



# LOON ORGANICS

www.loonorganics.com

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## This Week's Box:

### Spinach/Swiss Chard Mix

**Broccoli:** see pg 2

**Greentop Beets:** Chioggia (pink candy-striped) red, or golden beets. Or maybe a combination! Great size for roasting. Eat the greens too!!

**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:** Orange

### Celery Root/Celeriac:

What did you think of this last week? Info on page 2.

**Fennel:** Pasta

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

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

**Parsnips:** peeling is not necessary, just scrub.

**Garlic:** this'll store well.

**Butternut squash:** We cured this a bit more, but if yours still has some green color on its skin, set it on your counter until it loses that. If eaten when green, it will not be sweet.

## Week 18: Thanks for eating, reading, and supporting

Hello everyone. First off, we must say thanks for a great CSA season this year!! Whether you were a first-time member this year or have been with us for all three years, it has been a pleasure to grow food for you all, to meet you, and hear such positive feedback. We feel like this was our best CSA season yet, with the blessing of relatively good weather that gave us very little to complain about until now. The last couple Tuesdays have been terribly cold, rainy, and mucky, yet even on those somewhat miserable days, the work goes on. Gardens of Eagan's crew harvests every Monday, Wednesday, Friday, rain, shine or snow, and the same goes for us on Tuesdays and Fridays. People still need to eat if it is raining after all!

Although this is our last week of harvest, Gardens of Eagan will continue peak broccoli picking on into November hopefully, depending on when we get that first shot of snow and hard freezing temps. If you are now addicted to their broccoli like we are, you can still purchase that at any of the Twin Cities Co-ops or Whole Foods in Mpls or St. Paul. It will be less expensive at the co-ops, since they mark up their product less. In the South Metro, you can head to Valley Natural Foods in Burnsville or Just Food co-op in Northfield.

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. Even though we are pretty happy with our season, we always see room for improvements. Especially on the winter squash and potato front. There were certainly not enough of those. Part of that was not having enough land to grow potatoes, and then the demise of our squash crop left us with nothing. However, we were able to get some butternut squash from L & R Poultry and Produce (same farm that provided us with potatoes). We laid it out in the sun last week to continue curing, and develop its sweetness, however it may still need some more time on the counter (in the sun, preferably). If your squash's skin looks green, place it on your counter or in another warm spot for a week or so until it loses that green tinge.

On Thursday, Adam and I will close on our new farm and start bringing van loads of farm stuff to Hutchinson. We've been thinking and talking about this all summer, and can hardly believe that everything is finally happening. Adam and I started our business here in 2005 growing vegetables for wholesale on an acre, then beginning our CSA in 2006. We feel that being here on the edge of Gardens of Eagan's farms was a perfect incubator for us as beginning farmers, and of course, we had a great and loyal customer base. Looking back on our years here, growing food for our CSA members and getting to know everyone has been one of the most rewarding parts of our farming experience. So thanks to all of you for supporting us and helping to make us successful farmers! Our hope is that you'll continue to support other local, organic family farm operations. We will still be selling at the Mill City Farmers Market next year, so if you want to come visit us on a Saturday morning, we'd be happy to see you! Take care and don't forget to eat your vegetables.

## What we would do with your box:

Everything should still be refrigerated, except for the garlic, onions, and squash. 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. From here you can use your celeriac in soup recipes or maybe a hotdish?? Or you can grate finely for fresh eating in a salad. The big bag of greens we gave you can be used both for salads and cooking. Our plan for this week is to make a big pan of swiss chard and ricotta lasagna that gets us through at least 3 solid meals.

It also freezes beautifully. With these chilly, damp times, I'm drawn to savory pastries and pies. Such as caramelized onion, goat cheese galette or the flaky broccoli pocket recipe to your right. Warm, flaky pastry dough stuffed with cheese and delicious veggies is maximum comfort food designed for even the pickiest vegetable eaters. To cook your squash when it is ready, cut in half, scoop out seeds, drizzle cut side with olive oil, and lay cut side down on a baking pan with sides (to catch any juices that might run out). Bake at 400 until fork-tender. You can then eat as is, or used baked squash in soups, pies (you'll never go back to pumpkin), or ravioli. Delicious!

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## Recipe Corner

All the recipes below are from *Farmer John's Cookbook*. Here's what they say about celeriac soup: "of all the 'cream-of' soups, this is, undeservedly, the most underrated and undercelebrated. Including it here is our effort to bring it out of the closet, as it were, to awaken the public to its greatness and to garner it some respect. Try it, and you'll see what we mean."

### *Creamy Celeriac Soup*

3 tablespoons butter  
1 large potato, roughly chopped  
½ cup coarsely chopped blanched almonds  
¼ teaspoon mace or nutmeg  
1 teaspoon salt

3 large leeks or 2 onions, diced  
4 cups vegetable/chicken stock  
½ cup cream or half-and-half  
freshly ground black pepper

Melt the butter in a large soup pot over medium-high heat. Add leeks/onions; cook until soft, 5 to 7 minutes. Add the celeriac, potato, stock, and almonds; bring to a boil. Reduce heat, cover and simmer 25 minutes. Let the soup cool slightly and then puree it in a food processor or blender. Return the soup to the pot; stir in the cream, salt, and pepper to taste and heat on low until heated through.

### *Broccoli with Asian-Style Dressing*

1 medium head broccoli  
3 tablespoons peanut oil  
1 teaspoon grated fresh ginger  
½ teaspoon toasted sesame oil

½ cup rice wine vinegar  
2 tablespoons soy sauce  
½ teaspoon minced garlic  
½ teaspoon hot chili oil (optional)

Separate florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips. Place the broccoli in a steamer basket set over 1 ½ inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl. Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.

### *Flaky Broccoli Pockets*

Oil for greasing baking sheet  
1 cup minced onion  
½ teaspoon salt, more to taste  
2 cloves garlic, minced  
1 ¼ cups fresh bread crumbs  
2 tablespoons freshly squeeze lemon juice (about 1 small lemon)  
10 sheets thawed phyllo pastry (about ½ pound)  
Oil or melted butter for preparing the phyllo

1 tablespoon butter  
½ large broccoli, stem peeled and finely chopped  
½ teaspoon freshly ground black pepper  
2 cups crumbled feta cheese  
1/3 cup kalamata olives

Preheat the oven to 375. Lightly coat a baking sheet with olive oil. Melt the butter in a large skillet over medium-high heat. Add the onion; sauté for 5 minutes. Add broccoli, ½ teaspoon salt, and ½ teaspoon pepper; cook, stirring, for 5 minutes. Add the garlic and cook until the broccoli is just tender, 2 to 3 minutes longer. Remove from heat. Stir in the feta, bread crumbs, olives, and lemon juice. Add salt and pepper to taste.

Lay a single sheet of phyllo dough on a clean, dry counter or large cutting board. Lightly brush the top side only with oil or melted butter, then top with another sheet and brush with oil or butter. Continue this process until you have 5 sheets layered on top of one another (do not butter or oil the top layer at this point). Repeat this procedure with the remaining 5 sheets of phyllo to make a second stack. Working with the first stack of 5 phyllo sheets, place half the filling at one short end of the dough, leaving about 1-inch border of dough. Fold in the sides and gently roll the pastry to make a log. Carefully transfer the pastry to the oiled baking sheet. Brush the top of the log with more oil or melted butter. Repeat this procedure to make a second roll with the remaining phyllo stack and filling and place it on the pan. Bake until pastry is golden and crisp, 25-30 minutes. Cut with a serrated knife and serve hot or at room temperature. P.S. **It's easier for us if you keep your last box. Use it for storage!** Thanks for a great season everyone! Your farmers, Laura and Adam