



LOON ORGANICS

www.loonorganics.com

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This Week's Box:

Cabbage: 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

Red Kale- from GOE.
Delicious variety.

Leeks: Sauté with sweet peppers.

Carrots: extremely sweet, crunchy

Assorted Tomatoes:

Winding down. Combo of cherries and slicers.

Parsley: Italian or curly

Hot Peppers: Jalapeños. De-seeding and deveining the pepper can reduce the heat imparted to a recipe. Careful when handling; they can be a skin irritant so gloves are recommended.

Garlic: stores for a long time.

Next week:

Potatoes (for real)

Week 13: Fall in Full Force

Sure has felt more like October lately rather than September. Was it just last Tuesday that it was a humid 80 degrees while we harvested the CSA veggies? How quickly things can change. The average frost date for this region of Minnesota is actually September 12, although I think it has been over a handful of years since we've gotten anything that early. The spell was almost broken Monday night. It was forecasted to get down to 38 degrees, and often we are a few degrees below forecast here in the country. Getting dangerously close to 32. Cool, clear nights with low humidity following a cold front often signal an impending frost. We squeaked by Monday, but we thought this weekend might be the real test. This Monday is the full moon, and superstition or not, many farmers believe that full moons coincide with frosts. Sounds like something out of the farmer's almanac, and it probably is, but you watch it happen a few times, and you start to think there's something to it. That is our very unscientific explanation.

If we do indeed have an early frost, it would cut short the season dramatically short on tomatoes, peppers, eggplant, and basil, but we're already kind of feeling a pinch with the already drastic slowdown in tomato and pepper production due to the cold weather. The rain we got in the last couple weeks split many of our heirlooms and cherry tomatoes—one of the major problems with growing these varieties and the dangers of rain this time of year. (Next year we will plant in a hoop house and plant outside later to extend the tomato season.) Less heat and sunlight add to the tomato slowdown—it is nearly dark by 8 p.m. now and just getting light by 6:30 a.m. Whether we like it or not, the amount of daylight hours we can work outside is shrinking. Psychologically fall is a tough time to be a full-time gardener, as you start to see your plant companions of many months die and decay. It is not as inspiring as Spring, especially when you know that we are marching into winter. Fall cover crops planted on the farm bring a much needed dose of green; seedlings have started poking up to grow and cover the unused fields for the winter reminding us of the rebirth in Spring.

Despite the nightshade descent, we still have our fall crops and Gardens of Eagan's produce available. We'll also be purchasing organic potatoes from L & R Produce in Kenyon, MN (which you'll receive for the next 2 weeks), and hopefully we'll be able to buy some winter squash from them too. I think they'll really save the day for us. Our winter squash crop totally failed this year! We had planted a ½ acre a few miles away from the farm to try to get away from the nasty squash bugs we have here, but due to lack of rain, an onslaught of cucumber beetle damage, and weed pressure, the plants all but died within a few weeks. It is unfortunate as we were hoping to have a bountiful supply this year. Every year the weather throws out a curve ball of some kind that one can never quite expect, and packing up a CSA box that we aren't completely happy with can be one of the hardest parts of our week, let alone one of the hardest parts of being a CSA farmer. So far we haven't had to do that too often (knock on wood, knock on wood!), and we're hoping that it stays that way for all of us! Stay tuned next week for more weather drama on the farm.

What we 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.

Separate kale leaves from the ribs, and chop for a tomato, white bean, and kale soup. Take off 12 whole cabbage leaves for stuffing, halve the cabbage, grate, and prepare a sautéed filling with leeks, peppers, carrots, tomatoes, garlic that would make two meals: stuffed peppers and cabbage rolls.

While you are baking your peppers, toss in your beets (wrapped in foil) so that they can roast along with them. If you are not going to eat your beets out of the oven, peel and dice beets and store in fridge for up to 5 days. If you have any leftover peppers, de-seed, cut into pieces and throw into freezer. They don't need to be cooked. You can do the same with raw tomatoes for use in soups and sauces. Kale freezes well, but you must blanch it first for a couple minutes. Cabbage, beets, and carrots will all store well in your fridge, in plastic, with tops removed. Cooked kale, leeks, and sweet peppers make a fabulous quiche. And also a very easy way to your kale. The Irish Colcannon dish (to your right) makes cabbage and kale eating a pleasure.

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Recipe corner

Cabbage: Has a bad reputation, undeserved I'd say. It's a mild, sweet vegetable that can store weeks and weeks in your refrigerator in a plastic bag. It's very high in Vitamin K and Vitamin C. Along with the other crucifer veggies, like KALE, it lowers our risk of almost all types of cancer more than any other fruit and vegetable. It is a detoxifying food (which is linked to its cancer prevention properties). Raw cabbage juice is an antidote for treating peptic ulcers. Who knew?? To get the most nutrients and antioxidants out of your cabbage, it is recommended that you slice cabbage, and steam for 5 minutes or less. **Red Kale:** also has those antioxidants and nutrients found only in red and purple vegetables. We've been loving sautéed leeks, peppers, and tomatoes in olive oil and then add kale in at the last 5 minutes for a yummy side dish. We also love white bean and kale soup. Kale is the most nutritious cultivated vegetable, but do you know the number 1 buyer of kale? Pizza Hut. As a garnish for their salad bar. Slowly but surely, Adam and I are trying to edge Pizza Hut out one mouth at a time. Gardens of Eagan's kale sales have been increasing by over 20% the last few years—people are catching on! To use both your cabbage, kale, and leeks, try this traditional Irish dish served on Halloween. Coins or charms are usually slipped in the mixture for prizes. It is out of this world comfort food.

Colcannon

6 large potatoes, boiled	2 leeks, white and light green parts chopped
4 Tablespoons Butter	½ bunch kale, destemmed, chopped, and cooked
¼ pint cream	2 cups cabbage, chopped and cooked
Salt and pepper to taste	

Mash the potatoes. Melt the butter in a large heavy-bottomed pan and sauté leeks in butter until soft and tender. Add in potatoes to pan and mix together. Add cooked cabbage, kale, and cream to potato mixture. Mash or whip until fluffy. Serve warm with more butter, and season with salt and pepper to taste.

Roasted Beet Salad with Barley, Feta, and Red Onion

1 cup dry pearl barley	4 medium beets, tops removed
1/2 large red onion (about 1 cup), minced and soaked in cold water for 1/2 hour	
1/2 block of feta (about 4 ounces), cut into small squares or crumbled	
4-5 scallions, sliced into fine rounds	1 1/2 Tablespoons lemon juice
1 Tablespoon Extra-Virgin Olive Oil	salt and pepper to taste
extra sliced scallions for garnish	

Heat the oven to 450-degrees. Loosely wrap the beets in tin foil and roast in the oven until they are just fork tender--30 - 45 minutes. Peel and dice the beets into small cubes. Meanwhile, bring 3 cups of water to a boil. Add the barley and 1/2 teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is al dente, about 30 minutes. If there is extra liquid in the pot, drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use. Drain the red onion. Combine barley, beets, red onion, feta, and scallions in a large mixing bowl. Sprinkle the lemon juice and olive oil over the top and toss to coat. Taste the mixture. As needed, add salt 1/4 teaspoon at a time (the feta is *really* salty!). Pepper to taste. Serve family-style in a large bowl or in individual bowls. Garnish with extra scallions. Makes about 5 cups
From: www.thekitchn.com

Stuffed Peppers

A few large peppers, halved and seeded	Leeks, chopped up
A few tomatoes, seeded and chopped	Chard stems, chopped
garlic, minced	2 cups fresh bread crumbs
1 cup grated cheddar cheese	fresh herb of some kind- I used basil

Sauté leeks, chard, tomatoes and garlic together- until a little soft, but not super well done. turn off heat, stir in cheese and some of the bread crumbs and basil. Add salt and pepper to taste. Steam the peppers for 5 minutes till softened slightly. Fill each half with the filling, top with remainder of breadcrumbs. Place in a glass baking dish, add a couple tablespoons of water to the bottom of the pan, cover, and bake at 350 for 20-25 minutes. Then stick under the broiler for a few minutes until browned. From a work share.
Enjoy! Your farmers, Laura and Adam