



# LOON ORGANICS

www.loonorganics.com

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## This Week's Box:

**Purple Broccoli:** from GOE.

**Greentop Beets:** more beet ideas on page 2.

**Sweet Peppers: Jimmy Nardello Peppers, Mini Bells, Colored Bells or**

**Italian** – Nardello peppers are long, skinny, reddish and very sweet. **They look like a cayenne, but they are not hot at all!** Mini bells are red/green or orange and very thick and juicy. Larger Italian peppers are elongated, orangish or reddish. Then there may be orange Gypsy peppers that look kind of like an Italian pepper and are very sweet. All are sweet peppers and good raw or cooked.

**Onions-** Yellow variety

**Eggplants-** These dehydrate well, or eggplant hummus freezes well too. Winding down.

**Leeks:** We love leeks. Info on page 2.

**Purple Carrots-** our favorite

**Assorted Tomatoes-** Combo of cherrys, slicers, romas, and large and small heirloom varieties.

**Basil-** great for freezing in pesto (without cheese added)

**Assorted Hot Peppers-**

Jalapeno, Hungarian hot wax (looks like a banana pepper but hot) or **Wenks yellow hot (3-4 inch orangish pepper similar to jalapeno in heat)**. Careful when handling.

**Garlic-** stores for a long time.

**Next week:**

**Potatoes**

## Week 12: Slipping into September

Hope everyone had a lovely Labor Day weekend! We're still scratching our heads, wondering how it got to be September already. Labor Day marks a turning point in the MN vegetable world with a distinct shift away from sweet corn and watermelons to the various fall crops. We've still got plenty of tomatoes though, and hoping that the peppers begin to ripen up more quickly. If you've been a CSA member before, here or at another farm, I am sure that you've noticed that every year's offerings are a bit different. We can never exactly predict and plan to have every vegetable on schedule, and inevitably there are things that do better than others in each season's weather conditions. Last year we had a banner year for peppers—having abundant supplies well into October. That was due primarily to the hot and dry conditions, whereas this year we've been plagued with very cool nights throughout the season. The pepper plants are in great health, and there are lots of green peppers hanging out on the plants, they just aren't turning colors yet!! We're holding out still, and if it comes to it, we'll pick them green before it frosts. Yes, I mentioned frost. It can happen in early September, although we've been lucky to have it hold off until October the past few years. We're afraid it might be early this year. Aaah!

We're still picking tomatoes like mad, and starting to clean up parts of our field that we're no longer using the rest of the season. The last crops of salad mix, spinach, beets, carrots, and herbs have germinated, and are up and growing. Last Saturday we had an exciting (and very long) day starting with our regular Mill City Farmers Market gig in the morning, and continuing afterwards with a mini-farmers market for the 8,000 journalists in town for the RNC. Along with the Guthrie, Mill City Museum, and City of Minneapolis, we participated in a welcoming party for media personnel from all over the world. In addition to displaying our veggies, we had some vegetable hors d'oeuvres prepared by Chef Brenda Langton of Spoonriver. Brenda helped organize the event, and ensured that local farmers and local, organic food was part of the catered event. It was fascinating to talk with people from all over the world, and from many major media outlets. Not surprisingly, they were very good listeners and had many questions for us about gardening, food, and the local farming scene in the Twin Cities. Many had come straight from Denver, and were overjoyed to find fresh vegetables and other tasty local morsels. We were repeatedly asked if we sold our veggies to the East Coast, i.e. Washington D.C.! Kinda defeats the purpose of local food if we ship it all the way there no? It sounded like there was not enough supply of high-quality organic, local produce out there, and that makes sense since it is much more highly developed and urbanized. Land is more expensive and harder to come by. I guess we can all be happy that we have such a vibrant food movement here!

One last note: If you have any of the containers we sent your cherry tomatoes in, we can re-use them! We ran out, so are bagging tomatoes in plastic. Thank you! Canning tomatoes will be available for another couple weeks, if you haven't ordered yours yet, e-mail us.

## What Adam would do with your box:

Everything should still be refrigerated, except for the basil, eggplant, tomatoes, garlic, and onions. Keep refrigerated things in plastic to prevent dehydration and if you aren't using your carrots/beets right away, you'll want to remove the tops so that the roots store longer.

"Guest columnist" Adam says that this week is all about back to school snacks for the kiddies or September snacks for the rest of us. Carrot sticks, cherry tomatoes, sliced sweet pepper, and raw purple broccoli are great finger foods with a sunflower pesto dip or hummus. Cheese sandwiches with fresh basil and slices of tomato make for a quick and delicious dinner, especially with a side salad with roasted beets and balsamic vinaigrette. Adam then suggests slicing, breading and deep-fat frying your leeks. Here's where his column ends. I'd suggest a healthier option: crostini with leeks and sweet peppers. Sauté leek slices in olive oil for a few minutes, add chopped sweet pepper, and cook until tender. Add olives and some vinaigrette. Cool. Season with salt and pepper and served on toasted bread. Make a fresh late summer tomato bruschetta to serve alongside the crostini. One note: purple broccoli will turn dark green when you cook it. However, the purple variety has different nutrients due to its color.

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## Recipe corner

**Leeks!** A member of the allium or lily family, they are related to onions, garlic, scallions, and chives, however the leek is considered to be milder, sweeter, and more refined than its relatives. According to [Asparagus to Zucchini](#), leeks are native to the Mediterranean area and may have originated in Egypt, where they were revered along with garlic and onions. Leeks are one of the first things we transplant outside in the Spring. They are the size of a thin pencil at time of transplant and grow and thicken all summer long. White and light green stalk is the tenderest. Green leaves are great for soup stocks. We will hopefully have potatoes next week for all those that love their taters and leeks together in vichyssoise and potato leek soup.

The beet goes on...they're back and more beautiful than ever. There is an increasing spotlight on the wonders of the beet after they were listed as number 1 in a list of the 11 Best Foods You're Not Eating, compiled by nutritionist Jonny Bowden and published on the NY Times Well Blog ([www.well.blogs.nytimes.com](http://www.well.blogs.nytimes.com)). Another healthful virtue of beet greens is that they are one of the few foods that prevent kidney stones. What else can I say to get you to eat beets? There is this great pizza farm in Stockholm, WI that serves takeout on Tuesday nights made with ingredients from their farm, and we were first introduced to beet pizza there last summer. It is one of those things that seems odd on first thought, but it was really spectacular. This beet-za pizza recipe is from Primrose Community Farm CSA. For those who still haven't tried it, chocolate beet cake recipe is on our website...

### Roasted Beet Pizza

4 small beets, or three large beets      4 small onions  
Goat cheese or feta (as much as you desire to sprinkle over the pizza)  
4 table spoons of extra virgin olive oil      1 table spoon of balsamic vinegar  
A sprinkling of fresh rosemary (about a tablespoon)  
Salt      Olives (optional, but recommended by us!)  
Preheat oven to 350 degrees. Roll out some pizza dough (well floured so as to avoid sticking) into a nice ten inch, flat surface. You may either purchase pre-made dough from the grocery store or hand-make it. Cut and peel three or four onions. Chop. Rinse the beets. Using a peeler or paring knife, remove the skin from the beets. Then chop the beet into thin, flat circles. Put the beets and the onions on a roasting pan. Add about 2 tablespoons of olive oil and a pinch of salt. Roast at 350 degrees for thirty minutes. If only using one oven, remove the beets after 30 minutes and increase the temperature to as high as your oven goes. Drizzle the flat, ready pizza dough with olive oil. Add the roasted beets and onions. Add Rosemary. Sprinkle cheese over. Put the pizza in the oven preferably on a pizza stone, or on a large baking pan. Cook at 425 degrees or hotter if you want crispy crust. Keep an eye on the pizza depending on the strength of your oven, remove when crust is golden brown, between 10 and 20 minutes depending on temperature. When the crust looks golden, the cheese has melted and the juices are bouncing, remove the pan with the pizza. Optional to add sautéed arugula on the pizza immediately after removing from the oven.

### Ratatouille with Polenta

1 small red or yellow onion, chopped      1 Large eggplant or 2 small, cubed  
2 sweet peppers, roughly chopped      2 zucchini, cut into half-moons  
4 garlic cloves, finely chopped      Pinch of red pepper flakes  
3 cups tomatoes, peeled, seeded, chopped, juice reserved  
1 bay leaf      ¼ cup fresh basil or Italian parsley, chopped  
Salt and pepper, parmesan, and polenta

Prepare polenta. In a large sauté pan, heat enough olive oil to cover the bottom of the pan. Add onion and sauté over medium heat for 5 minutes, until soft. Add the eggplant and peppers, another glug of oil, and sauté for about 10 minutes until veggies are just tender. Add zucchini, garlic, red pepper flakes, tomatoes, and bay leaf and bring to a simmer. Stew for about 20 minutes, until everything is cooked through, then remove the bay leaf. Just before serving add chopped basil and parsley, and season to taste with salt and pepper. To serve, spread a ladleful of polenta on each plate, spoon the ratatouille on top, and parmesan goes on top over that. From [www.culinate.com](http://www.culinate.com)  
Enjoy! Your farmers, Laura and Adam