



# LOON ORGANICS

www.loonorganics.com

July 6, 2006

## This Week's Box:

**Fennel** - Eat bulb, leaves, and stalk. Mild anise flavor.

**Kohlrabi** – Eat bulb and leaves too; raw or cooked!

**Basil** – Both leaves and stems are edible.

**Dill** – Try a dill and cuke sandwich, salad, or cold soup. See recipe below.

**Cucumbers** – Tender and juicy. No need to peel.

**Zucchini** – Sauté with olive oil, onion, garlic.

**Dino(a.k.a Lacinato) Kale** – Preferred kale by many chefs for lightly steaming or sautéing. Serve as a bed for tofu or fish. From GOE.

**Beets** – Have you roasted beets yet? Or try on grill.

**Baby Carrots** – Roast with beets or Soup recipe below.

**Salad Mix** – Lettuces, mustard greens, herbs.

**Black Wild Raspberries** – Freshly picked from forest to you. Wash before eating.

**Fresh Walla-Walla Onion** – Use green tops as scallions. Onion is mild and juicy.

½ share: **Blue storage potatoes from Driftless Organics**

## Box number four—Herbivore's delight.

We've got a number of new additions to the box this week and they can make all the difference in the kitchen. My new favorite is fennel. The history surrounding fennel is as rich and varied as its culinary uses. In Ancient Greece fennel was a revered vegetable (similar to basil in India) planted around temples and used in celebrations to gods and goddesses. One of the most famous battles in Greek history was fought in a fennel field against the Persians in 490 BC. The Greeks were victorious and a runner ran 26 miles into Athens to spread the news. Thus the Greek word for fennel is *marathon*.

Ancient Greeks, Romans, and Egyptians all believed fennel to be an excellent medicinal aid for digestion, respiratory difficulty, poor eyesight, and anxiety. It is a member of the anise family and used prolifically in Mediterranean cooking. All parts of the plant make an excellent seasoning, especially for fish. Or thinly slice bulb, eat raw or sauté. Fennel stems and bulb are great substitutes for celery. Basil, Fennel, Olive Oil, and Garlic are exquisite together—those Italians are definitely onto something.

I could go on and on about my fanaticism with fennel, but there are other noteworthy things to tell you about the box. Black Raspberries. Sigh. Picked all yesterday morning from the thistles and brambles in a beautiful neighbor's woods—thanks to Mary Ellen. Most of the vines were 6 ft. tall, wrapped around June berry trees, and like most raspberries, covered in thorns. It was quite a task, but we felt like hunters and gatherers collecting food for our tribe in the wilderness. (Did I tell you I was an Anthropology major in college?) The raspberries were originally planted many years ago by Mary Ellen's father, and over the years the birds have helped to spread them all around her farm. The bushes have now melded with the forest landscape, growing wild amongst the trees and grasses. Of course, they have never been sprayed or treated with any chemicals. We were planning to give you more, but due to the lack of rain the wild berries are drying up, and local organic farms that grow berries in a somewhat more civilized manner are nearly non-existent. If we get some rain and the berries are still around, we hope to provide you with more. Also, thanks go out to our Thursday morning harvest crew. Maya, Sandy, and Stephanie help to harvest, clean, and pack your box with care. They are great people to work with, and we are so grateful they're here each week. -Laura



Baby zucchini with flower blossom attached

**!REMINDER!:**  
**Your second half payment or third quarterly payment is due by July 15. Mail to the farm at the address below. Thanks much!**

**We've been getting a good number of boxes back each week, but please continue to return them to your pick-up site, including the co-op. They'll save them for us. Berry containers can also be returned with your box and re-used later in the season for cherry tomatoes!**

**Contact us:**

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## **Recipe corner**

### *Cold Soup: Cucumber-Dill*

Fresh cucumbers and dill eaten together are even better than their pickled counterparts. Pair the fresh ones up in this recipe from Loon Organics' favorite local restaurateur, Brenda Langton, of Café Brenda and Spoonriver. She advises to use medium to small sized cucumbers to get the sweetest flavor. Soup serves 2-3.

1 ½ tablespoons olive oil	2 medium cucumbers, peeled, seeded, and chopped
2 scallions, chopped	salt and pepper to taste
1 teaspoon chopped fresh dill	½ cup water or vegetable stock
¾ cup plain yogurt	chopped scallions, fresh dill, and yogurt for garnish

Sauté cucumbers and scallions in oil until cucumber is tender. Add salt and pepper to taste. Remove from heat, and puree in blender with dill and stock. Cool to room temp. Combine with ¾ cup yogurt and adjust seasonings. Chill for 1 hour or more. Garnish with fresh dill, scallions, or yogurt. Serves 2-3.

### *Creamy Carrot Soup with Curried Beet Crème Fraîche*

Served hot in the recipe, I think it would also be delicious if served chilled. Just the title makes my mouth water. Crème fraîche (pronounced krem fresh) is a type of sour cream, usually made without preservatives or stabilizers. It also does not curdle when cooked. Check in the refrigerated section of your co-op or grocer. Recipe from Chef Tami Lax, formerly of L'Etiole Restaurant and printed in [From Asparagus to Zucchini](#).

12 sweet carrots	1 large red beet
1 medium potato	1 tablespoon curry powder
2-3 cups half-and-half	1 cup crème fraîche

salt and pepper to taste

Chop carrots and chop and peel potato. Place in 2-quart saucepan, cover with water, and cook until tender. Transfer into food processor; add half-and-half and blend until creamy. Season with salt and pepper. Peel and chop beet; roast in oven at 400 degrees until tender, about 45 minutes. Blend in blender with curry powder and crème fraîche. Use on soup for garnish. For cold soup, chill soup and crème fraîche mixture in fridge until ice-cold.

### *Sautéed Zucchini*

This is a great, quick way to prepare zucchini, which is sure to please. Chef Adam

1 zucchini  
 Olive oil  
 Salt and Pepper

*Optional:* Garlic, onion tops, fennel bulb

Slice the zucchini the long way about ¼ inch thick. Heat a generous amount of olive oil on medium heat. Add the sliced zucchini when the oil is good and hot (not too hot of course... smoking oil is bad). Cook the zucchini for one minute on each side. Add salt and pepper to the cook side after turning. For an extra flare add fresh onion and/or fennel bulb and/or garlic. The secret is not to cook the zucchini too long; it is better to err on the raw side.

A member alerted us to Fridge Smart Tupperware. Developed by the University of Florida specifically to store fruits and vegetables, each tupperware has a humidity adjustment according to each vegetable's needs. It eliminates plastic bag waste and drastically increases life of your vegetables. She's been eating crispy snap peas from 2 weeks ago! Available from Tupperware ladies or on e-bay. Also available at Tupperware.com, but may be a bit pricier there so find your local Tupperware salesperson. They are still out there! Happy eating! Your farmers, Laura and Adam