



LOON ORGANICS

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This Week's Box:

Spinach: try raw or cooked

Broccoli: When I think of broccoli, sweet is usually not the first word that comes to mind. But with this batch it is!

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 are 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: Red and yellow

Leeks: recipe on page 2

Carrots: Orange or Purple

Slicer Tomatoes: Not the prettiest, but still a homegrown tomato.

Hungarian Hot Wax Pepper and Poblano:

Poblano peppers are not very hot, typically charred and peeled, and used in chile rellenos. Good also with beans.

Parsnips: peeling is not necessary, just scrub before using. Info on page 2

Cilantro: a last summer salsa

Garlic: crouton recipe on page 2?

New next week: celeriac, fennel?

Week 16: Welcome to October

After a glorious shot of summer, the weather seems to be back to where it usually is in late September and October. We've been enjoying the beauty of fall lately: leaves changing color, rolling fields of drying grains, migrating birds, all amidst a deep blue sky. The sky and the slanting light have a look this time of year that is uniquely and undeniably fall. Our fall crops are doing well, especially after the hotter temps last week. Our late planted greens and beets just might make it, along with a beautiful crop of fennel!

Normally this time of the season, Adam and I are switching gears, easing into a lighter workload and moving towards field clean-up and the transition to winter jobs. This season though, we are just starting to get into high gear. We move in just over 2 weeks to our new farm! Certainly we are feeling bittersweet about leaving all of you wonderful CSA members and the lovely friends we have made in the area, but we feel lucky to have been able to be here and get our start farming in such a supportive atmosphere. We also feel unbelievably lucky to have found a nearly perfect farm for us, and to be able to secure financing for it in this tricky housing market. Did you miss the newsletter/e-mail where we announced our move? To get the full update, read our 2nd newsletter this year at our website:

www.loonorganics.com/csa1.htm. Click on the June 24, 2008 newsletter. Nothing much should change for Mill City pick-ups—we'll still be here with CSA shares next year!

So between cleaning up our fields, planting cover crops, and harvesting veggies for CSA and market, we are trying to pack up our apartment and try to organize (to the best of our abilities) all of our farming supplies and materials. Boy, you sure need a lot of stuff to run a small farm. We'll start moving on October 16, and then I'll head off to Turin (or Torino, in Italian) Italy for Terra Madre on October 21, the world gathering of food communities sponsored by Slow Food International. Over 5,000 people will meet in Torino, mostly farmers, food producers, chefs, and students. It should be very exciting. The issue I am most excited about is the focus on youth in agriculture, and connecting with other younger people involved in agriculture around the world. Honestly, I'm worried that we don't have enough young people interested and engaged with agriculture, and that this is a detriment for the future of agriculture in our country and beyond. The average age of farmers is well over 40, yet half of the world's population is under age 25. It almost seems that farmers have become obsolete in our political and social landscape; it is rare that any national politician ever mention farmers and food anymore unless in reference to ethanol (or if they're making a pit stop in Iowa).

So I'm particularly excited to talk about "solving" these issues with other farmers, young and old. I know there are a lot of young people interested in farming, especially organically and marketing their products through CSAs, however there is a huge hurdle in getting access to land and capital to start up. There is an old saying that farmers can get land three ways: through "womb, tomb, or marriage". Well, it's getting harder and harder to get born or marry into a farming family unless you want to grow thousands of acres of corn! Our little farming plot here has been a great incubator farm, and in the next couple years hopefully another young person looking for a way to begin will be able to get their start here. We too, hope that eventually we can provide an incubator farm for beginners on our farm in Hutchinson. There are two more deliveries after this week! 1/2 share members receiving a box today-- your last pick-up is on October 18 (along with full and 3/4 share members). Bring back those boxes—time is running out!!

What we would do with your box:

Everything should still be refrigerated, except for the tomatoes, potatoes, 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.

We ate some of this broccoli steamed on Sat. after our market and we were fighting over the last stalk. I forget broccoli can be this good. We also had a yummy side dish last week at the Birchwood Café of roasted broccoli, parsnips, fennel, and onion served with apple chutney, rice, and pork medallions. Delicious. Spinach is the first batch, and tender for eating raw in a salad. It will hold its own if cooked too, like in that spinach lasagna we've been dreaming about! Scrub and slice parsnips into matchsticks or coins, and roast in a hot oven with olive oil until soft and caramelized. Parsnips are also wonderful in a soup, tomato based or go for the gold with cream of parsnip. If you have a preconception of what you think parsnips taste like, you might be surprised after eating a roasted one or matchsticks sauteed in butter until brown. Roast your bell peppers and poblano until charred. Remove skins (when cool), and stuff with beans, rice, cover with enchilada sauce, cheese, and bake.

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Recipe Corner

We ate this for dinner a couple nights ago and can attest that it is very tasty! Each head of broccoli is at least 1 ½ pounds, stem and all. Eat your stem because it is just as sweet and tender as the florets. From *William- Sonoma Soup* cookbook.

Broccoli-Leek Soup

2 tablespoons olive oil 2 leeks, including tender green parts, finely chopped
1 ½ lb broccoli, florets and stalks cut into 1-inch pieces
4 cups chicken or vegetable stock
Salt and pepper ¼ cup sour cream or plain yogurt
Garlic croutons for garnish (recipe below)
2 tablespoons finely chopped fresh chives (or other fresh herb)

In a large saucepan over medium heat, warm the oil. Add the leeks and sauté until softened, 3-5 minutes. Add the broccoli and continue to sauté, stirring frequently until slightly softened, about 2 minutes longer. Add the stock and bring to a simmer over medium heat. Cover partially and cook until the vegetables are tender when pierced with a sharp knife, 15-20 minutes. Remove from heat. In a blender or food processor, puree the soup in batches until smooth and return soup to pan. Alternatively, process with a handheld blender in the pan until smooth. Return the soup to medium heat and reheat gently. Season to taste with salt and pepper. Ladle the soup into warmed bowls and garnish with the sour cream, croutons, and chives/herbs. Serve immediately. Makes 4 servings.

Garlic Croutons

Remove the crusts from 4-6 slices bread, each ¾ inch thick. Cut the slices into ¾ inch cubes. In a frying pan over medium-high heat, combine 1/3 cup extra-virgin olive oil and 4 cloves garlic, sliced lengthwise. Fry until the garlic turns brown, about 4 minutes. Do not allow it to burn. Using a slotted spoon, scoop out and discard the garlic. Add the bread cubes to the pan and fry, stirring often, until golden brown on all sides, about 5 minutes. Transfer to paper towels to drain.

Roasted Broccoli

1 head broccoli, large stem removed and reserved for another use
½ teaspoon garlic salt 1 teaspoon balsamic vinegar
1 ½ tablespoons olive oil ¼ teaspoon ground black pepper
Heat oven to 400 degrees. Break broccoli head into medium florets and toss with remaining ingredients. Arrange in single layer on baking sheet. Bake 18-22 minutes, shaking pan halfway through cooking time. Remove from oven when broccoli is a deep green color with some darkened spots. Makes 4 servings. From *Asparagus to Zucchini*.

Parsnips: These have a very long growing season, being one of the first crops we plant in April-May. They are closely related to the carrot (can ya tell?), and taste can be likened to a carrot. I think they are best eaten cooked, however you can grate them raw into a variety of salads or cut into sticks to eat with a vegetable dip. They are delicious roasted in the oven with olive oil, along with broccoli, leeks, beets, carrots etc. They are high in minerals and potassium, which has been linked to lowering blood pressure. We have a parsnip cake recipe on our website, but masking parsnips in a cake doesn't do them justice. Try chopping and sautéing in butter until browned, or maybe the recipe below from *Asparagus to Zucchini*.

Parsnip Patties

4 medium parsnips 1 cup soft whole wheat bread crumbs (mixed with
1 egg yolk cornmeal or wheat germ, if desired)
Salt and pepper butter and/or oil for frying
1 egg white, slightly beaten

Chop parsnips; steam until tender. Mash thoroughly. Mix in egg yolk and salt and pepper to taste. Form into patties, dip into egg white, then roll in crumbs. Saute in oil and/or butter until golden brown. These can also be cooked in an ungreased skillet or in the oven. Make 4 servings.

Enjoy your box! Your farmers, Laura and Adam