



# LOON ORGANICS

www.loonorganics.com

August 24, 2006

## This Week's Box:

**Yukon Gold New Potatoes-** Driftless Organics grows good spuds!

**Sweet Corn-** You may find a little worm at top—if so, cut off tip. Corn is some of the best all season.

**Cucumber** – Doing well with all the rain.

**Bush Beans** – Purple/Green medley **Reddish/Orange**

**Peppers** – All Sweet: Bell, Lipstick (medium size red ones), Jimmy Nardello (see right)

**Beets-** Baby beets perfect for cooking whole.

**Salad Mix** – Baby lettuce varieties oh so good.

**Herbs-** Bouquet Garni—classical element in French cooking (sage, parsley, thyme, oregano, basil) More info on pg 2

**Tomato-** Cherries, Heirlooms, Romas

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

**Garlic** – Inchelium Red

## Week 11: Saga of a Family and its Sweet Pepper

### **Heirloom Vegetables: Connecting the food on our plates with history.**

Generally, each heirloom vegetable has a story associated with it relating to its origins. Most heirloom vegetables are around because a family (or families) grew the vegetables and saved the seeds for each generation to grow and pass down. As a result, many heirloom vegetable varieties have a fascinating and intimate history. I personally feel some greater connection knowing that the same heirloom vegetable variety I am eating was grown and savored by many others before me. Here's one to savor: Jimmy Nardello's Sweet Italian Frying Pepper. They are the long, green/red sweet peppers in your box. Some people think they are hot, but they are quite Sweet and considered one of the BEST sweet frying peppers around.

Jimmy Nardello lived in Naugatuck, Connecticut and grew these peppers until his death in 1983. In a number of seed catalogs, it is mentioned that it was Jimmy's mom who brought the peppers herself to the US from the small village of Ruoti in the Basilicata region of southern Italy. She immigrated with her husband Guiseppe in 1887 to Connecticut and the Nardello family continued to grow the long, prized, sweet pepper and save the seeds each harvest to plant again. Other than a brief lineage of the family, we know little else about the Nardellos. The door of the imagination is opened to all sorts of questions about what the family was like, why they immigrated to Connecticut, their livelihood, even something so basic as to Jimmy's mother's name! I do know that they left us with a true gem of a pepper though, and are solely responsible for it being in existence right now.

The Jimmy Nardello Sweet Pepper is considered an "endangered taste" by Slow Food USA and has listed it as a variety that needs to be saved for its cultural, economic, and social heritage. The pepper is very sweet and light when eaten raw, and the thin skin and fruity flavor make it one of the very best for sautéing. Cut pepper and remove seeds, then sauté alone with a little olive oil and top your sandwiches or salads! We'll have more of these for the next few weeks. If you're interested in heirlooms and saving seeds, check out [www.seedsavers.org](http://www.seedsavers.org), a non-profit network of over 7,000 members that grow and save heirloom seeds. Heritage Farm in Decorah, Iowa is the home of Seed Savers Exchange and has a seed collection of over 25,000 rare varieties. -Laura

\*\*The walking field and farm tour was lots of fun last Sunday. If you missed out, there is always a chance to come down to the farm, lend a hand with harvesting, or just stop by to pick cherry tomatoes! It was great to see so many kids with tomato juice dripping off their chins and smiles on their faces and reinforced why we love farming: to grow healthy food for us and the next generation! Thanks for coming!\*\*

## Recipe Corner



Jimmy Nardello: So sweet and fruity. Perfectly creamy and soft when fried. This is a pepper to fawn and fight over.

### Bouquet Garni-

Bundle of fresh herbs tied together that you add to sauces, soups, or anything else you're cooking. Usually you only need a few sprigs of each herb that you tie together with a piece of string. (I wouldn't recommend cooking the rubber band). The bouquet infuses the sauce with herb flavors and you remove the bouquet before serving. You can also save the stems of your herbs and use these to make a bouquet. It is a great way to use your fresh herbs without the hassle of removing all the leaves and chopping them up. See recipe at right to try it out!

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So I was looking for recipes in our cookbooks to feature this week while Adam was making a fragrant pasta with fresh tomato sauce and roasted vegetables. Eureka! The recipe was right under my nose! It's difficult to write down actual amounts of everything we use since we often don't work from a recipe hence the below amounts and type of vegetables can be easily adapted to your specific liking.

### *Adam's Pasta with Roasted Vegetables and Fresh Tomato Sauce*

#### *Fresh Tomato Sauce*

1 6 oz. can of tomato paste                      3 packed cups chopped tomatoes (any variety)  
½ cup chopped onion                              3 or more cloves fresh garlic, chopped  
Salt and pepper                                      Splash of balsamic vinegar  
Oregano, parsley, thyme, basil to taste

Sauté onions in 2 tablespoons olive oil in large skillet or other heavy bottomed saucepan until onions are translucent. Add tomatoes and garlic. Simmer until sauce is reaching your desired consistency (20+ minutes). (Sometimes we will drain some of the liquid off if it is too watery) Add tomato paste at the end, along with fresh herbs, and vinegar. If sauce is tart, add a spoonful of honey. Lightly simmer 10 minutes longer to let flavors meld together. Tomato sauce can be easily frozen in airtight container.

#### *Roasted Vegetables*

2 Large or 4 Small Green/Red Sweet Peppers, cored, seeded, chopped roughly  
1 Eggplant, cubed with skin on                      3-4 Cloves Fresh Garlic (more if desired)  
1 Onion (or 2 small)                                      Olive Oil to coat vegetables, bottom of pan, and herbs  
Chopped Fresh Herbs  
(Basil, Thyme, Oregano, Parsleys, Sage, Rosemary)

Optional: Add sliced zucchini/summer squash, roughly chopped tomatoes, chopped jalapenos or other hot peppers.

Mix vegetables, herbs, garlic, and onion in bowl and lightly coat mixture with olive oil, salt, and pepper. Place in 9 by 13 pan lightly coated with olive oil and roast in oven at 400 degrees for about 20 minutes, or until veggies are soft, but not burned. May have to turn vegetables a couple times while cooking.

*Put it all together:* \*\*Cook pasta according to directions, drain, and top pasta with roasted vegetables and pour sauce on top. Add wedges of feta cheese, fresh mozzarella, or grated parmesan to the top of the pasta.\*\*

Recipe below from Jessica Prentice's [Full Moon Feast](#) utilizes your bouquet garni. Don't ask me how you pronounce garni.

#### *Potato-corn Chowder*

4 ears corn on the cob                                      1 carrot, diced small  
1 quart filtered water or light chicken broth                      2 pounds potatoes, cut into chunks  
2-3 tablespoons butter/olive oil                                      1 bouquet garni  
Salt and pepper to taste                                      2 med. or 3-4 small onions or leeks,  
¾ cup cream, crème fraîche, or half-and-half                      A few parsley stems, minced  
Crème fraîche, for garnish                                      Chives or scallions, for garnish

1. Cut kernels off corn cobs into bowl and scrape the corn "milk" into bowl as well. Reserve.
2. Make a quick corn stock by simmering the cobs in quart of filtered water or broth, covered, for about 20 minutes.
3. In a heavy-bottomed pan, melt butter or heat olive oil and sauté the onions or leeks until translucent. Add parsley and carrot and cook through.
4. Add potatoes and enough corn stock to cover (if you don't have enough stock, add a little milk or water). Add bouquet garni to the pot, bring to a boil, and simmer (covered) until the potatoes are soft.
5. Add the corn kernels, salt, and pepper. Return to a simmer.
6. Remove from the heat. Remove the bouquet garni. Add the cream, half-and-half, or crème fraîche, taste, and adjust the salt and pepper to taste. Serve with a dollop of crème fraîche and minced scallions or chives. *Serves 3-4*

As always, have a great weekend and enjoy your produce. Farmers Laura and Adam