



LOON ORGANICS

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September 7, 2006

This Week's Box:

Carrots- Baby Danvers
(short, wide)

Bush Beans –
purple/green.

Greentop Beets – This
is an incredibly tasty crop
of beets. Steam or roast.

Sweet Peppers – Bell
(asst. colors), Lipstick
(medium size red ones)

Braising Mesclun Mix-
Arugula, Mizuna, Purple
Mustard combo is great
for salads, braising,
sautéing.

Salad Mix – Sweet and
tender baby lettuce.

Herb Bunch- add
chopped herbs to
butter/sour cream for
bread or veggies.

Tomato- Green
Zebra/Brandywine
Heirlooms, Romas

Swiss Chard – Mostly
white, some red and pink
too. Recipes pg.2

Onions-Cippolini

Garlic – Inchelium Red.

Full share: Cherry Tomatoes

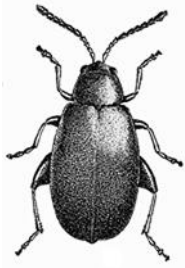
Week 13: Turning over a new leaf

Our fields are paring down somewhat as we get ready for fall and are tilling in the first summer plantings of green beans, herbs, salad. The sole planting we are doing is a weekly bed of Asian greens, spinach, and kale for our fall salad mix. We cover these plantings with reemay, a white fabric that lets light and water through but protects the baby greens from its nemesis of the bug world, the flea beetle. As you will notice, your mesclun mix this week has tiny little holes in the leaves. This is the prodigious work of tiny flea beetles. (see the 2nd page for a picture) Even though we cover our greens, some of the flea beetles find their way under, thus the holey greens. They still taste delicious though!!

The only other food crop to be planted in 2006 is garlic. First week of October we will get out our 80 lbs of planting stock and separate all the cloves from the bulbs, immediately planting each individual clove by hand, and covering the whole planting with a straw mulch to keep it insulated through the winter. Planting volunteers anyone? By garlic planting time, most of our field will be cleaned up and all the summer crops will have either been tilled in or pulled out by hand (tomatoes, eggplant, peppers). Hopefully we will have already planted our fall green manure crop of hairy vetch, a legume that fixes nitrogen in the soil and makes it available for future plants to uptake. Hairy vetch starts growing in the fall, overwinters until the spring (thereby holding the soil in place so that it does not erode), and begins growing again in spring to coat the farm a bright chlorophyll green. Mid-May the hairy vetch is disked into the soil (chopped up where it is rapidly decomposed, feeding beneficial soil bacteria and micro-organisms). Two weeks later that soil is ready for planting, replenished with nitrogen, organic matter, and a healthy soil organism population. Green manures are a key component in healthy organic farms.

Cheers! To many more years of healthy organic farms, here and nationwide!

Everyone on the farm is happy that the pipeline will be avoiding Gardens of Eagan, but the true excitement is over the fact that Koch Industries (owner of MN Pipeline Company) also agreed to the FIRST EVER Organic Agricultural Mitigation Impact Plan (AMIP) in the nation. The Organic AMIP highlights the unique environmental characteristics and needs of Organic Farms involved in public works projects. Other states, such as Wisconsin and Illinois, have already expressed strong interest in adopting a similar mitigation plan to protect their organic farms. The short of it is that we are so incredibly proud of the consumers, farmers, co-ops, and non-profits that mobilized and acted. The Diffley's lawyer, Paula Maccabe, was an amazing force, along with Atina Diffley who accomplished this while managing their 100-acre organic farm. Thanks to you for your ears, letters, and words of encouragement.



This is an enlarged image of a flea beetle. They are normally 1/16 to 1/5 of an inch long. Notice their large hind legs that enable them to jump high and far, earning them the generic name *flea beetle*. They prefer to eat mustard greens, but also like cabbage, broccoli, radishes, and will eat the leaves of eggplant, tomato, and peppers. Unfortunately for us, the flea beetles have good taste.

Recipe Corner

Chenopodiaceae Family – Botanical family that includes beets, spinach, chard. Also known as Goosefoot family. However you categorize them, you really can't beat our beets and swiss chard right now. We ♥ beets! Their sweet, earthy flavor cleanses your blood and liver, wards off colon cancer, while replenishing you with folate, potassium, manganese, among other minerals and vitamins. Perhaps you find yourself gagging at the thought of beets, remembering those soft beets out of the can that your parents made you eat? These beets are a whole different vegetable. Ideas: Beet roots and blue cheese is a match made in heaven. Also try an orange juice dressing on steamed beets, roasted beets and ginger, or fry em up with carrots. For those of you still unconvinced, every CSA pulls out this card eventually:

Beet Chocolate Cake

2 cups sugar (may we suggest beet sugar?) 3-4 ounces unsweetend chocolate
 2 cups flour 4 eggs
 ½ teaspoon salt ¼ cup oil
 2 teaspoons baking powder 3 cups shredded beets
 1 teaspoon baking soda

Heat oven to 325 degrees. Grease two 9-inch cake pans. Whisk dry ingredients together. Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes. Makes 10 servings. From Zephyr Community Farm.

Swiss Chard has a mild flavor, and the white chard is one of the best for cooking. It is some of the most beautiful chard we've had all year, so we had to include it this week. Check out these stats: 1 cup cooked Chard has 700% of your RDA of Vitamin K, 100% Vitamin A, and 50% Vitamin C! Lightly steam chard to get most nutrients. To disguise chard from picky eaters, add chopped, lightly cooked chard (or fresh mesclun greens) to cheese sandwiches or quesadillas. Recipe below is good and easy to prepare.

Ziti with Chard

2 TBL olive oil 8 cups chopped Swiss Chard
 4 garlic cloves, minced 4 cups hot cooked ziti (about 8 oz. uncooked pasta)
 2 cups grape or cherry tomatoes, halved
 ¼ cup chopped pitted kalamata olives
 2 TBL fresh lemon juice ¾ tsp kosher salt
 ½ tsp freshly ground black pepper ¼ cup (1 oz) grated Romano (or Parm) cheese
 Heat oil in a large nonstick skillet over medium-high heat. Add chard and garlic, sauté 2 minutes. Combine chard mixture, pasta and next 5 ingredients (pasta through pepper), tossing well. Top with cheese. Yield 4 servings about 2 cups each. From CSAer Amy Kingsley.

And the weekly stuffed pepper recipe! Next week's stuffer: herbed chevre

Stuffed Peppers

4-6 Bell Peppers, tops removed, cored, seeded 1 cup quinoa
 2 cups broth 16 oz. tomato sauce
 6 oz. tomato paste 1 med. onion, chopped
 1-2 tomatoes, diced 1 cup corn, thawed if frozen
 1-2 cloves garlic, minced

Bring quinoa and broth to boil, reduce and simmer 15 min. Add, garlic, onion, tomatoes, corn and tomato paste to cooked quinoa. Mix together thoroughly and simmer over medium for 5-10 minutes, stirring often. Put peppers in microwave or casserole dish. Cover and cook (in microwave) 2-5 minutes. (Or pre-cook peppers in oven at 350 degrees until slightly soft). Fill peppers with quinoa mix, cover with tomato sauce, and cover. Cook 6-10 minutes more in microwave or approximately 20-30 minutes in oven. Serve with salad. Serves 3 or 4. From CSAer Dawn Patterson. Until next Thursday, your farmers Adam and Laura

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