



LOON ORGANICS

www.loonorganics.com

October 11, 2008

This Week's Box:

Spinach: try raw or cooked

Broccoli: More amazing broccoli trees!

Greentop Beets: Chioggia (pink candy-striped), red, or golden beets. Or maybe a combination! So beautiful, and a great size for roasting.

Eat the greens, they are gorgeous and sweet right now!!

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

Italian – Nardello peppers are long, skinny, reddish and very sweet. Larger Italian peppers are elongated, orangish or reddish. Your typical sweet bell peppers also.

All are sweet peppers and good raw or cooked.

Onions: Red and yellow

Carrots: Purple

Celery Root/Celeriac: This might be new to you. Info on the right and on page 2

Fennel: Slice and dice for a spinach salad. Leaves are perfect for a pesto or medicinal tea!

Hungarian Hot Wax: This is not too hot, but still hot enough for us Minnesotans.

Dill: We've got a great 2nd crop of dill. Perfect for a garlicky dill aioli to top off your steamed broccoli.

Parsnips: peeling is not necessary, just scrub. They have more vitamins and minerals than carrots.

Garlic: more next week too

New next week: squash

Week 17: One more week of deliveries

Hello everyone. 1/2 share members picking up this week, this is your last box! To full and 3/4 members, you've got one more week: Saturday, October 18. A reminder that **next week's pick-up will be at the Sunshine Harvest stand** because Adam and I will be moving, and unable to attend market! Let us know if you have questions. To all you 1/2 share members, thank you so much for participating and supporting us this year! Your words of encouragement and enjoyment of the produce are the fuel that keeps us going. We will be sending out a survey for this year, and even if you will not be with us next season, we would still love to hear how everything was for you. It helps us immensely in our planning for next year's CSA. You all are welcome to come visit us at our new farm in Hutchinson any time, and by golly, we mean that. We'd love to show you around our farm, and there's plenty of room for children to frolic and play.

In the vegetable front, we are winding down a bit. We did receive a frosty nip a week ago on Thursday night and then again a bit more intense on Friday night (really Saturday morning). Tomatoes are pretty much burnt out, and the basil is black. BUT the peppers are ok. They have more leaf coverage, so the peppers themselves are protected in a light frost. I think we will breeze by in our last week without a 28 degree killing frost. Adam and I have started getting used to these late frosts, and the accompanying bounty of late peppers and tomatoes. Our bubble may burst next season as we will move slightly north.

We do have winter squash for you next week from L & R Poultry and Produce (same farm that provided us with potatoes). The squash is still curing—it is still green, literally, and needs to cure in the sun and develop more of its natural sugars. Hopefully it will be in prime eating condition next week, but we may instruct you to keep it on your counter for another week or so before eating. Gardens of Eagan's broccoli is still starring in its own one-vegetable show, beating just about everything else in terms of beauty, sweetness, taste, and sheer hunkability. If this broccoli could talk, we think it might say: "I am a broccoli monster, hear me roar" or maybe "have you ever seen such a beautiful head of hair before?" or just simply, "hubba hubba". We admit we have a special affinity for broccoli, along with beets, fennel, kale, leeks and... well, it's so hard to choose our favorites! And if there is one thing that this farmland here grows exceptionally well, it is broccoli. Broccoli so robust and rubenesque that customers complain of its heft, and doubt something so perfect could be organic. Oh it's organic all right, and probably the pinnacle of the broccoli world. The other vegetable in your box today with an almost human personality is celeriac or celery root. It is that weird gnarly thing that you probably have never seen. Some say it is the ugliest vegetable ever. I say it has its own idiosyncratic charm, and just wait until you taste it! It has the consistency of a potato, yet it has a lovely mild celery flavor. You will want to peel off its hairy and rough skin before eating. It can be eaten raw, grated in salads and slaws, but we prefer it roasted, sautéed, mashed, or added to a vegetable soup. Meet our favorite fall vegetable, celeriac. More info on page 2.

What we would do with your box:

Everything should still be refrigerated, except for the 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.

Peel celeriac skin and roots away and dice in pieces. You can either roast with whole baby parsnips, halved carrots, large slices of fennel, onions, beets, and garlic, fresh herbs and a generous amount of olive oil. The roasted veggies are a perfect accompaniment to a baked chicken. Chicken can even be placed on top of roots while cooking, and the veggies will receive a tasty glaze. Or you can steam celeriac and mash with potatoes, cream, butter and garlic for a delicious root mash. The various root vegetables make a surprisingly sophisticated cream soup as well. Mix and match roots together, or go for simplicity with just a parsnip puree base that has cream added to it. Can't get to your roots? No problemo. They will store for weeks in your fridge in plastic! But do get to that broccoli and fennel. In honor of our last market harvest, I made a beet chocolate cake for our workshares. I think I like the recipe best from the Farmer John cookbook where beets are cooked and pureed before adding to batter. It makes for a nicer texture, and always add extra chocolate..

Contact us:

Laura and Adam

(952)985-5446

8199 257th St W

Farmington, MN 55024

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

From the *William- Sonoma Salad* cookbook: "Celery root rémoulade is served in traditional French bistros as part of an assortment of small, individual vegetable salads, such as diced beets, cubed potatoes, grated carrots, or sliced tomatoes, all dressed with vinaigrette. To serve as an elegant first course, make a bed of baby spinach on individual salad plates and spoon the salad onto the center."

Celery Root Rémoulade

1 large celery root, peeled and cut into rounds ¼ inch thick
Salt 2 Tablespoons fresh lemon juice
1 cup mayonnaise, preferably homemade
2-3 Tablespoons Dijon mustard

In a saucepan, combine the celery root, 1 teaspoon salt, lemon juice, and water to cover by about 2 inches. Bring to a boil over medium-high heat and cook for 3-4 minutes. The celery root should be just tender to the bite, not mushy. Drain well and, using a sharp knife, slice into thinner rounds, then cut into very thin strips. Alternatively, stack the slices and use a mandolin to shred them. Place in a bowl.

In a small bowl, stir together the mayonnaise and 2 tablespoons of the mustard. Taste the mixture. It should be well seasoned with the mustard but still taste of both ingredients. Add more mustard as desired. Pour the dressing over the celery root and mix well. Cover and refrigerate for at least 1 hour or up to 12 hours before serving. Makes 4 servings.

Celeriac is one of those staple winter vegetables, and along with leafy celery, is a variety of a plant thought to be native to Southern Europe. It is a root that will keep for up to 6 months in a root cellar, and used to be more popular in the U.S. until we tossed those winter roots by the wayside for prettier product trucked in from California. In the cookbook *From Asparagus to Zucchini* there is even an Ode to Celeriac too lengthy to reprint here, but worth reading if you have the cookbook. There are many great celeriac recipes in that cookbook, but here's one that is especially good.

Wild Rice Celeriac Pilaf

1 tablespoon olive oil 1 cup chicken stock
¾ cup finely diced celeriac 1 cup beef stock
¼ cup finely diced onion salt and pepper
1 cup wild rice, rinsed and drained 2 tablespoons dried cranberries
2 teaspoons dried thyme

Heat olive oil in a skillet. Add celeriac and onion; sauté until tender, about 5-7 minutes. Stir in wild rice, thyme, and stocks. Season with salt and pepper. Bring to a boil, cover, and lower to a simmer. Cook until rice is nearly tender, 30-60 minutes (time depends on the kind and age of the rice). Stir in dried cranberries; cook until rice is tender, 5-15 minutes longer. Makes 4 servings.

I got a great idea on parsnips, when I was really looking for a fun recipe that would incorporate fennel, celeriac and parsnips. On the F.C.P. front, I found many gratin recipes that were pretty straightforward: sauté in butter, sprinkle with cheese and breadcrumbs and bake. Google it and you will see what I mean. The parsnip suggestion is a variation on that I suppose, and works great for these tiny parsnips that needed a bit more space in the garden. Here's what Delia Smith of **The Guardian** does with her parsnips: blanch them, drain them, roll in flour and parmesan, and then roasts them in the oven until tender. It is suggested that parsnips complement fish, such as halibut beautifully, which reminds me of something we heard last weekend. As an older gentleman was buying parsnips, he commented that his mother always called them "the poor man's lobster" because of their nutty, delicate flavor. Peasant food or not, we love our parsnips. If you ever grow them in your garden, seed them outside early in May in a sunny spot because they take many days to germinate and then 4 more months to grow. But the other trick is to leave them in the ground over the winter, and dig them up as soon as you can in the Spring. They will be as sweet as candy. Which is why there are many parsnip cake recipes out there. One is on our website in fact!

Have a sweet week everyone! Your farmers, Laura and Adam