



LOON ORGANICS

www.loonorganics.com

June 22, 2006

This Week's Box:

Head Lettuces (that's it
for now)
Salad Mix
Swiss Chard
Snow/Sugar Snap Peas
Greentop Baby Beets
Green Garlic Stalk
Garlic Scapes
Radishes (just a taste)
Cilantro

Exciting things for
next week: blue
potatoes, beets, salad
mix, and zucchini/
summer squash?? Oh
so soon: basil.

Ten Steps to Organic Certification

1. Water Test
2. Soil Test
3. Field History
4. Crop Rotations
5. Env. Impact
6. Soil Building plan
7. Organic Seed
8. Habitat Preserve
9. RECORDS!
 - a. Planting
 - b. Fertilizing
 - c. Watering
 - d. Harvest
 - e. Sales
10. Annual Inspection

We're happy to present to you the 2nd box of the season!

Welcome to all you half-sharers that are joining us for the first time this week. This week's box is similar to the first. If you haven't tried the blue potatoes yet, you'll be receiving them in the following weeks. They are a surprising treat for the eye and palate. Let's talk about this week's box though! We've included at least one head of absolutely stellar lettuce that is out of this world. This will be the last week we have head lettuce (and peas too?) until the fall, as it prefers a bit cooler weather. Salad lovers don't fret—we are hoping to have an assorted salad mix throughout the season. This was not such a great year for peas. It seems that there are never enough peas to go around, and the extremely warm May combined with low moisture really decreased our yields this spring. We hope to have more this fall.

New this week, are beets, swiss chard, and cilantro! Fresh beets are a favorite on the farm and included is a beet salad recipe that we've been eating almost daily. You can eat the greens too—taste is similar to spinach. Sooo good.... Cilantro is an herb used widely in Mexican, Chinese, Vietnamese, Thai, and Indian cooking. It is the secret ingredient to salsa. Most people have a love or hate relationship with cilantro's unique flavor. I like it in small doses, while Adam can never get enough. Try it chopped up over salads or see Mango Cilantro Salsa recipe below. This week's salad mix contains baby lettuce, spinach, dill, various mustard greens to give it spice!

This week at the Loon farm

Things went quite smoothly last Thursday with our first CSA delivery and organic certification all in one day! The certification process involves going over all of our farming practices, recordkeeping, and sales with our inspector to ensure that we are following USDA organic regulations. Everything was approved and our products are officially certified organic for 2006! On Monday we got some welcome rain, and Adam dutifully drove the Gardens of Eagan transplanter all day through rain and sun as they planted 10,000 broccoli, cauliflower, and cabbage plants. Laura spent the day picking squash bugs, potato beetles, parsleyworms, and their eggs off our eggplant, summer squash, and cucumber plants. Guess what she does with them? Well they don't call them squash bugs for nothing!



Bagging Salad Mix

Beet greens!

High in Vitamin C, calcium, and iron. Best if you use beet greens as fresh as possible. Store greens in a damp cloth or plastic bag in drawer of refrigerator. If not using leaves right away, cut off stems and leaves just above beet root to maintain the beet's firmness.

Contact us:

Laura and Adam
(952)985-5446
8199 257th St W
Farmington, MN 55024

loonorganics@hotmail.com
www.loonorganics.com

If you'd like to receive an extra copy of our newsletter every week by e-mail, let us know!

Recipe corner

Mango Cilantro Salsa

-Ok, ingredients are not local or in-season, but one has to make occasional exceptions for mangoes and avocados. Serve with chips, tofu, fish, by itself... Will win over the cilantro snubbers.

2 ripe mangoes 1 ripe avocado juice of 1 lime ¼ cup minced onion
2 tablespoons chopped cilantro 1 teaspoon minced green garlic
1 jalapeno, seeded and chopped

Peel and dice mangoes and avocado. Combine with remaining ingredients. Makes 1 ½-2 cups. Recipe from [Asparagus to Zucchini](#).

Beet Salad

-Now that we have fresh beets, we're eating this salad almost daily. Add chopped cilantro, roasted almonds, +/- dried cranberries for a real treat.

1 head lettuce or a few handfuls of spring mix
1 bunch greentop beets
shredded carrot
blue cheese
chopped garlic scape or green garlic, according to taste
balsamic vinaigrette

Trim beet ends and tops. Reserve greentops for salad. Thinly slice beets and steam for 15 minutes or until soft. While beets are steaming, wash and gently dry lettuce leaves, baby greens, and beet tops in salad spinner. Tear large leaves into smaller pieces and place in large bowl. Shred 1 or 2 carrots. Cut blue cheese and/or other cheese into chunks. Place hot cooked beets on greens, add cheese, carrots, and other desired garnishes. Lightly drizzle salad with balsamic vinaigrette. Serve immediately. Makes 2 generous servings or 4 small servings.

Swiss chard: This deliciously mild green is related to spinach and beets, and the common beets evolved from leafy Swiss chard. Contains Vitamins A, E, C, and minerals like iron and calcium. The minerals in Swiss Chard are more easily absorbed than they are in Spinach because unlike Spinach it contains no oxalic acid which can inhibit the absorption of calcium.

Beet Greens/Chard + Fresh Garlic Pizza

1 pizza dough (12-inches round) 4 dashes hot sauce, to taste
6 garlic scapes or green garlic 4 oz. mozzarella cheese, fresh and thinly sliced
1-2 tbsp olive oil 2 tbsp Parmesan cheese, fresh and grated
½ lb. chard, beet greens, other greens ¼ tsp salt
¼ tsp pepper

Preheat oven to 475°. Heat a skillet over medium-low heat and add olive oil. Chop garlic scapes thinly and add to heated skillet. Cook for 2-3 minutes. Add salt, pepper, add chopped or thinly sliced greens and cook for 5 minutes or until greens are wilted. Add hot sauce.

On a lightly floured surface, roll pizza dough into a 12-inch round crust and place on a preheated pizza stone or pizza pan. Spoon greens mixture onto dough; spread ½-inch from edges. Slice fresh mozzarella cheese and place on top of greens. Grate Parmesan cheese over entire pizza. Bake for 8-9 minutes or until cheese is bubbly. Slice fresh basil into thin strips and sprinkle over cooked pizza.

Thanks to members Crystal and Ryan for the pizza recipe. They write a food blog with great pictures and recipes at www.cafecyan.blogspot.com.

Have a great weekend and Enjoy your box!

Your farmers, Laura and Adam