



LOON ORGANICS

www.loonorganics.com

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This Week's Box:

Green Cabbage – From GOE, very sweet raw or cooked. Recipe below.

Cucumber – Juicy, tender.

Green Pepper – Saute or grill with your onion, garlic, and some olive oil.

Kale – In recipe or freeze!

Basil – Pesto freezes well if you can't eat it all! Or chop finely and add to veggies.

Green Beans – Lotsa beans. Recipe below.

Green Top Beets – Last beets for a few weeks!

Carrots – Remove green tops if want to store roots longer.

Salad Mix – Lettuces, baby swiss chard, herbs.

Fresh White 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.

Full share- Japanese eggplant; purple or lavender varieties. Don't refrigerate. Keep on counter out of sun.

Patty Pan Squash/Zucchini – Try dressing with basil.

Week 6: A Welcome rainy day.

The rain and cooler temps came Wednesday morning. Adam and I had just finished harvesting a mountain of green beans, the sky turned blackish-green and it was so dark it could have been 10 p.m. Once the rain started in, we could barely see the edge of our field a hundred feet away! We got pounding rain and thrashing wind, but NO hail, and the ground just soaked up all of the water. An initial soft rain would've been perfect, but there are rarely perfects in farming, especially with The Weather, so we'll take this. We probably received close to two inches of rain? It takes a lot of the watering pressure off for a few days. Gardens of Eagan has been wielding huge irrigation pipes to all spots around the farm, watering the second planting of corn, peppers, newest plantings of cabbage and broccoli. If we do get a serious drought, we'll all be fine on the farm, as there is extensive irrigation available. Organic soil also retains more moisture due to its higher organic matter as compared with conventional soils, so we're usually better off than most.

Ya'll know how important it is to eat local, organic veggies and I'm sure you notice a difference in the taste and freshness. If you also choose to eat meat and/or dairy products, we encourage you to choose local, organic, and grass-fed. There seems to be increased awareness recently about the many benefits of eating sustainably raised, local, and grass-fed meat/dairy (Heard of Michael Pollan's new book *Omnivore's Dilemma*? Also check out www.meatrix.com). Although we are vegetarians, we think that choosing local, organic dairy/meat is just as important as choosing local, organic produce. There is a wealth of local dairy and meat producers that are raising healthy animals in a sustainable and humane way. You can buy directly through them, similar to a CSA relationship. If you're interested, here's our recommendations: ****Tiffany and Ryan Batalden** of SW MN are a young couple looking to form CSA type relationships with Metro customers. Raise organic beef, pork, and chicken. Contact at batalden77@yahoo.com. ****Farm on Wheels, Linda and Mike Noble**. Raise organic meats on "grass and sunshine". They sell on weekends at St. Paul Farmer's Market, Fridays at Northfield Farmer's Market, and you can contact them to place an order at farm.on.wheels@juno.com. Website is www.cannon.net~farmonwh/ ****Mill City Farmer's Market** (www.millicityfarmersmarket.org) has many sustainable meat/dairy farmers, including **Cedar Summit dairy** products (from New Prague), **Shepherd's Way** sheep cheese (south of Northfield), and **Prarie Hollow Cheese** (Elgin, MN near Rochester). We know most of these farmers personally and can attest to their exceptional farming practices. I thought vegetable farming was hard work, until we worked on a biodynamic dairy farm. Whew! Other producers can be found at www.localharvest.org -*Laura*

Recipe corner



This is actually from Tuesday evening, while I was staking up our tomato plants with twine. We do this so the plants and fruit are supported and held above ground to prevent disease. The best part of the job is finding a stray ripe cherry tomato to eat while working. They are ripening up quite quickly. Maybe next week you'll find some in your box??

**Recipes wanted:
We know your
eating some good meals,
so when you get a chance
send us your recipes!
Simpleton or gourmet,
we don't care. We'd love to
share them here with
others and hopefully to
eventually establish a small
recipe bank on our website.**

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Green beans- Summer staple vegetable is high in calcium, B-complex vitamins, and potassium. Fresh beans (as opposed to dry) have a higher carotenoid content and are often more digestible. Steam beans until they turn bright green (5-7 minutes) and then dress with butter and toasted almond slivers. They freeze well and are a great treat in the winter. Blanch in boiling water for 2-3 minutes, rinse in cold water, drain, dry well, and pack into airtight containers. **Kale, collards, and other greens** also freeze very well, and are great to use for cooking throughout colder months in soups, stews, and sautés. Similar to beans, blanch greens for 2-3 minutes, rinse in cold water to stop cooking process, drain, and pack into airtight containers, such as zip-lock freezer bags. (Freezing tips scrupulously copied [From Asparagus to Zucchini](#) cookbook). We freeze kale, broccoli, peppers, beans, beets, pesto, tomatoes, as well as doing some canning for the winter. If you have too much of something, most likely you can blanch it and freeze it quite easily for re-use in winter.

Vegetable Medley! Throw in any extra veggies or herbs for this recipe. Besides chopping all the veggies, it's a pretty fast meal. It's a Loon Organics variation on a [From Asparagus to Zucchini](#) recipe (CSA cookbook/handbook). Coconut milk has a bad rap in some circles, but it actually has potent antiviral, antifungal, and antimicrobial properties which means it is good for our immune system.

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 fresh onion	1 chopped green pepper
½ cup sliced carrots	1 cup sliced zucchini/pattypan
1 ½ cup cut-up green beans	½ bunch chopped kale
1 can (14 oz) canned coconut milk (shake before opening)	1 tablespoon fresh garlic
1 teaspoon ground cumin	½ cup basil leaves, cut into strips
garnish: lime wedges, basil	½-1 teaspoon red pepper flakes

Cook noodles in salted water until barely tender (do not overcook); drain, rinse with cold water, and drain again. Heat wok or heavy bottom skillet over highest flame 1-2 minutes. Add peanut oil, swirl to coat pan, and heat until very hot but not smoking. Add onions, carrots, green pepper, 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 zucchini/pattypan, chopped kale, 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.

Cabbage! I almost forgot about one of the best things in the box. Fresh cabbage from Gardens of Eagan that is sweet and crunchy. I don't eat cabbage too often, but sometimes I get a really intense hankering for the Diffley's cabbage. It is arguably some of the best cabbage grown anywhere. Cabbage is 90% water, but has many important nutrients, cancer-inhibiting elements such as carotene, indoles, and is extremely low calorie. This cabbage makes great coleslaw, but we like it best in miso soup. It is also great sautéed with a bit of sesame oil and served as a side dish. Cook until just tender. Overcooked cabbage gives off a dreaded smelly sneaker aroma that some may negatively associate with this otherwise highly respectable vegetable. Cabbage will store up to 2 months in your refrigerator, especially if outer leaves are left on. It has been a highly prized vegetable in Northern climates since ancient times due to its high vitamin C content and its storage ability. Believed to have many medicinal properties in folk medicine, Irish girls traditionally drank cabbage water for their complexion, and others used it to aid proper digestion. According to Sally Fallon, recent research has shown that cabbage juice has been highly therapeutic for ulcers.

Enjoy your box! Your Farmers Laura + Adam