



LOON ORGANICS

www.loonorganics.com

June 24, 2008

This Week's Box:

Salad Mix- Mixture of baby salad leaves, spinach, and baby beet greens.

Baby Spinach- last week for spinach.

Head lettuce- Red butter lettuce. Last of the season.

Swiss Chard- There's an awesome recipe on page 2.

Green onions- white and green parts are edible, use like a scallion.

Baby Beets- info on pg. 2

Herbs- thyme, summer savory (kinda a cross b/n mint and thyme), OR marjoram (a mild version of oregano).

Garlic Scapes- Curly flower tops of garlic that we snap off to make the garlic bulb grow bigger. Has a mild garlic flavor with a consistency of a green bean.

Green Garlic- young garlic plant; use like a leek or scallion. It is very fresh and juicy, with a stronger garlic aftertaste. White and light green parts are most tender—leaves are edible but tougher. Leaves are great for flavoring soups.

Full Share: Radishes/Salad Turnips- Either colorful easter egg radishes or Hakurei white salad turnips. The turnips are meant to be eaten raw like a radish—very similar flavor.

New produce next week: Kale, baby carrots, sugar snap peas. Cucumbers from Gardens of Eagan, we hope! Summer squash, zucchini, and basil coming soon.

Week 2: Farm News

Happy Summer Solstice to everyone!

The past couple weeks of June have brought some particularly exciting farm-related news that we wanted to share with you all. First off, we bought a beautiful, 40-acre certified organic farm just over a week ago!! We won't close on the property until the end of the season, so rest assured, nothing regarding this season's CSA will change. We are still living and farming here at Gardens of Eagan for the duration of the season. BUT (and I wish there wasn't a but) the downside is that the farm is just outside Hutchinson, MN (70 miles west of Minneapolis) which is over 90 minutes from our current location. We won't be able to make a CSA delivery to this area for 2009, Instead we'll be focusing on the local Hutchinson area and adding shares to our Mill City pick-up. We tell you this not to disappoint, but instead to inform you about some other AWESOME local CSAs that you could subscribe to next year. It seems early to be talking about this now, right? However, because of the great demand for CSA shares, some of these farms have waiting lists and if you get on now, chances are they'll have a spot for you. If you have a minute to drop them an e-mail and express your interest, we'd recommend it, esp. for Northfield area.

Northfield: Open Hands Farm, www.openhandsfarm.com, these guys grow awesome produce and have many u-pick opportunities for berries, flowers, herbs etc at their farm just north of Northfield.

Big Woods Farm, www.localharvest.org/farms/M4652, veteran CSA growers have quality, beautiful product and deliver to Northfield and South Minneapolis.

Burnsville: Featherstone Farms, www.featherstonefarm.com, large, diverse CSA that delivers to Valley Natural Foods in Burnsville.

Rosemount: Harmony Valley, www.harmonyvalleyfarm.com, another large and diverse CSA with variety of perennial crops deliver to a residence in Rosemount.

I'm sure there are more CSAs with local deliveries, and here's where to find them: www.localharvest.org and www.landstewardshipproject.org/csa.html. We are very sad to be leaving the local community, but also excited to be full-time farmers at our own farm and grow more food for people! We also just found out that Laura got accepted (along with two other local farm women—Atina Diffley being one of them!) to attend Terra Madre, Slow Food's International Conference in Turin, Italy this October. There will be 7,000 farmers, chefs, educators, and youth from 151 countries gathering to work towards increasing small-scale, traditional, and sustainable food production. I'm honored to be a part of this and represent our local food community as a youth producer and delegate. Can't wait to meet farmers from all over the world, talk farm, and EAT!

What Laura would do with your box:

This will be a weekly feature where someone (me or another cook, maybe you?) share what they would do with the box's contents, hopefully giving you ideas so that you can use and enjoy all of your CSA produce...

In general, everything you receive in your box this time of year should always be stored in your fridge wrapped loosely in plastic to keep moisture in. Last weekend, we made the chard frittata recipe (to the right) and it was excellent! We threw in some extra herbs and used blue cheese instead of the feta, after 5 minutes of cooking, viola—there's dinner. With a nice side salad of fresh greens and radishes—what more do you need? Beets we love so many different ways—with a small, tender beet such as these, we often steam the beets whole and toss in the beet greens once the beets are getting close to being tender (takes 15-20 minutes total?). We'll add whole beets to a salad with a balsamic vinaigrette, or just cover them in butter and salt for a sweet side dish. To roast beets, cut off the tops and stems, wash, and douse beets with olive oil. Pierce a few times with a fork or knife, then wrap in foil, and roast in a pan in oven at 400° for 30-45 minutes, or until easily pierced. Get your fill of salads this week, The "hard" veggies are on their way and here to stay.

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Recipe corner

Swiss Chard and Beets derive from the same species: *Beta vulgaris*. France and Italy are the countries of origin for some of the most handsome chard varieties. Contrary to what one might think, oftentimes the largest chard leaves are the sweetest and most tender. Due to its brilliant leaf and stem colorings, chard is often used in landscape gardens, albeit as a tasty addition. Ribs and leaves of chard are both edible—ribs can take a little bit longer to cook, so it is best to separate leaves from the ribs before cooking. Easily accomplished by loosely folding the leaf in half along the stem, grasping the folded leaf with one hand, and pulling the rib away with the other hand. This goes very quickly once you get the hang of it, and we use the same process to de-rib kales, collards, and other cooking greens. Ribs can be used fresh like celery in salads or cooking, or just chop and add it to your dish a couple minutes before you add Swiss Chard leaves.

Swiss Chard goes particularly well in egg dishes, such as quiche and scrambled eggs. One of our CSA members included the following recipe which calls for chard and eggs cooked to perfection in a frittata. Please feel free to send us any recipes that you like particularly well, especially those that use cooking greens. We'd love to feature them here for the rest of our members.

Swiss Chard and Garlic Scape Frittata

3 T. oil
2-3 c. swiss chard leaves, cut crosswise into ribbons
1 pkg. (8oz) fresh mushrooms, chopped or broken into pieces
4 garlic scapes, chopped into inch segments
8 eggs
1/2 c. milk or soymilk
1/2 t. seasoned salt
1/2 t. garlic powder (or just use more garlic scapes)
1-2 oz. feta cheese, crumbled

In a large sauté pan, sauté the chard, mushrooms, and scapes in the oil until tender. Beat together the remaining ingredients except the cheese, and pour over the chard mixture. Sprinkle the feta evenly over the mixture. Cover and heat over low-medium to medium heat for 5 minutes, or until the eggs are firm except on the top. Remove cover, and turn the frittata by sliding it out onto a plate and then placing the pan upside down over the plate and flipping in back into the pan. Reduce or turn off heat, and leave in pan for several minutes. (When we made it we put the pan under the broiler for a couple minutes to cook the top, in lieu of flipping it all. Worked great—just make sure your skillet is oven safe.) Serve with a really good bread, like Great Harvest Honey Whole Wheat.

Beets! One of our favorite vegetables. If you don't think you like beets, can we implore you to try again? They have a remarkably high sugar content for a vegetable, and when roasted until tender, those sugars caramelize into a sweet, earthy goodness. When cooking beets, we recommend that you cook them until completely tender, but not mushy. These beets are such a perfect size that they would be perfect steamed whole, with or without greens attached. Greens are also an edible delicacy, similar taste and nutritional profile to spinach. For storage, beets keep best wrapped loosely in the refrigerator. Tops wilt fast, and turn yellow and slimy if unattended. If you are not using beet roots right away, cut off the greens a little above root and cook within a day or two. Beet roots will stay good for another week or so. Some people think that beets (and carrots) stay fresher if you keep greens attached—that usually only goes for the first day or so, and then it can actually make the roots even more limp. Beets (and their greens) are wonderful juiced raw with carrots or apple. Check out sidebar for info on cooking beets. Beet Chocolate Cake Recipe is a standby on our farm—we'll be sure to include it soon.

Hope you enjoy your box and we'll see you next week!
Your farmers, Laura and Adam