



LOON ORGANICS

www.loonorganics.com

October 5, 2006

This Week's Box:

Carrots- Sweet, crunchy

Herbs- Cilantro, Italian Parsley

Sweet Peppers – Green and Red Bell Peppers

Hot Peppers – Jalapeno

Salad Mix – Mesclun Mix. Bruised from storm.

Broccoli – Fall Broccoli from GOE.

Winter Squash – Butternut or

Buttercup(circular green), Delicata (small with stripes)

Onions-Yellow or Red

Garlic – Inchelium Red.

Baby Beets- Perfect size for roasting or steaming whole. Tops got beaten up in storm.

Radishes- Assorted "Easter Egg" or French Breakfast varieties.

Eggplant – Mostly babies we saved before pulling and composting the trees, er plants.

****Goodbye to the first group of our half-share members! We hope you've enjoyed everything and we look forward to an even better CSA next year. Let us know if you'd like to be a member next year through our CSA survey. Thanks again for your support!****

Week 17: One more week?!

Another typical weather pattern this past week brought sunny skies and accomplishment followed by an uproarious thunderstorm and some hail damage. If this is what our weather is going to be like from now on, I'm not looking forward to it. On an afternoon that felt more August than October we cleared our field of eggplants the size of small trees, tilled in the green and purple beans, pulled out the sunflowers and leftover tomato vines. With a lot of brute strength and some help from GOE laborers, Joakim and Emi, we accomplished our ultimate goal of planting hairy vetch cover crop. We had a nice crop of greens ready to be harvested and got hit with pounding rain and hail on Tuesday night. Not sure how the greens will recover, but for now they are a bit more fragile/perishable than normal due to some bruising of the leaves. Time will tell if they will spruce back up and grow. Conventional farming wisdom says hail this late and this often throughout the season is a new phenomenon. Let's hope it is anomalous to the 2006 season.

I have not said much about our crew of helpers and workers this season, but they have been an integral and welcome part of getting your CSA box to you. We've had a stalwart group. Sandy and Stephanie faithfully harvest each Thursday morning through all the inclement conditions and do it happily, Maya, a young college student, helped out harvesting and selling at our market, Joanne and her daughter Sara washed an ungodly amount of carrots on Friday mornings, and we've recently come by Brad, another college fellow, and Joakim, a Swedish aspiring farmer, who lend their hands when most needed. There have also been a few members who have stopped by on harvest days (even when it was raining!) to (literally) get their hands dirty. Thanks to all of you! We are so very grateful and appreciative of your help.

We will be sending out a brief survey by e-mail to you, our members, about this year's season and your interest in our 2007 CSA. We want your feedback! This is especially important to us as first-year CSA farmers. Either e-mail back your completed survey or you can send it back to us by post as well.

Part of the survey's importance is to compare how your experiences jive with ours. As it goes with farming, there were some things out of our control; it was a very bad year for melons and not so hot for the heirloom tomatoes as well. But Adam and I have many plans to improve for next year. We'll talk about our plans in next week's newsletter and the survey e-mail, but basically we want to grow a wider variety of products and give you a bit more quantity. We're especially excited to grow more specialty and rare vegetable varieties that you won't commonly find elsewhere, but are a useful and tasty addition to your kitchen table. Ideas? Let 'em rip. -Laura



Butternut Squash Pie

better than pumpkin

Sogn Valley Craft Fair this weekend. Sat from 10-5 and Sunday from 11-4. Fair will be held outside at the Edgewood Restaurant On U.S. Highway 52, 5 1/2 miles South of Cannon Falls. Crafts include: pottery, ceramics, stained and blown glass, jewelry, weaving, knitting, woodcrafts, prints, photography, etc. Our craft will be organic vegetables. Also honey, maple syrup, and apples from other local farms.

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Recipe Corner

If you're not familiar with the wonderful world of winter squash, then you're in for a treat. Its sweet flesh contains high amounts of Vitamin A + C, potassium, high in fiber and complex carbohydrates (the good carbs). Squash was first cultivated and consumed over 10,000 years ago by Native Americans in Mexico, mainly for its seeds as the flesh was quite bitter. Eventually sweeter-flavored cultivars were developed and squash spread throughout the world by Portuguese and Spanish explorers. Roasting squash brings out its sweetness. Try a **squash pie!** Sub cooked squash for pumpkin. You'll never go back.

Below is one of our favorite squash soup recipes we have adapted and added from many others to come before it. Good additions include curry powder, coconut milk, or orange juice (not all together).

Ginger-Carrot-Squash Soup

1 medium butternut/buttercup squash	2 tablespoons vegetable oil
1 medium yellow onion, chopped	3 tablespoons peeled, chopped ginger
2 large cloves garlic, chopped	4 cups vegetable stock (or water)
2 large carrots	1 medium potato
2-3 tablespoons Italian Parsley, thyme	Tamari or soy sauce, to taste
pinch of cayenne pepper	1/4 to 1/2 cup half and half (optional)

Wash the squash well. Chop the squash into smaller pieces, discarding seeds. Brush with olive oil and bake at 400° until squash is soft. Let squash cool until able to handle. Meanwhile in a large soup kettle, sauté the onion, ginger, and garlic in vegetable oil. When the onion softens, add the potato and carrot; sauté for 5 more minutes. Scoop squash away from skin and add to pot, along with stock and herbs, cover pot. Simmer over medium heat for 20 minutes. Add tamari, cayenne, and pepper to taste. Purée soup in a blender in batches, if necessary, until smooth. Add cream. If the soup is too thick, add more soup stock. Serves 4 to 6.

Winter Vegetable Pie

1 1/2 cups diced onion	1 tablespoon toasted sesame oil
4 cups mixed diced carrots, squash, parsnips	
1/2 teaspoon salt	1/2 cup water
1 large egg	Pepper to taste
1 1/2 teaspoons chopped fresh basil	1/2 cup soy milk or cream
2 tablespoons tahini	1 9-inch pie shell
1/2 cup coarsely chopped, roasted walnuts	

Sauté onions in toasted sesame oil over moderate flame in frying pan for approximately 3 minutes. Add diced vegetables and continue to sauté for 3 more minutes. Add salt and 1/2 cup water. Simmer, covered, for 15 minutes over medium-low heat until vegetables are soft. Drain off any excess liquid. Preheat oven to 425°. Place vegetables, egg, pepper, basil, soy milk or cream and tahini in a food processor or blender, and puree until creamy. Pour into pie crust, and top with roasted walnuts. Bake for 10 minutes. Then reduce heat to 350°, and bake for 20 more minutes or until center is firm. Serves 6. From Café Brenda Cookbook.

Following recipe is from the Gardens of Eagan website, and I can vouch that it is truly delectable.

Cranberry Stuffed Squash

2 squash, cut in half, seeds removed	1/2 cup fresh, raw cranberries, chopped
1 small apple, chopped	1/4 cup raisins, chopped
Juice and grated peel of one orange	2 tbs. honey
Dash of salt	

Place squash in baking dish cut side up. Mix all other ingredients. Place them inside squash cavities. Cover dish and bake until squash is tender, 45 minutes to an hour

-Happy weekend everyone and don't forget next week is the last box. Bring back any empties you have at home! -Your farmers, Laura and Adam