



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 6/28:

Dino Kale: This is our favorite kale. More kale recipes on page 2

Purple Scallions: Also known as green onions, the roots and greens of these can be used to flavor salads and cooked dishes with a hint of onion.

Kohlrabi: Make sure you peel to get into the tender center. Last week of kohlrabi.

Baby Bok Choi: Aren't these the cutest vegetables? Leaves and stems are eaten, often in stir-fries. Very nutritious. Recipes on page 2.

Sweet Japanese Salad

Turnips: Making one last appearance for the summer. May reappear in fall. These are mild, sweet, succulent and crispy all at the same time. Raw or lightly cooked, you can't go wrong.

Fennel: Anise-flavored. The whole plant is edible, but the bulb is the most highly prized. We slice the bulb thinly to add to salads, stalks can be used like celery, and fronds can be used for a pesto or as a bed for grilled fish.

Dill: add to mayo for a great spread.

Salad Mix: Baby lettuces that are mixed together. Pre-washed, but please wash again before eating.

Sugar snap peas: A pound and a half per box! Some people like to de-string their peas—snapping off the top and pulling the string off one side of the pea seam. Eat fresh or cook lightly.

Week 3: Flowering on the Farm

One of the reasons that Adam and I love farming so much is that every season is full of constant learning and observation. The exact same crops with the exact same production methods can be drastically different from year to year due to the weather. It's a really fascinating thing to experience each season, especially because you never know what the next season will bring. Even old time farmers in the business for 40+ years have told us that they still learn something new every year. The experience of change is especially potent this year as it has been, so far, a 180° turn from last year's weather.

At this point last year we were racing around trying to irrigate as much as possible and this year we are racing between thunderstorms to get in our planting and cultivating. It is an odd twist, but so interesting to see how the warmer, wetter Spring and early Summer has affected things. I think that I have mentioned before that this Spring the crops came a bit earlier, but so did the bugs. And the weeds are growing just as well, if not better, than the vegetables! Our time and energy has switched from irrigating last year to weeding and hoeing this year. Every time it rains, we get another flush of weed seeds germinating which means another bout of cultivation on the tractor or some weed pulling. So far, we have been in a great pattern of soaking rain and then a warming dry out period. This is very good, as we need a warm, breezy drying out period to promote crop growth and to also help prevent any fungal disease from starting to grow and spread. This year feels more like a "normal" summer weather pattern...something we are not accustomed to after drought the past five years.

So, the incredible growth of crops and farmers marches on for the next few weeks. Everything seems to be flowering right now. The zucchini, squash, and cucumbers have the most adorable, baby fruits. The watermelons are vining out and beginning to flower. The tomatoes are springing up and up, held in with their fortress of T-posts and tomato twine. The first broccoli heads are the size of silver dollars and getting bigger for next week's box. The Summercrisp head lettuce is sizing up, along with the fennel and oh yeah, there are 2000 feet of flowering sugar snap peas waiting to be picked again! The soil is dark black after the weekend rain, the sky is cobalt blue, and various shades of green, red, and purple crops dot the farm. Beautiful! We hope you all can visit and see some of the beauty for yourselves. **There are two farm tours and gatherings for CSA members this season. Summer Farm Gathering: Sunday, August 1st from 3 – 6 p.m. & the Harvest Festival, Sunday, September 19th: 3-6 p.m.** Next year we will be growing our own organic strawberries for CSA members and hope to have a u-pick strawberry festival in mid-late June!

Farmer John's CSA Cookbook states that **Baby Bok Choi** (also known as pac choi) is a "cool-weather crop that grows especially well in spring and fall. Related to cabbage, cauliflower, and broccoli—but it doesn't grow in tight heads. It looks more like white-stemmed chard." The stems almost resemble celery and the leaves are quite tender and can be chopped raw and added to salads or cooked. We love using baby bok choi in stir-fries with carrots, Hakurei turnips, a little kohlrabi and some kale leaves. **Add the baby bok choi and turnips to your stir-fry last so that they don't overcook and become mushy.** We serve the stir-fry with rice noodles or basmati rice and may add some tofu, chicken or scrambled egg to the mix for a little extra protein.

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 a week or more if stored properly. To fit the fennel in a plastic bag, you can chop off the tops and store them in the same bag with the bulb. **Lettuces and baby bok choi should be eaten first, as they are most perishable.**

Don't forget those CSA boxes! Please return your CSA boxes to us—we will re-use them all season long and hopefully into next season. Consult the member info we sent out pre-season for how to open and take apart your box. Thanks for your help!

Fennel: Add 1/3 cup finely chopped fennel stalk and 2-3 Tablespoons of fennel leaves to egg salad. Use as a sandwich filling, spread for crackers, cold sauce for asparagus or fish, or a garnish for tossed green salad.

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Recipe Corner

Use the following marinade to make a really easy baby bok choi stir fry.

Sesame Ginger Vinaigrette for Bok Choi Stir-fry

3/4 c. vegetable or olive oil	1/4 c. rice wine vinegar
1-2 t. ginger (or 1 T. minced fresh ginger)	1 clove minced garlic
zest of 1 orange	1/4 c. fresh orange juice
1 t. sesame oil	1 t. soy sauce

Salt and pepper to taste

Fry up some onions and garlic in a large sauté pan, add your tofu or meat (if desired), then add your sliced carrots and stir fry for a couple of minutes. Add the baby bok choi stems, Hakurei turnip roots, chopped kale leaves and the sesame ginger vinaigrette to your sauté pan. Saute for a couple minutes before adding the baby bok choi leaves for the last 1-3 minutes of cooking. Serve over rice or noodles. Scrambled eggs on top are also a nice addition, along with toasted sesame seeds. A fast and easy meal! Adapted from "Hay Day Cookbook"

Spicy Stir-fried Tofu with Baby Bok Choy

1 pound firm tofu	2 tablespoons canola oil or peanut oil
1 red bell pepper, seeded and cut in thin strips	
2 garlic cloves, minced	1 tablespoon minced fresh ginger
4 scallions, white and light green parts separated from the dark green, chopped	
1 pound bok choy, stems sliced, leaves or florets left whole	
2 tablespoons soy sauce	1 teaspoon Asian chili paste, (such as Thai Kitchen brand)
Salt, to taste	1/4 cup water

1. Drain the tofu, pat dry with paper towels, and cut into pieces, 1/2 inch thick and 1 inch long.
2. Heat 1 tablespoon of the oil over medium-high heat in a large, heavy nonstick skillet or wok, and stir-fry the tofu until lightly colored. Remove from the heat, and drain on paper towels. **3.** Add the remaining oil to the pan, then add the red pepper. Stir fry for three minutes, and add the garlic, ginger and the light part of the scallions. Stir-fry for about 15 seconds, then add the bok choy. Stir-fry for about one minute, until coated with oil and beginning to wilt, and add the water. Cook, stirring, until the water evaporates, about two to three minutes, and stir in the tofu, the soy sauce and chili paste. Stir-fry for a couple of minutes, until the ingredients are well seasoned. Remove from the heat, sprinkle on the green part of the scallions and serve. From Recipes for Health, a series on healthy eating by the *New York Times*.

Tim's Layered Antipasto (with Fennel)

CSA Members loved this recipe last year and it uses both the bulb and the leaves.

1 fennel bulb, quartered and sliced thinly	8 oz. thin-sliced Italian salami, cut into strips
1 jar (16 oz) mild cherry peppers	2 tablespoons balsamic vinegar
4 tablespoons olive oil	1 cup pitted, chopped imported black olives
8 oz. thin-sliced provolone cheese, cut into strips	
2 tablespoons chopped fennel leaves	1/2 teaspoons ground black pepper

Italian bread

Spread fennel in large, shallow serving dish. Drain off liquid from the jar of cherry peppers, reserving 1 Tablespoon of it for the dressing. Quarter peppers and rinse under running water to remove seeds. Spread pepper quarters over fennel. Arrange olives over peppers. Scatter cheese and salami over olives. Whisk remaining ingredients; drizzle evenly over salad. Serve at room temperature with plenty of fresh Italian bread to soak up the dressing.

Kale Chips: Do you have a weakness for salty, crispy chips? Looking for a new way to eat kale? The kale chip recipe is a favorite of some people (even kids!). This recipe courtesy of www.smittenkitchen.com is a standard one. She also recommends grinding up the kale chips and dusting it on popcorn, along with parmesan cheese. What a great excuse to make popcorn! We'll be trying that in the next few weeks.

Baked Kale Chips

1 bunch Lacinato/Dinosaur kale	1 tablespoon olive oil
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Sea salt, to taste

Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I lined mine with parchment for easy clean-up but there's no reason that you must). Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool. Read full recipe here, with popcorn idea: <http://smittenkitchen.com/2010/03/baked-kale-chips/>

Have a great week. Your farmers, Adam & Laura