



LOON ORGANICS

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June 29, 2006

This Week's Box:

Blue Potatoes
Babyish Carrots
Swiss Chard
Head Lettuce (the last)
Snow/Sugar Snap Peas
Green top Beets
Baby Shallots
Basil
Zucchini/Patty Pan
Summer Squash

Exciting things coming: black + red raspberries, broccoli, cucumbers! We're waiting for our next bed of salad mix to grow a bit bigger; next week expect succulent salad mix with a few interesting edibles mixed in.

Look for our photo at the Mill City Farmers' Market in this Month's Mix (Twin Cities food coop publication)..... check-it-out!!

Good-Bye June...come again soon!

Hard to believe that June is on its way out, but from the looks of the farm it could be mid-July already. Everything is early this year. As for sweet corn, the saying goes "knee high by the fourth of July" but this year it was knee high by the fourteenth of June. Gardens of Eagan will have **sweet corn** early; hopefully in just three weeks or so.

Farm life has been busy (when is it not?) with much-needed rain coming just at the right time to germinate seeds, push along seedlings, and give everything else a nice drink. We did have a close call on Saturday evening with a violent and torrential thunderstorm that passed through the Southern Metro Area. The storm dropped pea-sized hail for around 10 minutes and gusts of wind were around 40-60 mph. There was little damage to our crops, with the exception of some broken stems and shredded leaves. You will notice your **Head Lettuce** (especially the Romaine variety) will have some shredded edges. Of course the taste is not affected, but the damage will decrease its fridge life so eat it sooner rather than later.

Other notes about your produce: we've got lots of mini veggies this week that the gourmet chefs just fawn over; baby carrots, baby shallots, baby zukes and summer squash, babyish beets for you $\frac{3}{4}$ sharers, and even baby peas if you shell them. Served whole (raw or cooked) they are absolutely darling—almost too cute to eat! The zucchini and summer squash is *just* beginning so savor that little squash you got, but know there will be more. Soon we won't be able to pick it fast enough. Also new this week: Basil! Pesto! Recipe below. And we still have **peas!** Your peas are a mixture of snow and sugar snaps, with some of the snaps on the big side. Absolutely delicious lightly sautéed OR **shell the big snaps** and eat the juicy, sweet peas inside. The rain helped keep the peas sweet and tender throughout the heat.

Shallots: Think (and taste) a lighter, milder, more refined onion. Baby shallots can be used interchangeably for scallions or green onions, but they really deserve their own recognition. They are a truly glorious addition to just about anything. Finely mince bulb and add to a vinaigrette or lightly sauté with your zucchini/squash. Chop green tops with some fresh basil and add to soup, salads (my favorite), or to season your main dish. Mature shallots will appear again in late-July.

Loon Farm Photo



Watering Peas

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Pipeline update: Gardens of Eagan is still rallying against the proposed crude oil pipeline currently routed to cut through their farm. Over 1600 letters have been sent!

The judge is still taking comments until August and a public hearing will take place in late August or early Sept.

The Pioneer Press wrote a great article on the details of the proposed pipeline and how it would affect Gardens of Eagan as well as two other organic farms that would be intersected. The Associated Press picked up the article and it was published in papers nation-wide. To read

the article go to (full link):
www.twincities.com/mld/pioneerpress/14850114.htm

Recipe corner

Swiss chard: Since chard is so nutritious and so tasty, we've included another easy chard recipe. Recipe from [Asparagus to Zucchini](#).

Asian-Style Chard

1 bunch Swiss chard, cleaned	1 tablespoon soy sauce, tamari
1 tablespoon peanut oil	2 tablespoons hoisin sauce
1 tablespoon minced garlic or shallots	freshly ground black pepper

Cut out ribs of Swiss chard; chop ribs into 2-inch pieces; set aside in a pile. Stack the leaves in small piles; coarsely chop them. Heat oil in large skillet over medium-high. Add ribs; toss and cook 1-2 minutes. Add leaves and garlic/shallots; continue to cook, tossing often, until chard begins to wilt, 2-3 minutes. Stir in soy sauce and hoisin sauce; cook until chard is tender, 1-3 minutes longer. Add pepper to taste. Serve immediately. Makes 2-4 servings.

--If Asian-style chard isn't appealing, here's a savory pie that is a bit quiche-like and would be a great addition to any brunch. Easy way to feed lots of people over the holiday weekend! You can also substitute or add in beet greens with the chard. Recipe from Dog Hollow Farm in [From Asparagus to Zucchini](#).

Swiss Chard Pie

1 onion, chopped	6 eggs
1 garlic clove, minced	1 cup shredded cheese
2 tablespoons oil	1 teaspoon salt
1 bunch Swiss chard	2 pie crusts

Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop chard, add to pan, and cook down until wilted. Beat eggs in a bowl; mix in cheese, salt, and chard mixture. Pour into pie crusts; bake until knife inserted into center comes out clean, 30-40 minutes. Makes 2 pies.

Basil: Believed to have originated in India where it was considered a holy plant and grown around shrines and temples. Basil's fragrance and flavor is integral to tomato sauces, salad dressings, and pesto. Store your basil in a bag on the counter or refrigerate *short-term* in a lightly damp towel. If kept in fridge too long, basil leaves will turn black from the cold exposure. Best to use fresh basil within a few days. Pesto freezes really well and is a welcome treat in the winter time! Freeze in small airtight containers or freeze in ice cube trays and when frozen, pop out pesto cubes, put in zip-lock bag in freezer, and then you're able to take out only as many cubes as you need each time.

Pesto

1 1/2 cups basil (stems and leaves)	1-2 cloves garlic
1/4 cup nuts (almonds, pine nuts, or walnuts)	1/4 cup olive oil
2/3 cup parmesan (optional)	splash of lemon juice
Pinch of salt and pepper	

Puree together in a blender or food processor until it becomes uniform. Enjoy!

Have a great 4th of July weekend ya'll!
Your farmers, Laura and Adam