



LOON ORGANICS

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July 19, 2008

This Week's Box:

Spring Mix – Baby lettuce along with chervil (an anise-flavored herb).

Fennel- We had a fantastic crop of fennel this year. All parts of plant are edible. See 2nd page

Green Beans- A nice recipe on pg. 2—purple beans soon!

Fresh baby onions- Can be used like scallions or cook the bulb like regular onions. They are sweet Walla Walla onions

Sugar snap peas/Snow

peas- last of season we expect

Summer Squash/Zucchini-

Includes zucchini, yellow summer squash, and zephyr summer squash (green + yellow).

Cucumber- Producing well in this weather

Greentop Carrots- we can barely bring ourselves to cook these! They are a great raw carrot.

Greentop Beets- Beets are a 2-for-1 vegetable—you get the beets and the greens. These greens are a particularly nice batch.

Broccoli- beautiful heads from Gardens of Eagan

Basil- Genovese varieties

Fresh Garlic- you will have to peel the thick skins off the clove since they haven't dried yet.

New produce we might have next week: eggplant—Yeah, we said we would have eggplant this week, but they are taking their sweet time to grow.

Week 5: Rain, bugs, and heat

Many of you probably experienced the wrath of heavy and severe storms as they swept through the area last week on Thursday afternoon and again on Friday night. Our crops survived without much damage, just a little windblown. However, both us and the GOE farm crews nervously watched the approaching storms from the fields, and were fearful of hail and even a possible tornado. On Thursday, the storm was approaching from the North and yet the wind was blowing fiercely out of the South. As the storm clouds gathered over the farm, there were low clouds swirling around and the sky had an odd bright greenish-blue hue. The temperature dropped by 20 degrees in a matter of seconds. We hightailed it inside and the wind and rain started beating down. A smattering of hail came down, but nothing big or prolonged. The tornado was northeast of us. Unfortunately, other vegetables farmers (and row crop farmers) near Rosemount got hit really hard and the Star Trib. reported that hundreds of market gardens were devastated, many of them operated by Hmong growers. At this point in the year, it is too late to replant many of the high-value crops such as peppers, tomatoes, sweet corn and melons and it is a real financial blow to be wiped out like that. We are hopeful that they can receive some form of assistance.

In regards to our highly-desired summer crops, everything is looking good but not expected to be ready until late July/Aug. We may have cherry tomatoes before the end of the month and expect to have eggplant by next week even. Overall though, things are still running at least 2 weeks behind last year. The zucchini and summer squash are in full force, as are the squash bugs and cucumber beetles (as always it seems). These pests live to eat the *Cucurbitae* family vegetables: summer and winter squash, cucumbers, and melons. Cucumber beetles have been particularly nasty this year and done quite a bit of damage to our winter squash plants. You may also see some superficial scarring on your cucumbers—this is damage from cucumber beetles and is prominent on the first pick of cucumbers since those fruits were the first ones exposed to the large beetle population. The beetles prefer to hang out on the undersides of leaves and much on them in the shade, so we actually plant our cucumbers on a silver plastic mulch that reflects sunlight underneath the plant leaves. It works well, but is not perfect. We try to grow really high-quality vegetables that both taste and look good, but occasionally we would rather give you something with superficial blemishes than not giving it to you at all and throwing it in the compost pile. Anything with a cosmetic imperfection, like some of the cukes, does not decrease the actual shelf life of the vegetable—it is simply less beautiful. Another word about the “pestiness” of the cucumber beetles and squash bugs. They are the major vectors for the Cucurbit diseases. They carry around mosaic viruses, verticillium wilt, and other plant diseases and transfer them to the plants when they feed on and damage the plant tissue. So the gist of all this is that our zucchini and summer squash season is always short-lived. Probably ending within a few weeks, but right around the time the first tomatoes are in.

What Laura would do with your box:

Everything should still be refrigerated, except for the basil. Because the garlic is fresh, and not yet cured and dried, it should be refrigerated. Keep things in plastic to prevent dehydration and if you aren't using your carrots and beets right away, you'll want to remove the tops so that the roots store longer.

Fennel really goes well with other sweet and citrus flavors. A lovely summer salad is thinly sliced fennel bulb, apple/orange chunks, raisins, and walnuts. A citrus dressing on top of it all brings an extra zing. Use the fennel stalks like celery in an egg, chicken, or potato salad. The large fronds of the fennel make a great herbed pesto for pizza or place fronds on top of oiled tin foil and use as a bed to grill chicken or fish. A favorite lunchtime twist in the hot summer is cucumber sandwiches and beet sandwiches. Beets are thinly sliced, cooked until tender, and served with a good mustard, pickle relish, or herbed aioli on toasted bread. You might be surprised at how good this is—we were. Cucumber sandwiches might be a little more accessible—slices of cukes with a good mayo or thick layer of soft cheese, herbs, and avocado on bread. With the rest of the vegetables, try either the curried coconut noodles or a pasta primavera. Tiny little zukes and summer squash are heavenly sliced in half and fried in butter!!

Contact us:

Laura and Adam

(952)985-5446

8199 257th St W

Farmington, MN 55024

loonorganics@hotmail.com

www.loonorganics.com

Recipe corner

Another favorite recipes below from the cookbook [Asparagus to Zucchini](#). This cookbook is the best CSA cookbook I've come across and was put together by the Madison Area Community Supported Agriculture Coalition (MACSAC).

Curried Coconut Noodles with Early Summer Vegetables

8 ounces extra-wide egg noodles or other pasta	1 teaspoon turmeric
1 ½ Tablespoons peanut oil, divided	salt and pepper
1 cup chopped young (spring) onions	1 cup snap/snow peas
½ cup sliced carrots	1 cup sliced zucchini
1 cup cut-up green beans	1 can (14 oz) canned coconut milk
1 Tablespoon minced garlic	juice of 1 ½ limes
1 Tablespoon minced fresh ginger	½ cup basil leaves, cut into strips
1 teaspoons ground cumin	½- 1 teaspoon red pepper flakes

Garnish: lime wedges and additional basil strips

Cook noodles in salted water until barely tender (do not overcook); drain, rinse with cold water, and drain again. Heat wok over highest flame 1-2 minutes. Add the peanut oil, swirl to coat pan, and heat until very hot but not smoking. Add onions, carrots, and green beans; stir-fry until vegetables begin to soften, about 3 minutes. Add garlic, ginger, cumin, red pepper flakes, turmeric, and salt and pepper to taste. Continue stir-frying 1-2 minutes. Add peas, zucchini, coconut milk, and lime juice. Boil mixture until sauce thickens and vegetables are barely tender, 10-12 minutes. Add noodles and basil; stir until all the noodles are coated. Heat through, stirring gently. Serve immediately. Garnish with additional basil and lime wedges. Makes 4-6 servings.

Green Bean Salad with Walnuts and Shaved Parmesan in Lemon Dressing

¼ cup coarsely chopped walnuts	1 pound green beans
1 teaspoon salt, more to taste	1 ½ Tablespoon fresh squeezed lemon juice
Freshly ground black pepper	(about ½ lemon)

3 Tablespoons extra virgin olive oil
4 ounces Parmesan cheese, thinly shaved (about ½ cup)
--Toast the walnuts in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they will burn very quickly once toasted.) Immediately transfer nuts to a dish to cool. Bring a large pot of water to a boil. Add the beans and salt; cook until tender but still firm, 3 to 5 minutes. Transfer the beans to a colander in the sink and run cold water over them. Trim beans if necessary. Toss beans and walnuts in a large bowl and season with salt and pepper to taste. In small bowl, whisk lemon juice and olive oil until well combined. Pour this mixture over beans and toss until well coated. Transfer salad to platter or individual plates. Scatter Parmesan shavings on top. From [Farmer John's Cookbook](#).

Zucchini and Fresh Herb Fritters

Salt and freshly milled pepper	2 garlic cloves, finely chopped
2 pounds zucchini, coarsely grated	½ cup chopped parsley
2 eggs, beaten	1 Tablespoon chopped basil or marjoram
1 Teaspoon chopped mint	Olive oil as need
1 cup dried bread crumbs	1 bunch green onions or 1 fresh onion,
	including an inch of the greens, thinly sliced

Lightly salt the zucchini and set it aside in a colander to drain for 30 minutes. Meanwhile, mix the remaining ingredients together except the oil and pepper. Quickly rinse the squash, squeeze out excess water, stir it into the batter. Taste for salt and season with pepper. Film a large skillet with olive oil. When hot, drop batter—1/4 cup makes a fritter about 3 ½ inches across—and cook over medium heat until golden on the bottom. Turn and cook the second side. Serve hot. For a vegan version, replace eggs with ½ cup pureed silken tofu. Serve plain or with yogurt sauce, salsa, or garlic mayo. From Deborah Madison's [Vegetarian Cooking for Everyone](#).
Happy eating! Your farmers, Laura and Adam