



LOON ORGANICS

www.loonorganics.com

August 9, 2008

This Week's Box:

Sweet Corn- Bi-color from GOE. They do sweet corn best

Spring Mix – Always difficult to grow during the heat, but we should have nicer mixes once we start slipping towards fall...

Greentop Beets- There wasn't enough room for these last week, but we've make space now.

Green Bell Pepper/Jimmy Nardello Peppers- J.N.

peppers are long, skinny, reddish and very sweet.

Mixed Beans- Purple and green beans. Cook like regular green beans.

Fresh onions-Walla Walla

Cucumber- Check out pg 2.

Eggplant- eggplant hummus?

Broccoli- Taking the watermelons place this week—it's surprisingly sweet!

Purple Haze Carrots-

Inspired by Hendrix, these carrots are something to write home about. Very tasty.

Assorted Tomatoes- Mixed cherry tomatoes, red slicer tomato, and heirloom included.

Basil- recipe on pg 2

Thyme- Check out recipe!

Jalapeno- Be careful when cutting bc the juices can get on your skin and burn if you rub your eyes.

Garlic- we finished garlic harvest with a beautiful crop. Garlic is dried/cured now. Keep unrefrigerated, out of sun.

Similar produce next week!

Week 8: Summer delights have arrived!

Welcome to August! We can't believe it has come already—it is almost scary how fast the summer is passing, especially because we know how much we have to do to get ready to move in mid-October. We visited our new farm last Sunday to walk the fields, do some field planning for next year, and check out how it looks in the height of the summer. We were finally able to walk much of the 40 acres, and there are some really beautiful trails at the back of the farm that wind through woods, wetland cattails, and prairie grass. It also sunk in how much work we have to do! 30 acres of tillable land is A LOT to manage—especially after our small parcel here, and we'd also like to do quite a few capital improvements to upgrade the pack shed and make a four-season workshop. Still, it rekindled our excitement about the move and our farming future. We hope that some of you can visit us at our new farm next season to enjoy it with us!

Speaking of farm visits, come visit us at our farm [HERE](#) on Sunday, August 24 from 3-5 p.m.!!! You can pick your own produce, herbs, flowers AND take a whirl on our electric tractor. We'll be serving watermelon from Gardens of Eagan and can also take you on a walking tour of GOE's surrounding fields. We'd love to meet you and your family. If you remember, send us an e-mail and let us know you're coming, otherwise just show up. If you can't make it (it's a busy time of year after all), feel free to visit us another day—whatever works for you.

It certainly felt like August on Monday afternoon while picking the first real batch of tomatoes. I swear the first tomato pick is always the hottest, steamiest day of the summer! I can handle that, but then one must get used to the tomato picking "posture" which is somewhere between standing on your head or laying on your side while sticking your gloved hands into the tomato plants in search of that one ripening tomato. We ended up with a fair amount of tomatoes for the first pick, and just four days later have entered the bountiful "tomatoland" time. You've received a mix of many different varieties we grow, and I want to tell you all about them, but I never have quite enough room here to fit everything in. So I took photos and posted information on our farm blog: http://users.livejournal.com/_loonatics_. You can also get to the blog by going to our website and heading to the "links" page. There will be a link to my blog there. This really is just the beginning of tomato time (and we haven't even entered red and orange pepper time yet!), so we hope to satiate all your tomato yearnings in the next couple months. In the next couple weeks we'll have canning tomatoes available for addl. purchase. Those are "seconds"—they may have superficial blemishes or weird shapes that make them unsalable, yet perfect for canning, freezing or dehydrating. You can pick them up at the market when you get your CSA box. We should have other produce available for preserving this season—kales, cabbage, beets, basil, peppers. We'll keep you posted.

What Laura would do with your box:

Everything should still be refrigerated, except for the basil, eggplant, tomatoes and your cured garlic. Basil should be kept in a loose plastic bag out of the sun on your counter or wrapped in a dish towel and kept in the fridge, if only for a couple days. Keep refrigerated things in plastic to prevent dehydration and if you aren't using your carrots right away, you'll want to remove the tops so that the roots store longer.

Bring a pot of water to boil (unsalted) or start up your grill/oven. Either peel corn husks to boil or leave husks and throw on the grill or in a 400 degree oven. Boil for no more than 2 minutes OR put corn on a hot grill for 7-8 minutes. Make a *insalata caprese*: fresh sliced tomatoes, fresh mozzarella, basil leaves with fresh olive oil, salt and pepper. The salad is the colors of the Italian flag! Serve corn with chili lime butter (goes great with fish too), fresh tomato salad, and grilled eggplant & peppers. Blanch whole carrots in boiling water and marinate in olive oil, vinegar and feta cheese over night at least. Blanching and marinating colored carrots is especially eye-catching. Grate beets and sauté with butter and ¼ cup water. Cook for 5 minutes, top with lemon or vinegar. Add a dollop of yogurt or sour cream. Chop broccoli florets for a mid-week broccoli, green beans, and quinoa stir fry with peanut sauce.

Contact us:

Laura and Adam

(952)985-5446

8199 257th St W

Farmington, MN 55024

loonorganics@hotmail.com

www.loonorganics.com

Recipe corner

Melons are on a short hiatus. Due to the cold, wet spring, the first few plantings had poor pollination and growth. We're waiting on the 3rd and 4th plantings to provide us with a more consistent bounty. No melons does give us more room in the box for broccoli and the return of the beets!

We made an awesome tomato galette (a rustic open-faced pie) on Tuesday night, and it was so heavenly we thought you all should try it, or at least know about it. You can buy puff pastry to use for the galette dough, but we made our own and it wasn't that hard, if you use a food processor, and so worth it! Dough recipe from Deborah Madison's [Vegetarian Cooking for Everyone](#). Filling adapted from a recipe from Chef Emeril of Food Network fame. This is summer comfort food.

Galette Dough

2 cups all-purpose or whole-wheat pastry flour ½ teaspoon salt
12 Tablespoons cold, unsalted butter, cut into small pieces 1 Tablespoon sugar
1/3 to ½ cup ice water as needed

Mix flour, salt, and sugar together in food processor. Cut butter in by pulsing in processor, leaving some pea-sized chunks. Sprinkled ice water over the top by the tablespoon and toss if with flour mixture until you can bring the dough together in a ball. Press it into a disk and refrigerated for 15 minutes, if butter feels soft. To form galette, roll it out on a lightly floured counter into a 14-inch irregular circle about 1/8 inch thick. Transfer to a sheet pan or cookie sheet without sides (it will be larger than pan). Add filling, leaving a border 2 to 4 inches wide. Fold edges of dough over filling, overlapping them as you go. Depending on how much of an edge you have left, the galette will be partially or completely covered, almost like a two crust pie. Bake according to recipe instructions (400 for 25-30 minutes for tomato galette).

Tomato Goat Cheese Galette Filling

1 pound tomatoes, stem ends trimmed 1 large clove garlic, minced
1/4 cup olive oil 5 ounces goat cheese, softened
1/2 teaspoon chopped fresh thyme leaves 1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper Chiffonade fresh basil leaves
Oil-cured black olives, pitted and halved Balsamic vinegar

Preheat oven to 400. Slice the tomatoes about 1/4-inch thick, lightly salt and spread on paper towels to drain while assembling the remaining ingredients, blotting occasionally with clean towels. On a lightly floured surface, roll out the galette dough and transfer to cookie sheet. Place in the freezer for 15 minutes. Mix the olive oil, goat cheese, thyme, salt, and pepper until smooth. Remove the crust from the freezer and spread the bottom with the goat cheese mixture, leaving at least a 1-inch border. Blot the tomatoes dry and arrange in a concentric pattern over the tart. Fold the border over the edge of the tomatoes. Bake until the crust is golden and puffed, about 25 minutes. Remove from the oven and transfer to a platter. Top with the fresh basil and olives, and drizzle with balsamic vinegar. Cut into wedges and serve. (Emeril, super chef that he is, roasts whole garlic bulb and adds to goat cheese spread—in lieu of fresh garlic. We didn't have time to try, but sounds delish.)

--Many people wish for local cilantro this time of year, however it is super hard to grow in the hot weather.

Corn and Green Beans

Slice corn kernels off the cob with a sharp knife. Top and tail some slender green beans. To a pot of boiling water, add the beans; after a minute or two, when they are just about cooked, add the corn. After another minute or two, drain the vegetables and put them in a warm bowl with a little butter, salt, pepper, and some chopped parsley, basil, thyme, or summer savory.

Cucumber, Mango, and Onion Salad

This is a good salad to serve with spicy Mexican food. Peel and thinly slice cucumbers, mango, and sweet onion—about the same amount of each, but exact proportions do not matter at all. Season to taste with freshly squeezed lime juice and salt, and garnish generously with cilantro leaves. Both recipes from [Chez Panisse Vegetables](#).
Enjoy! Your farmers, Laura and Adam