



LOON ORGANICS

www.loonorganics.com

July 27, 2006

This Week's Box:

Sweet Corn- Bi-color sweet corn from Gardens of Eagan. It just doesn't get any better than this

Zucchini/Summer Squash – Pattypan, Yellow summer squash, or zucchini.

Green Pepper – Fresh veggie summer pizza?

Basil – Pesto freezes well if you can't eat it all! Eat with fresh tomatoes.

Green Beans – beans and more beans!

Carrots – Best for cooking. More info at right.

Salad Mix – Lettuces, swiss chard, mustards, herbs.

Assorted Herbs –Sage, Oregano, Thyme, Parsleys

Eggplant-Globe/Japanese
Tomato-Roma heirlooms and/or red, sungold cherries

Onions-Red/White

Scallions – Use whites and green tops fresh or cooked.

Garlic – Metechi strain.

Look forward to: More vine ripened tomatoes. Heirloom varieties that are sweet, spicy, juicy, and different colors to boot.

Full share: cucumber

Week 7: seventh summer heaven.

It is that time of the year, albeit a bit earlier than usual when belonging to a CSA is truly heavenly. An abundance of summer favorites are just starting to come in strong. We should have a good amount of tomatoes for everyone next week—heirloom tomatoes that are pink, dark purple and green, yellow with a taste that is out of this world; Cherry tomatoes that taste like a gift straight from the sun; Roma tomatoes that make a perfect tomato soup or pasta sauce. The sweet corn is so tender it pops in your mouth and red, yellow, and orange watermelons are coming oh so soon. Everyone on the farm is a bit stunned by how early everything is! Most crops are looking excellent due to the fact that we've been able to irrigate when needed. The heat and early season has brought a few pest problems—mainly a proliferation of cucumber beetles and squash bugs that have damaged our plantings of cucumbers and zucchini/summer squash. We have second plantings that are maturing and just starting to produce zucchini, and the cucumbers are about an inch long right now which should give us all another few weeks of the lovely fruits. The pests not only carry disease, but they also eat the leaves and blossoms of the plant, significantly reducing the health and longevity of the plants. Not a bumper crop year for the cucurbit family (cucumbers, summer squash, winter squash), but sometimes less is more, eh? At least when it comes to zucchini.

A note about your **carrots**. This variety is a **chantenay** carrot. For the past few weeks, we've been sending you home with the Nelson carrot variety. We trialed this variety to see how it would compare in terms of taste, appearance, and plant health to our other carrot varieties. Our verdict is: Great Cooking Carrot! Cook these babies up, roast them, or make a carrot cake! They are ok for raw eating, but we prefer other varieties. We've decided not to grow these again next year, but we have a whole row of them in the meantime. Treat yourself to carrot cake! This recipe is out of this world good, healthier than most, and worth the time.

Carrot Cake with Cream Cheese Icing

2 ½ cups whole wheat, kamut, or spelt flour	1 cup crème fraîche (or sour cream)		
1 cup whole yogurt	1 cup butter	1¼ cups Rapadura (unrefined cane sugar)	
4 eggs	2 tsp. vanilla extract	2 tsp. baking soda	1 tsp. cinnamon
1 tsp. sea salt	1 eight-oz can crushed pineapple, water packed	½ cup pecans	
2 cups finely grated carrot	1 cup dried unsweetened coconut		
2 cups cream cheese, softened	½ cup butter, softened	1 Tbsp vanilla	
½-¾ cup raw honey			

Mix flour with yogurt and cultured cream. Cover and leave for 12-24 hours in a warm place (it makes a sourdough base). Butter and flour a 9 × 13 pan. Cream butter with Rapadura. Beat in eggs, baking soda, cinnamon, vanilla, and salt. Gradually add flour mixture. Fold in pineapple (with juice), carrots, coconut and nuts. Pour into pan and bake at 300 degrees for about 2 hours. To make icing, place cream cheese, butter, vanilla and honey in food processor and blend until smooth. Generously ice top/sides of cake. Decorate with fresh fruit



Globe eggplant.
Japanese eggplant is
longer and more slender.

**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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Eggplant-Your eggplant is either a Globe or Japanese variety. Flavor is excellent in both and either can be used interchangeably in recipes. Neither varieties are bitter when cooked. Like basil and tomatoes, eggplant is cold-sensitive so do not refrigerate! Best if left on counter out of sun and used within a few days. Eggplant should always be cooked and peeling is not necessary. To remove excess moisture and acrid flavors from the eggplant, slice and lightly salt pieces before cooking. Allow pieces to sit in colander for 10-15 minutes and gently squeeze out any excess liquid. As a result of salting, eggplant will soak up less oil and require less salt in preparation.

Savory Eggplant

2-3 cups mashed or finely chopped cooked eggplant 2-3 teaspoons finely minced
(roasted, baked, grilled, sauteed, etc.) garlic, mashed to paste
finely chopped assorted herbs splash of lemon juice/cayenne pepper
Stir eggplant, garlic, herbs, lemon juice, and cayenne together. Serve immediately or chill and serve. Use as a side dish with plain yogurt, a spread for sandwiches/bread, a topping for grilled foods or pesto pasta. Makes 2-3 cups. Loon Organics recipe variation on [From Asparagus to Zucchini](#) cookbook.

Sweet Corn! Almost all of Gardens of Eagan's summer crops are at least three weeks early this season and they are in the thick of things. GOE roadside stand on highway 3 in Eagan opens today (Thursday) complete with all your GOE favorites as well as green beans and carrots from yours truly. Located between Diffley and Cliff Road on highway 3. Four GIGANTIC fields of sweet corn are about to come in, so look forward to sweet corn in your box for the next couple weeks. Here's a few sweet corn facts to chew on straight from the mouth of Atina Diffley. *History:* Originally wild in Central America, Maize has flourished in the hands and souls of indigenous Americans for the last 8,000 years. From birth thru death, the economic, social, and religious activities of many Native Americans were bound to the growing of maize. Maize was brought to Europe by Columbus, readily accepted, and from there dispersed to all parts of the world, becoming a staple in many countries. Corn now ranks in the top 4 principal food plants worldwide. The word corn means the principal grain of a region and was given to the grain, Maize, by American settlers. *Nutrition:* Corn is a very good source of complex carbohydrates and dietary fiber. It is relatively high in vegetable protein, and like most vegetables it is low in fat and sodium.

Tips: A wonderful way to eat sweet corn is uncooked right on the cob. You will enjoy the exquisite taste of the natural sugars, and benefit from all the vitamins and minerals. If corn is to be stored in the refrigerator do not remove husks until just before cooking. To avoid toughness in cooking sweet corn do not add salt to boiling water. (Adam and I prefer our sweet corn roasted. You can do it in oven or on the grill.) Preheat oven to 400 or have a good bed of coals ready. Pull down husks and remove silk. Pull husk back up. Run into husk as much water as it will hold, or soak the ears in water for 15 min. Put ears on rack over hot coals or in preheated oven. Bake for 20 to 30 min. If cooking over hot coals turn cobs during cooking. Or: Peel fresh roasting ears. Rub with butter/salt or olive oil/ umiboshi. Wrap in foil. Roast 20 to 30 minutes. "*People have tried and tried, but sex is not better than sweet corn*".
--Garrison Keilor

We'd like to invite ya'll down to our part of the farm here on Sunday, August 20 from 2- 4 p.m. You can see the crops, pick some cherry tomatoes, and eat some fresh watermelon! More details and directions coming next week. Your farmers, Laura and Adam