



# LOON ORGANICS

www.loonorganics.com

August 16, 2008

## This Week's Box:

**Sweet Corn-** Bi-color from GOE. They do sweet corn best  
**Spring Mix** – Green Romaine and Red Oak Leaf varieties.

### **Greentop Beets-**

#### **Sweet Pepper/Jimmy**

#### **Nardello Peppers-** J.N.

peppers are long, skinny, reddish and very sweet. Also, another orange/yellow sweet pepper.

**Green Beans-** they just keep on coming!

**Red onions-** these are pretty sweet-raw or cooked.

**Eggplant-** eggplant hummus perhaps

**Swiss Chard-** most beautiful vegetable?

**Fennel-** sliced with tomatoes, sweet peppers, good olive oil and feta is one of our favorite salads

#### **Purple Haze Carrots-**

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

**Assorted Tomatoes-** Mixed cherry and plum tomatoes in the container (plums are elongated and best for cooking), red slicer tomatoes, and heirloom included.

**Basil-** another crop coming in

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

**Garlic-** dried/cured now. Keep unrefrigerated, out of sun.

**Waiting on more sweet and hot peppers! Check out our farm blog for info and photos on your tomato varieties:**  
[users.livejournal.com/\\_loonatics\\_](http://users.livejournal.com/_loonatics_)

## Week 9: Enjoying the Harvest in February

We are about half-way through our CSA season, but over half-way through our farming season, considering that we begin in March. Although I don't really want to admit it, it is starting to feel a bit more fall-like these days. It is still dark when we arise early for farmer's market, and I'm sure we all have noticed the chilly mornings. Our salad mix has been enjoying the cooler days and nights, and cooler temps have been beneficial for all the brassica crops at Gardens of Eagan. In addition, I think the temperate weather is beneficial for all us farmers too who tend to get a bit worn out at this point in the year, and the heat of August can exacerbate that. Usually around the point that it starts to become overwhelming, we are reminded that we are right on fall's heels. The past couple years, we've been lucky to not have received a frost until October and we are crossing our fingers, toes, and eyes in hopes of another late frost this year so that we can eat tomatoes, peppers, basil etc. for another good month or two!

The past few weeks have been full of preparations for fall: planting fall beets, carrots, herbs, and salad mix; finishing up the garlic harvest (it was a beautiful crop this year); and now beginning on harvesting and curing the onions, beginning with the red onions. We also pulled out all of our zucchini and cucumber plants to be composted. The squash bugs had finally brought them to their end. We will get more cucumbers from Gardens of Eagan this season; they are just experiencing a momentary lapse until their next planting. They are also waiting on another couple of watermelons plantings to ripen up for harvest. We hope to have them back again in a week or two.

In spite of those shortages, this is still one of the most bountiful times on the farm. Which means that there is lot of extra produce available for preserving! Canning tomato season is just beginning, and you can order ½ bushel boxes (20 pounds) for pick-up with your regular CSA box. These are red slicing tomatoes that have superficial blemishes, bruises or irregular shaped fruits. They are perfect for canning, freezing, making salsa, sauce or drying. I believe boxes will be \$20 again this year (most of the canners are from Gardens of Eagan), but place your order with us by e-mail. I just discovered food dehydrating through the amazing book, Food Drying With an Attitude, by Mary T. Bell. Bell lives in Lanesboro, MN and has been experimenting and educating people about drying food for over 30 years! Dehydration is the most energy efficient and cost-effective way to preserve food, and it also maintains most of the foods nutrients. I think I prefer dehydrating my kale and swiss chard over freezing. Much less work! If you want any kale/chard or cabbage for kraut, that will be best in fall. We may have extra parsnips, beets, and we should have sweet bell peppers in the next couple weeks for freezing. You can freeze extra peppers just by cutting up and freezing, no blanching necessary. So easy! I have canning and freezing information that I wrote up and can include with your addl. produce. \*\*Just a reminder: come visit us at our farm [HERE](#) on Sunday, August 24 from 3-5 p.m.!!!

## What Laura would do with your box:

Everything should still be refrigerated, except for the basil, eggplant, tomatoes, garlic, and onions. 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/beets right away, you'll want to remove the tops so that the roots store longer.

We rely on stir-fries a couple times a week to clean the veggies out of our fridge and to make a really fast meal. Making a savory sauce for the stir-fry can make this weekly meal seem new. Cook up a whole grain and make extra so that you can throw it in another meal—brown rice, quinoa, or wheat berries are an idea. Start with a heavy-bottomed skillet or wok with some oil on medium heat. Add chopped onions and cook until translucent. Add chopped veggies according to cook time. I prefer veggies to be crisp-tender, and this usually means 10 minutes cooking time for carrots, beets, broccoli stems and florets. Green beans and chard wait until the end. Try out the almond-miso sauce recipe to the right. Another beet idea: 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.

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## Recipe corner

Still waiting on more melons. Possibly next week. This weather (cold nights with heavy dew) is really tough on summer crops: melons, tomatoes, peppers, cukes. Perfect climactic conditions for disease to come in and infect. Our tomatoes look pretty good considering, and it has been interesting to note that many of our hybrid tomato varieties (the ones with supposedly more disease resistance) have been doing worse than the heirlooms (ones that haven't necessarily been bred for particular disease resistance). A note about your **heirloom tomatoes**: the different shades can throw people off and they don't know when they are ripe. Ripe heirlooms should give a little to the touch, non-ripe heirlooms will still be firm. Some heirlooms will have green shoulders even when they are ripe. Most of your heirlooms should be ready to eat. Some ripe heirlooms will be green: Green zebras have an amber background with green stripes when they are ripe.

We have anywhere from two to six people that come out on Tuesday and Friday mornings to help us harvest for CSA and market in exchange for a CSA share. It is a great system, for all of us, I think. Inevitably, many field conversations revolve around food. Especially when it gets closer to lunchtime. We tried out two recent simple recipes our workshare, Kate, suggested and felt we must share them with you too. The corn dish sounds deceptively simple, but all we could say was wowwee.

### *Sweet Corn Kernels with Lime*

4-6 ears of sweet corn

A few large pats of butter, the more the better I think

Fresh grated lime zest from one lime

Sea salt

Cut kernels off cob, and sauté in butter for just a minute or two. Mix lime zest and salt together, add to corn and stir for another minute or two. Serve immediately. The flavors seem to pop in your mouth!

### *K's Nut Butter Miso Sauce*

½ cup raw almond butter or tahini

2 heaping spoonfuls of miso

1 teaspoon honey or sugar

pinch of cayenne

Lots of chopped fresh ginger and garlic

Put ingredients in heavy-bottomed small sauce pan and add ½ cup, maybe more, of water. Heat on low and stir until everything melts together. You can cook the sauce for more time to make it thicker, or add more water to thin it out. Add more nut butter and water if it is too salty from miso. Add more miso, if you need more salt. Play around with it to your taste specifications.

### *Lusty Mediterranean Pasta*

2 Tablespoons olive oil

3-4 anchovy fillets, minced

1 cup diced red onion

½ Tablespoon balsamic vinegar

1-2 tablespoons minced fresh garlic

2 Tablespoons chopped fresh parsley

4 cups seeded, chopped plum tomatoes

Salt and fresh ground black pepper

1 jar (6.5 oz) marinated artichoke hearts

12 ounces pasta

1 roasted red pepper, chopped

1 Tablespoon capers

freshly grated parmesan

Heat olive oil in saucepan over medium flame; add onions and garlic; sauté until tender. Stir in tomatoes. Slice artichokes and add these with liquid from their jar. Bring to a simmer; add roasted peppers, capers, anchovies, vinegar, and parsley. Simmer 15 minutes. Add salt and pepper to taste. Cook pasta in salted boiling water until tender. Drain well, toss with sauce, cover, and let stand 5 minutes in a warm place. Toss again with lots of fresh Parmesan. Makes 4-6 servings. From [Asparagus to Zucchini](#).

I'd like to be a fly on your wall to see what you all are cooking up each week! Do send along any of your favorite dishes—consider it more fodder for our field talks. Enjoy! Your farmers, Laura and Adam