



# LOON ORGANICS

www.loonorganics.com

October 12, 2006

## This Week's Box:

**Carrots-** Sweet, crunchy

**Herbs-** Cilantro or Dill,  
Curly Parsley

**Sweet Peppers** – Green  
and Red Bell Peppers

**Hot Peppers** – Jalapeno

**Salad Mix** – Arugula,  
Baby Red Kale, Lettuce.

**Broccoli** – Fall Broccoli  
from GOE.

**Apples-** Certified  
Organic Haralsons.

Good eating or baking  
apple.

**Spinach-** The forbidden  
green. Ours is safe (and  
so tasty). We promise.

**Sweet Potatoes-** from  
Driftless

**Garlic** – Assorted  
varieties

**Radishes-** Assorted  
“Easter Egg” or French  
Breakfast varieties.

**Winter Squash**  
**Potatoes or Kale**

\*\*We will pick-up the boxes you bring back this week, but it seems easiest for you to keep your last box. If you happen to swing by the farm or GOE stand, you could drop it off. But no worries if you can't make it.\*\*

## Week 18: Thanks for a great season

We made it to the end just in time for the earliest snowfall I ever remember! What a punctuation to the wacky weather we've had the past four months. Tuesday and Wednesday were two full days of harvesting almost everything we could in our field before freezing temps came late Wednesday and Thursday. Lettuces, radishes, some of the herbs can handle light frosts or even a brief heavy frost, but over 12 hours of solid freezing temps is death to almost anything with water in it. Normally we'd be planting garlic right now, but we're going to hold out until it creeps back into the 40-50 degree range.

Thanks again to all of you for supporting and participating in the CSA this season. We really enjoyed the “subscriber” system, rather than selling everything to a local store or co-op, or even trying to sell everything at farmers markets. The CSA really allows us to feel a bit more connected to our customers, knowing where our veggies end up, what people think, and how they prepare and cook each week's box. We'll probably be sending the end-of-the-season survey out in the next few days—as there won't be much to do outside—and are interested to hear your experiences, good and bad. Your suggestions will directly affect the varieties and quantities of vegetables we grow next year, within reason (kale will still be a part of 2007's CSA).

I'd encourage you all to continue to seek out local fruits and vegetables, dairy, and meat over the next months. This is a really powerful way to vote with your dollars and get tastier food that is fresher while also supporting MN's rural farmers and their stewardship of our farmland, watersheds, and wildlife habitat. It is also food that is safe and secure, with an accountable face behind it. On average, our food comes from Southern California and Mexico; over 2,000 miles from our house in Farmington. Is that trip worth it for 80 calories of salad mix that is usually already 1-2 weeks old? Do you want to pay for that? I'll be the first to admit that our options in January and February to eat local veggies are pretty dire, but 12 months of the year we do have local dairy, meat, bread, etc. The local co-ops carry many local products, but more and more grocery stores are doing so as well. I will get off my local foods soap box, but just wanted to remind you the impact your food dollars have. After all, Adam and I wouldn't have been able to be farming full-time this season without all of you supporting and “voting” for us. Looking forward to 2007!

What do farmers do in the winter you ask? We are pursuing a few different work opportunities, from Internships to baking to nannying. Also looking forward to a number of excellent farming conferences, and reading about soil science and local food issues. One of the highlights is getting all the seed catalogs with beautiful photos in the doldrums of February to drool over. *-Laura*



Haralsons- A sweet-tart apple. MN favorite.

\*\*See your produce and your farmers in the Pioneer Press!\*\*

We are going to be in the St. Paul Pioneer Press Sunday Business Section as the featured entrepreneurs! The feature focuses on the CSA business model, as well as our personal story of starting Loon Organics. With color photos of us washing carrots and harvesting radishes for this week's boxes. Feature should either be this Sunday, Oct. 15 or the following Sunday, Oct. 22.

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### Recipe Corner

In the spirit of eating seasonally and locally, I've included some recipes that you can continue to cook throughout the last months of the year using fall local produce. Any of the co-ops will be carrying local potatoes (from Driftless!), cabbage, broccoli and kale (from GOE), plus sweet potatoes, winter squash, beets, carrots, parsnips, apples.

Despite my exuberance for local foods, I was still feeling a little melancholy over the prospect of a long winter with no fresh tomato soup, (or fresh tomatoes for that matter) until I began making Golden Potage every day. It has a sweet flavor due to all the root vegetables, and fall/early winter is a great time to make it since the local root veggies are at their freshest and sweetest.

#### Golden Potage

- |  |                                  |
|--|----------------------------------|
| 3 tablespoons vegetable oil                      | 1 cup chopped onion or leek      |
| 8 cloves (or 4 large) garlic, chopped            | ½ cup chopped parsnip            |
| 1 to 1½ cups diced sweet potato or winter squash |                                  |
| ½ cup chopped carrot                             | 1 ½ cup diced potato             |
| 4 cups Vegetable Stock                           | 1 teaspoon salt                  |
| ½ cup half and half or soy milk                  | 1 tablespoon chopped fresh herbs |

- Saute leek or onion and garlic in oil for 5 to 8 minutes. Add the rest of the vegetables and sauté for 10 more minutes. Combine sauteed vegetables and soup stock in a large soup pot. Add salt. Bring to a boil, and then reduce heat to a simmer. Simmer, covered, for 30 minutes. Cool slightly, and puree in 2 batches until creamy. Return soup to the pot and add cream and herbs. Taste, adjust seasoning as needed. Serves 6. From Café Brenda Cookbook.

Kale and potatoes complement each other well. Try standard soup below or make garlic mashed potatoes and mix in chopped, steamed kale.

#### Potato Kale Soup

- |                          |                             |
|--------------------------|-----------------------------|
| 4 tablespoons olive oil  | 1 ¼ teaspoons salt          |
| 2 medium onions, chopped | ½ pound chopped kale leaves |
| 1 small onion, diced     | salt and pepper             |

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and sauté until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to a boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 minutes. Puree soup in blender or food processor. Season with pepper to taste. Makes 6-8 servings. From Asparagus to Zucchini.

Apples are from the Amador Hill Orchard at the Women's Environmental Institute, near North Branch, MN. They are one of the few certified organic orchards in MN! There are larger and smaller apples, but they are both Haralsons. Enjoy.

#### Apple-Roasted Sweet Potatoes and Winter Squash

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 ½ -2 pound winter squash | 2 teaspoons chopped fresh rosemary or |
| 2 medium sweet potatoes    | 1 teaspoon dried                      |
| About 1 ½ cups apple cider | 2 tablespoons olive oil               |
| Salt and pepper            | (Chunks of apple too?)                |

Heat oven to 350 degrees. Peel squash, cut them open, and remove seeds. Peel sweet potatoes. Cut squash, sweet potatoes, apples into even-size chunks. Place in a baking dish just large enough to hold all the vegetables in 1 layer. Toss with olive oil and rosemary to lightly coat. Pour in enough apple cider to reach about halfway up the vegetables. Season with salt and pepper. Bake until vegetables are tender and juice is reduced to a glaze, 40-50 minutes. Makes 4-6 servings. From Asparagus to Zucchini \*\*Hint from Asparagus to Zucchini\*\*--to bring out maximum sweetness in sweet potatoes, place potatoes in cold oven and then turn on heat, maximizing the time for the starches to be transformed to sugar before the high temps denature the enzymes responsible for this process. Serve plain or with butter mashed into inside. Skins can be eaten if cleaned before baking.

Have a great winter! Hope to see you next year. Your Farmers, Laura and Adam