



# LOON ORGANICS

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## What's in the box 6/23:

**Green Kale:** Several kale ideas were in last week's newsletter. We like to chop it up, sauté, and add to mashed potatoes.

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

**Kohlrabi:** Cut in matchsticks along with your Hakurei turnips and dress with olive oil, lime, mint and a bit of cider vinegar.

**Green Leaf Lettuce:** This is great for any salad and especially good on sandwiches.

**Red Butter Lettuce:** This makes an amazing salad. Try with the mustard vinaigrette recipe on Page 2.

### Sweet Japanese Salad

**Turnips:** These are WONDERFUL. Similar flavor to radishes, but white roots and smoother texture. Leaves are edible and very good. Recipe on page 2.

### Strawberries: EAT SOON.

These are organically grown just north of Hutchinson.

**Arugula:** Peppery green that is often used in salads. Makes a delicious pesto. The pesto freezes really well.

**Cilantro:** We also love making a cilantro garlic scape pesto for dressing fish, poultry or veggies. Couscous recipe on page 2 uses cilantro, kohlrabi and turnips.

### Sugar snap and Snow Peas

## Week 2: On the Eve of Summer

It was a close call here on Thursday evening as storms ripped through the area, blanketing West Central Minnesota with tornados, hail, and wicked thunderstorms. We had an intense minute of quarter-sized hail and very heavy rain, but we were luckily just on the edge of the severe weather as multiple storms passed on the north and south sides of the farm. We do know of CSA farmers an hour or two north of us that were pounded with hail and crops were torn to pieces. They will stop CSA deliveries for at least a week. Hail is a four-letter word to farmers. It's just about the worst thing ever to experience on the farm. ☹

Besides the thunderstorms and strong winds, there has been much enjoyment of the return of sunshine! The weeks leading up to and following the Summer Solstice can bring us some of the most rapid crop growth of the season. The saying goes that one week in September is like a day in June, in regards to crop growth. Plants seem to double in size overnight, blossoms erupt out of stems, and all of a sudden we have...peas! Yes, the first peas that were planted way back in mid-April are flowering prolifically and the 2<sup>nd</sup> and 3<sup>rd</sup> rounds are beginning to have tiny peas as well. We are in pea territory now-- we should continue to have nearly a pound to put in the boxes for the next few weeks. Other vegetable changes: this is the last week of giving out lettuce heads and spinach is over and done with until fall. We will also give a rest with the kale after this box and the next cooking green to show up will be Swiss chard. Next week will also bring scallions, baby bok choy, more peas, fennel, more herbs, and probably salad mix. Other than that, it's hard to predict. We will see how things grow in the coming week. Looking forward to baby beets and baby carrots soon!

We are now into our 2<sup>nd</sup> week of CSA harvests, starting our routine of Monday, Wednesday and Friday harvest days. Saturday we are at market in Minneapolis, so that leaves just a couple days of the week for non-harvest production work. Life on the farm suddenly seems very busy!! Our 2<sup>nd</sup> round of watermelons were planted on Thursday, right before the storms blew through, and the tomatoes are starting to get quite tall and are begging to be staked and trellised. Getting all our metal stakes and T-posts into the tomato field and pounded in (it is a great bicep workout!) was our first priority after harvest on Monday. Now that we have the tomato stakes pounded in we can go through and begin twining the tomatoes. Twining of the tomatoes keeps the branches off the ground and the fruit supported. It cuts back on our tomato diseases and fruit rot.

We also have tomatoes planted in 2 of our covered hoop houses (unheated greenhouses). The tomatoes are planted in the soil, but since they are in a covered plastic structure, they have close to ideal growing conditions and are doing very well. The beefsteak tomatoes already have small, green fruits and the cherry tomatoes are half the desired size and getting larger every day. It will be interesting to see how much earlier we have tomatoes from that planting. My prediction is that by the middle of July we will begin eating tomatoes from the farm here. If the 80-90 degree temps keep up, we will have a great tomato year which would be especially well-deserved after last year's ambivalent tomato season. Let's hope! Have a great week. -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, except for strawberries, should last over a week if stored properly. **Lettuces and strawberries should be eaten first, as they are most perishable.**

**Garlic Scapes & Kale Recipe Ideas:** Check last week's newsletter on our website for kale and garlic scape recipes. Newsletters from 2009 and previous years also have many great recipes. Check the early summer newsletters for similarly seasonal recipes that use greens, kale, scapes.

**Here are some of our favorite on-line sources for recipes:**

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

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

[www.orangette.blogspot.com](http://www.orangette.blogspot.com)

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

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

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

**What are your favorite recipe websites?**

#### **Garlic Scape Tortilla**

1 1/2 c. chopped garlic scapes  
1/2 c. chopped scallions  
1/4 c. hot water  
Salt and Pepper  
4 large eggs  
2 T. extra virgin olive oil

Place garlic and scallions in a 10 inch skillet with 1 tsp. oil, 1/4 cup water and a pinch of salt. Cook covered over med. high heat until tender, about 5 minutes. Drain. Beat eggs with salt and pepper. Add remaining oil to skillet. When oil is hot, shake skillet to spread garlic and scallions evenly, add eggs. Cover and cook over med. low heat until top is set (2-3 Minutes).

#### **Contact us:**

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## **Recipe Corner**

The recipe below is from one of our beloved CSA cookbooks: **From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce.** It is put out by MACSAC, a CSA organization in Wisconsin. Not only does this recipe have two of my favorite ingredients, feta cheese and olives, it also uses many CSA ingredients: scapes, kohlrabi, turnips, cilantro. Makes a great cooling and light lunch with salad.

### ***Couscous with Kohlrabi and Chermoula Dressing***

1-2 tsp. minced garlic scapes	3 Tbsp. olive oil
2 Tbsp. minced cilantro	2 Tbsp. minced fresh parsley
1 tsp. paprika	1/2 tsp. ground cumin
Salt	3 Tbsp. lemon juice
2-3 cup cooked couscous, cooled to warm temperature	
2 cups peeled, diced kohlrabi	1/2 cup diced radishes or Hakurei Turnips
16 kalamata or black olives (optional)	
1/2 cup crumbled feta cheese (optional)	

Mix garlic scapes, cilantro, parsley, paprika, cumin, and salt to taste. Stir in lemon juice and olive oil. Toss this mixture with couscous. Bring to room temperature. Gently toss with kohlrabi, radishes/turnips, and olives (if desired). Serve as is, or sprinkle with feta cheese. Makes 6 servings.

**Hakurei (Ha-ker-i) Turnips.** These are a Japanese Salad Turnip and they convinced me that indeed I really do like turnips! These are far from the regular purple-top turnips. Hakurei Turnips are more like a radish, but tastier, more versatile, and really fun to experiment with. We prefer to eat them raw in salads. But they can also be lightly cooked in stir-fries, or try out this delicious recipe that was passed on to me from one of our CSA members. It is originally from [www.grouprecipes.com](http://www.grouprecipes.com).

### ***Baby White Turnip Salad with Toasted Pecans and Bacon***

4 small white turnips with their greens attached	
1/4 c. pecan halves or pieces	3 oz. bacon
2 garlic scapes, chopped	salt and pepper, to taste
1-2 Tbsp. balsamic vinegar	1-2 Tbsp. olive oil

Preheat the oven to 350. Remove the greens from the turnips. Tear the leaves with your hands into medium to large pieces and set aside. Slice turnips as thin as possible (use a mandoline if you have one). Put into a bowl of iced water. Toast the pecans in the oven just until they start to brown. Remove from the oven and set aside. In a non-stick pan, saute the bacon until crunchy on the outside. Remove from the pan and set aside, reserving the fat. Prepare a simple vinaigrette: combine vinegar with a pinch each of salt and pepper. Slowly drizzle in about 1-2 Tbsp. olive oil. Set aside. Heat the bacon fat in the same pan. Once hot, add the green garlic/onion and saute until tender. Add greens to the pan, season with salt and just a splash of balsamic vinegar and cook until they are wilted. Remove the sliced turnips from the iced water bath, dry them with a kitchen towel and toss with the vinaigrette. Arrange the turnip slices and their greens in a mound and sprinkle bacon and pecans on top.

### ***Arugula Salad with Mustard Vinaigrette***

6 cups loosely packed arugula(or spinach)	1 cup de-stemmed, sliced strawberries
1/4 cup toasted pumpkin seeds	
<b>Vinaigrette:</b>	2 Tablespoons red wine vinegar
1/4 cup extra virgin olive oil	1 teaspoon honey or agave nectar
1 teaspoon Dijon mustard	Pinch of sea salt

Place arugula/spinach and 1/2 cup strawberries in salad bowl. In small bowl, whisk together all vinaigrette ingredients. Pour over salad and toss to coat. Top with remaining strawberries and pumpkin seeds and serve. Adapted from the cookbook **Clean Food** by Terry Walters.

**Your farmers, Laura and Adam**