



LOON ORGANICS

www.loonorganics.com

July 13, 2006

This Week's Box:

Cucumbers – Tender and juicy. Recipe on pg. 2

Dill – Dill and cucumber salad anyone?

Collard Greens – From Driftless Organics. High in Vitamin C.

Broccoli – From Driftless.

Beets – Green tops were wilted from heat. Roots store a long time in fridge.

Red Raspberries – From Driftless Organics. No need for a recipe with this one...

Baby Carrots – Eat these fresh! The best variety we've tried yet—very sweet.

Zucchini + Patty Pan Squash (yellow scalloped) – Sauté or grill with olive oil, garlic, onion, lemon.

Salad Mix – Lettuces, baby swiss chard, herbs.

Fresh White/Red Onion – Use green tops as scallions. Onions are mild and juicy.

Fresh Garlic – Because it is fresh (not cured yet) the skins are thick and juicy. When using a clove, cut end off to peel away thick skin.

½ share: Fennel – Eat stalk like celery, roast bulb, or slice thinly, use leaves as seasoning for fish, tofu, meat.

Is it hot enough for ya? The ground temp is only 110°

Hi everyone! We made it through another week, and this one was a bit taxing with the intense heat and humidity. More for us than the plants. The tomatoes, eggplant, peppers, and basil are just loving this weather provided they get watered often. The hot days spurn us to get up earlier than normal, get outside while it is still mildly comfortable, and get to the day's farming tasks (like watering). We try to save a few afternoon tasks that can be done in the shade so that our bouts with the 2 p.m. sun are intermittent. Even in the shade there's still a lot of sweating going on.

This past week we have been tackling the huge project of harvesting and tying up all of our garlic to cure over the next 2-4 weeks. We have begun the Great Garlic Harvest. Our garlic beds are rock hard due to the lack of rain here, so we have to individually shovel each garlic bulb out of the soil. Talk about "artisan crafted"—by the time we harvest, cure, clean, and trim each bulb it will definitely be a tasty work of art. Luckily we've had some friends help us out, leaving with armloads of garlic in exchange. There are 5 different varieties of garlic, and within each variety there are hundreds of strains. We grew 15 strains of garlic this year, and we will tell you more about the differences over the season, but this week's garlic is: Metechi. It is a Marbled Purple Stripe Variety. Cloves are big and described as having a "fiery taste raw, but with a nice finish". Since this week's garlic is fresh though, it will have a milder and juicier taste than its cured counterpart. Store garlic (fresh or cured) on your kitchen counter out of the sun.

We also have a number of items from Driftless Organics in Viroqua, Wisconsin. Teresa Cuperus, along with Josh and Noah Engel farm 25 acres in the beautiful Driftless region of Wisconsin about 1 hour south of La Crosse. They are among the next generation of organic farmers, wholesaling their produce to co-ops in the Twin Cities, Wisconsin, and the Whole Foods markets. They have been a little luckier with The Weather; One inch of rain per week since March! This is a farmer's dream, just what the soil and crops need to stay hydrated, enough moisture to germinate new plantings of seed, but nothing that will wash you out. We're glad that someone is getting the rain! Did you see how big and juicy those raspberries were before you gobbled them up? That's what an inch of rain per week does to berries. We're also expecting to have the first new potatoes of the season from them in the next week or two. In the fall, they will provide us with winter squash and more specialty potato varieties.

Misc. vegetable notes: Store everything (minus garlic) in your fridge. Most things will last longest in a plastic bag or other container that locks in moisture. Also, you can eat your carrots tops! Best cooked so try sautéing them with collards. -Laura



Green tomatoes soon to ripen and be on your table!

Recipe corner

What to do with all these greens? In the South they make a big old mess o' greens, boiled down with a ham hock or salt into a mushy mixture with a very nutritious broth. I hear it's an acquired taste for us northerners. Adam and I like our **collards** lightly steamed (5 or so minutes) or sautéed. Try the recipe below. You could also add freshly steamed beets and blue cheese and serve with fresh bread to make for a palatable light meal.

Spanish Greens

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| 2 tablespoons olive oil | salt and pepper to taste |
| 3 cloves garlic, flattened | ¼ cup golden raisins |
| or smashed with flat of a knife | 3 tablespoons toasted pine nuts |
| 1 pound collards or other greens,
stemmed and well washed | |

Heat oil over high flame in very large skillet. Add garlic cloves and stir-fry until golden, about 30 seconds. Discard garlic. Toss in greens. Season with salt and pepper. Cover; wilt greens 2-3 minutes. Add raisins and pine nuts. Check for seasoning and serve. Makes 2-4 servings. From Asparagus to Zucchini.

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

Cucumbers are 95 percent water and contain a high amount of vitamin E. Their seasonality coincides perfectly with the summer heat and humidity making for a refreshing and hydrating raw treat. We eat the cuke salad (below) at almost every lunchtime meal. Once we have the first ripe tomatoes we'll throw them in the salad as well, along with some feta cheese.

Cucumber Salad with Dill and Fresh Onion

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| 2-3 cucumbers | 1-2 tablespoons chopped dill leaves |
| 5 tablespoons olive oil | 2 tablespoons red wine or balsamic vinegar |
| ½ fresh onion, with green tops | salt and pepper to taste |

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Mix together olive oil and vinegar in serving bowl. Thinly slice onion and green tops, add to olive oil and vinegar mixture. Thinly slice cucumbers and chop dill, add to bowl and toss cucumbers to coat in vinaigrette mixture. If you have time, chill in fridge for 30 minutes to let cucumbers and onions soak up juice. Season with salt and pepper to taste. Serves 2-3.

Most of you are probably already familiar and fond of **broccoli stalks and florets**, but since this is the first time it has appeared in the box, let us share exactly how good it is. *Broccoli contains twice the vitamin C of an orange. It has almost as much calcium as whole milk--and the calcium is better absorbed. It contains selenium, a mineral that has been found to have anti-cancer and anti-viral properties. Broccoli is a modest source of vitamin A and alpha-tocopherol vitamin E. It also has antioxidant properties.* (From Atina Diffley of Gardens of Eagan. Nutrition Information published by Dr. Jose Mercola 2006). Other good things about broccoli: *Rich in chromium, mineral that protects against diabetes, and antioxidants and anticancer agents quercetin and glutathione* (Sally Fallon, Nourishing Traditions).

In other words, this is one darn good vegetable for you. Light steaming is also said to increase the digestibility, heighten color, and retain most of broccoli's nutrients. Peel stalk before steaming for tenderness. Chop up and steam for about 5 minutes. Serve with brown rice, tofu, and *peanut sauce*—melt ¾ cup peanut butter and ½ cup water with sauteed garlic and onion. Add 1-2 tablespoons honey, tamari or soy sauce, and a dash of cayenne pepper to taste.

Keep cool this weekend! You can look forward to green beans, eggplant, cherry tomatoes and more in the next boxes. Thanks for your support, Laura and Adam