



# LOON ORGANICS

www.loonorganics.com

August 10, 2006

## This Week's Box:

**Cucumber** – We recommend a Greek salad with fresh tomato.

**Yellow Summer Squash/Zucchini** – This will be the last for a few weeks.

**Greenish/Red Peppers** – Large bell peppers and smaller frying peppers are both sweet raw or cooked.

**Kale** – Full Share

**Swiss Chard** – ¾ share

**Carrots** – last of the big cookin' chantenays

**Salad Mix** – Lettuces and herbs.

**Herb Bunch**- Basil, sage, parsley, thyme bunched together.

**Eggplant**- Japanese or Globe

**Tomato**- Cherrys, Heirlooms, Romas

**Onions**-Red Cipolini Italian cooking onion

**Scallions** – Use whites and green tops fresh or cooked.

**Baby Shallot** – Mild onionish flavor.

**Garlic** – Inchelium Red-Artichoke strain of garlic (also called softneck)

## Week 9: The halfway point

That's right folks, we have made it halfway through our first 18 week CSA season! We are really enjoying our CSA farming experience. It has been a truly rewarding way to market, sell, and connect with our fellow organic vegetable lovers. Each week we pack out just under 50 CSA boxes of produce. We have around 70 members this year (there's quite a few people sharing boxes) and our waiting list for 2007 is pushing 30 people. Don't fret. If you'd like to continue CSAing next year and even upgrade, there's a spot for you.

**Still feeling the effects of that heat** Sweet corn and melons will be back next week, as Gardens of Eagan is experiencing a brief shortage. Here's why: Each crop is planted every week or so to ensure that there will be a steady supply of maturing vegetables. When it gets in the 80's and 90's for an extended period, the vegetables grow very rapidly, as well as experiencing stress due to heat and low moisture. Rapid growth combined with plant stress can cause early maturity of fruit and this year it caused many crops (sweet corn, green beans, melons) that were planted three weeks apart to mature at the same time! The shortage was unexpected so this week's boxes are a little smaller. We'll make up for it next week.

**Did you know.... Green peppers** are an unripe pepper. Red/ orange/ yellow/ purple peppers all start out green and during the ripening process the color turns and the flavor becomes sweeter. Even hot peppers eventually turn color, becoming sweeter but much hotter as well. According to a 1993 Environmental Working Group Study, red and green bell peppers have the most pesticides sprayed per acre, after strawberries which received up to a whopping 500 pounds of pesticide per acre. Thus conventional bell peppers and strawberries are often high in neurotoxic residues. We have very few pest problems with our peppers, but still it is very difficult to get a firm, juicy, thick-walled red pepper. As the peppers turn from green to red many will overripen and turn soft, thereby the yields of red peppers are significantly lower. These decreased yields are reflected in the significantly higher prices of red peppers at the grocery. We'll have more red peppers in the next weeks.

**Inchelium Red garlic** is an Artichoke garlic, named for the overlapping clove pattern reminiscent of a true Artichoke. This strain of Artichoke has a top rated flavor that is described as "mild but lingering with a tingle". In general, Artichokes or softneck garlics have a milder flavor, which makes it a perfect garlic for eating raw. The other varieties you've been receiving the past few weeks are hardneck varieties and have a more pungent garlic bite. \*\*Minnesota's first annual Garlic Fest is in Howard Lake this Saturday! Garlic geeks galore! Info available at <http://www.sfa-mn.org/pages/garlicfest> \*\*

### Heirloom Tomatoes

Regardless of what color your heirloom is, it is probably ripe and ready to eat. If they are very firm to the touch, they might need a day on the counter. And yes, they are supposed to be that color. Can you figure out what you got?

Brandywine (BIG, red/pink)

Black Krim (reddish/brown w/ green streaks at top)

Green Zebra (green stripes w/ yellow undertone)

Striped German (yellow with red streaks)

Bloody Butcher (smaller bright red with green at top)

Dr. Carolyn (golf-ball yellow)

Cherokee Purple (dusky pink with dark shoulders)

Don't forget about Gardens of Eagan's farm tour this Sunday at 2 p.m. with Jessica Prentice, author of [Full Moon Feast!](#)

The farm is absolutely stunning right now and the produce is unbelievable too. We'll be looking for you. You can find Adam driving the tractor wagons that will tour around the farm.

August 20<sup>th</sup> at 2 p.m. is our own very personal farm and field tour (same farm as Gardens of Eagan, but on the southside). Visit our own 2 acre oasis of specialty vegetables.

#### Contact us:

**Laura and Adam**

**(952)985-5446**

**8199 257<sup>th</sup> St W**

**Farmington, MN 55024**

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

### Recipe Corner

**Red Cippolini Onions**- An Italian onion that is prized by chefs and cooks for its marvelous sweetness after braising, roasting, or grilling. Your cippolini onion may have a white spot/indentation that occurred during the curing process. When we harvest onions we pull them out of the ground and put them in piles to dry out in the field. Usually the onions cure in a few days, meaning the outer layers of the onion have dried to form a protective skin, and then the onions can be gathered and stored for many months. All was going well in the curing process until the temps turned upwards and some of the onions received sunscald. Sunscald produced uneven curing and some bleaching of color on the outside layer of onion skin. The taste is not affected, and you can peel or trim the skin back when there is a surface imperfection. To experience the cippolini's full flavor potential try the recipe below.

#### Balsamic Braised Onions

2 pounds cippolini onions, peeled, ends trimmed off  
(if using small onions, leave whole, otherwise quarter onion)  
1/3-1/2 cup water  
1 teaspoon salt  
1/4 cup extra virgin olive oil  
ground black pepper

1 cup good-quality balsamic vinegar

Pack the onions tightly in a single layer in a large skillet or saucepan. Combine remaining ingredients and pour over onions. Bring to a low simmer and cook, uncovered, until onions are tender, turning them over about halfway through cooking. This will take 15 minutes if using whole onions, less if using sliced. Raise heat to high and boil, carefully turning the onions occasionally to prevent sticking, until liquid is reduced to a glaze, 15-20 minutes. Add additional salt and pepper to taste. Serve warm or cold. It's important to use a high-quality balsamic vinegar or the flavor will be harsh. Makes 6-8 servings. *Shooting Star Farm* from [Asparagus to Zucchini](#).

---What makes an onion so potent ?? It reflects the amount of sulphur in the soil it was grown. When you cut an onion, a sulphur gas is emitted from the onion that reacts with the water in your eyes to turn into sulfuric acid which causes irritation. I checked our soil test and we have a medium amount of sulphur in the soil; regardless these onions have got a bite to them. Sharpen your knife up and cut quickly!

--Below is one of my favorite recipes from a favorite chef, Deborah Madison. Recipe Variation: Pesto can also be used to garnish the pizza in place of Parmesan and herbs

#### Eggplant and Zucchini Pizza with Basil and Cherry Tomatoes

1 medium summer squash/zucchini  
4 to 6 tablespoons virgin olive oil  
12 cherry tomatoes, halved or quartered  
2 oz. mozzarella cheese, grated/thinly sliced  
2 oz. Fontina cheese, grated  
3 tablespoons basil, finely chopped  
10-inch pizza crust, preferably homemade

1 Japanese or small Globe eggplant  
Salt and Pepper  
1 clove garlic, finely chopped  
Parmesan  
Fresh herbs (thyme, parsley, basil), finely chopped

Slice zucchini and eggplant diagonally into pieces 3 to 4 inches long and 1/4 inch thick. Heat 2 tablespoons of the olive oil in a large skillet, add a layer of the vegetables, and turn them over immediately to coat both sides with oil. Fry on each side until lightly browned—the eggplant will take longer than the zucchini—then set them on paper toweling to drain. Cook all the zucchini and eggplant in this way, making sure the oil is hot at the start of each batch. Season well with salt and freshly ground black pepper.

Dress the tomatoes with a tablespoon of the oil, the garlic, and salt and pepper. Drain tomatoes before putting them on a pizza.

Preheat oven to 500° F and if using a pizza stone, warm it for 20 minutes.

Shape the pizza dough and place it on the pizza pan or hot stone, and brush with olive oil. Distribute most of the mozzarella and Fontina, then the basil. Arrange the zucchini and eggplant slices in overlapping layers with the tomatoes in and among them. Finish with the rest of the mozzarella and Fontina cheese.

Bake pizza in upper third of oven for about 8-12 minutes, or until the edges and bottom are well browned. Remove the pizza from the oven and garnish it with freshly grated Parmesan and the herbs. *Adapted from the Greens Cookbook.*

Happy eating and cooking! Your farmers Adam and Laura