazpacho in Spain as there are households! Buen Provecho!

Traditional Gazpacho

1/4 c red wine vinegar (or balsamic)
1 1/2-2c fresh bread crumbs (French or sourdough is good)
4c tomatoes (peeled,seeded & coarsely chopped)
1 3/4 c cucumber (peeled,seeded & coarsely chopped)
1 1/2 c diced red onion 4-6 cloves garlic (softneck is excellent)
2 red or green sweet peppers seeded & coarsely chopped
Tabasco sauce or finely diced seeded hot peppers to taste, if desired
1 1/2c tomato juice (or 1 1/2 c water + 3T tomato paste)
1/4 c Extra Virgin Olive Oil
Crumble fresh or slightly stale bread into bowl of food processor or blender. Pour over vinegar & let stand while you peel, seed & chop vegetables. Process tomatoes in processor/blender with softened bread. Pour into large bowl or storage container. Then process rest of vegetables in stages, pouring into large bowl (The idea is to have some texture remain, so check between 'pulses'). When all vegetables have been combined in bowl, stir in olive oil, tomato juice, and Tabasco (if using) until well combined. Cover and refrigerate at least 2 hours (overnight is best!) to allow flavors to develop. Serve cold, adding ice cubes to individual bowls to 'supercool'. Garnish with additional olive oil, finely diced cucumbers, sweet peppers, crumbled hard boiled eggs, chilled,cooked shrimp and/or croutons as desired. Makes 6-7 cups.

Green/Purple Bean, Cherry Tomato and Corn Salad

1 lb. beans, trimmed and cut into 1-inch pieces
2 cups cherry tomatoes, halved
1 cup fresh corn kernals, cut off the cob 2 Tablespoons chopped fresh oregano
2 cloves garlic, minced (2 tsp.) 3 Tablespoons fresh lemon juice
2 tsp. capers, drained, coarsely chopped (optional)
2 Tablespoons olive oil
-Cook green beans in large pot of boiling salted water 4 minutes, or until crisp-tender. Drain. Run under cold water to stop cooking. Drain. Transfer to large bowl. Add tomatoes, corn, oregano, capers and garlic to beans, and toss gently. Whisk together lemon juice and oil. Add to bean mixture, and stir gently to combine. Season to taste with salt and pepper. Cover, and let stand at room temperature 30 minutes to develop flavors. Serve. Makes 6 servings. Recipe from Chef Myra Kornfeld of *Vegetarian Times*

Your CSA box has the perfect ingredients for a picnic. Let's hope for a glorious weekend! -Farmers Adam and Laura