



LOON ORGANICS

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What's in the box 6/14:

Green Curly Kale: See page 2 for kale info. and recipes.

Garlic Scapes: Curly-Q shaped stalks. This is the flower stalk of the garlic plant. It tastes mildly like garlic with a green bean texture. Chop and use wherever you would use garlic.

Photo and recipe on Page 2.

Kohlrabi: The kohlrabi is very tender right now—prob. from all the rain. Some prefer to peel and then chop their kohlrabi for salads or eat like carrot sticks with dip or a little salt. It's also good grilled, I hear.

Green Butter Head Lettuce: Crisp, juicy ribs and tender leaves provide great texture for a salad.

This is great for any salad and especially good on sandwiches.

Romaine Lettuce: Great in a Greek Salad.

Red "Cherriette" Radishes:

A slight spicy bite to these. Slice thinly for additions to tuna or chicken salad sandwiches.

Strawberries: EAT SOON.

They are ripe. These are from a neighboring organic farm in Hutchinson.

Baby Spinach: Spinach strawberry salad?

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. It can either stay in its pot or you can transplant to a larger container.

Week 1: It's Easy Being Green!

Welcome to all new and returning CSA members and we're happy to present to you the first box of the season! It's heavy on the greens, par for the course this time of year. We were happy to have a few other items like the kohlrabi and strawberries ripen in time for inclusion in the first, very green box. Next week's box will probably have similar contents as this week possibly with the addition of sugar snap peas, baby bok choy, and some different head lettuces. Time for a salad with every meal (ok, maybe not breakfast)! More substantial produce, like peas, green beans, broccoli, cukes and zucchini will begin to show up by the 3rd or 4th CSA box—usually around early July.

A few beginning notes: We do wash all the produce that is in your box throughout the season (with the exception of strawberries and tomatoes—these should be washed right before eating). **BUT we do recommend that you wash everything again** before you eat it. We are very much an organic farm and although we try to leave the soil and the bugs on the farm, they occasionally slip past our watchful eye and into a leaf of lettuce so keep an eye out for the spare ladybug or caterpillar.

On the 2nd page of this newsletter, there are recipes and produce tidbits, as well as information on how to best store your produce. We recommend taking just a couple minutes when you return home with your CSA box to take everything out of the box and transfer into plastic bags or your preferred storage container for refrigeration. That moment is also a good time to do some quick prepping—washing and drying lettuce so that it is ready to eat and grab for a quick salad or sandwich, for example. Not only will your produce last MUCH longer if it is stored properly, but you are also more likely to use it if it is already washed and ready to go.

Weather and Crop Round-Up

Nearly two inches of rain fell on the farm on Thursday night, the eve before our first CSA harvest. We knew the rain was coming all week and were in a mad rush to get in the last major plantings of eggplant, basil, and broccoli. Adam, the tractor guru, has been glued to various tractors' seats, dutifully cultivating out the rampant flushes of weeds in the fields. The last minute tasks were finally wrapped up by sunset on Thursday and the work was worth it when we awoke to thunderstorms on Friday morning. This spring in particular, it feels like every week we are in a race with the approaching rainstorms. It is a new feeling since this is the first year in quite a few that we aren't starting off in a significant drought. Last year at this time, I believe we had received just an inch of rain since April. Just last night alone, we received double that!

In general though, the crops look good. The warm spring and consistent rains have been ideal growing conditions, both for crops, weeds and bugs. Crops are earlier but so are the pests. It keeps us on our toes! We are hopeful that regular rains will continue through the summer and save us some irrigation work. A farmer can always dream, right? We're looking forward to sharing the stories, the dreams, and most importantly, the produce with you all this season. Thanks for joining us!

-Laura

Produce Storage: All produce this week should be stored in the fridge, preferably in plastic bags, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. Everything should last over a week if stored properly. Lettuces and strawberries should be eaten first, as they are most perishable.



Garlic Scape Photo. If you like regular garlic, then you'll LOVE garlic scapes. Pesto is our favorite thing to cook with garlic scapes.

We want your recipes and meal ideas!

There is never enough room in our newsletter to post all the wonderful recipes and ideas for your produce. We will supplement with postings at our farm's blog, but we'd love it if you e-mailed us any and all recipe suggestions. We'd love to include them here. We also now have a Loon Organics Facebook page. If you are on Facebook, our farm page is a great place to post and discuss what you're cooking...or to ask us and others what the heck to do with kohlrabi (or whatever it may be). There are also many good cookbooks that come in especially handy for CSA members:

From Asparagus to Zucchini, MACSAC

Farmer John's Cookbook: The Real Dirt on Vegetables, Farmer John Peterson

Vegetarian Cooking for Everyone, Deborah Madison

Contact us:

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Recipe Corner

Each week in the recipe corner we try to highlight a few specific veggies, especially those that are new and unfamiliar. Always we get a lot of questions about the garlic scapes since most people have not seen them before. The garlic scape is the flower stalk of the garlic plant and it emerges every June on certain varieties of garlic. We pull the scape off the plant so that it focuses its energy on producing a large bulb of garlic, not on producing a flower. Plus the scapes are delicious!!! Many people will just chop these up and sauté them in olive oil or butter for a side dish. We prefer to make pesto with our scapes. The pesto is great with pasta, is amazing on pizzas, and yummy on salads...

Garlic Scape Pesto

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into 1/4-inch slices
1/3 cup walnuts
3/4 cup olive oil
1/4-1/2 cup grated parmigiano
1/2 teaspoon salt
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator. From "The Mighty Appetite Blog" at www.WashingtonPost.com.

Kale: Along with kohlrabi, broccoli, cabbage, cauliflower and brussels sprouts, kale contains cancer-fighting organosulfur compounds. Eating one cup of these vegetables (they are the Brassica family of vegetables) 3 times per week has been shown in numerous studies to significantly decrease your risk of all types of cancer—another great reason to eat your vegetables! Our absolute favorite way to eat kale is called *Emerald Sesame Kale*. The recipe is really easy and we put it on our blog at our website (www.loonorganics.com). We put the recipe for Emerald Kale in nearly every first newsletter, so thought we should include a different kale recipe. Many people love to sauté kale and then add their own variations to it: chopped roasted red peppers, tomatoes, goat cheese, or dried chili flakes are just a couple ideas. This is from celebrity chef, Bobby Flay.

Bobby Flay's Sauteed Kale

1 bunch kale, stems and leaves coarsely chopped
3 tablespoons olive oil
2 cloves garlic, finely sliced OR 6 scapes, chopped
1/2 cup vegetable stock or water
Salt and pepper
2 tablespoons red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar and any other additions you might like.

You can also add kale to smoothies (especially kid-friendly), sauté and add to quiche, make cheesy kale popovers, and there are even recipes for kale chips!

Spring Radish Spread

1-2 T. horseradish
1 T. chopped chives or minced onion
1 t. dill
1/2 t. salt
1 c. finely chopped radishes
8 oz. cream cheese

Mix all ingredients in medium bowl. Cover and refrigerate 1-2 hours. Serve with crackers or crusty French bread. Makes about 2 cups. From *Asparagus to Zucchini*.

**Enjoy your first week of produce fresh from the farm!
Take care. Your farmers, Laura and Adam**