



LOON ORGANICS

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What's in the box 7/6:

Green Cabbage: Perfect for a slaw! Recipe: Page 2

Baby Beets: This is a two-for-one vegetable: the bulbs AND the greens. Treat the greens like Swiss Chard—cook or toss in salads. Ideas on Page 2.

Scallions: Also known as green onions. Greens and white parts are edible and so fresh tasting!

Broccoli: The stem is sweeter than the florets! Peel and eat.

Zucchini/Yellow Summer Squash & Pattypan Squash: Many squash!! They can all be cooked the same way and basically all have similar flavor. The pattypan is the scalloped saucer-shaped yellow/green squash. Great recipe for grilling on Page 2.

Baby Bok Choi: Last of this until fall. Stir-fry it up!

Purple Opal & Sweet Basil: Use the purple basil as you would sweet basil—the main difference is the color. Makes a great pesto or can be chopped and added to salads.

Fennel: Grate the bulb and add to coleslaw for a hint of sweet.

Green or Magenta

Summercrisp Lettuce: This is kind of like a cross between an iceberg and a leaf lettuce. Perfectly crunchy for a summer salad.

Sugar snap peas: These are beginning to wrap up.

Week 4: Rolling into July

Happy July! Wowie, the 4th of July always creeps up on us! Hope you all had a relaxing and delicious holiday weekend.

So we're cruising along in our CSA season now, even our half shares have all gotten a box a couple times now. How's it going? Do you have an accumulated mass of green in the back of your fridge from the past couple boxes? Have you found some friends, family or neighbors to share some of the bounty with? Or maybe you are more of a "seasoned" (ha!) member and have all your tricks and recipes down pat. Whatever the case may be, you are certainly not alone in the unique way that you are getting your food for the summer. There are over 50 CSA farms serving the Twin Cities Metro Area in 2010 growing vegetables for, in total, several thousand CSA members!

A couple of articles have sprung up on-line to offer advice for how to successfully consume the CSA box's contents each week. They have great tips, like learning how and what veggies you can freeze (we provide a bit of insight on Page 2) and recommending to wash and dry all your lettuce the evening you get your box. I would highly suggest that you check the articles below out, especially if you need some helpful advice. The Simple Good and Tasty article is the first in a new series where Kristin Boldon will be highlighting weekly vegetable CSA ideas and recipes.

<http://heavytable.com/the-tyranny-of-the-csa-box/>

<http://simplegoodandtasty.com/2010/06/24/new-series-kristin-boldon-helps-you-get-the-most-from-your-csa>

We get excited with every CSA week that arrives this time of year, as the veggies begin to change, become more colorful, and varied. We are still waiting on cucumbers (next week), the green beans, and the first carrots to ripen up. As you may notice, the broccoli is forming very small heads. We think this is due to the cold snap we had the first week of May on top of the 90° hot, windy days this week. I think it's a bit stressed so is forming heads a bit prematurely. We'll see how the rest of that planting comes in next week. Otherwise, there are 4 more plantings coming this summer!

Last but not least, there is a mini-documentary about Loon Organics and the journey from farm to market that we perform every Friday and Saturday. It is Episode 15 in Daniel Klein's **The Perennial Plate** series. You can watch it on his website: www.theperennialplate.com or at our blog on our website—it's about 10 minutes. Daniel did a nice job capturing the routine of harvest, the beauty of the farm and the produce, as well as a bit of the demanding reality of farming. Daniel's other previous episodes are just as charming, if not more so. You should watch them all!!

FREEZING THOSE VEGGS: Most veggies, with the exception of peppers, need to be lightly blanched or steamed before freezing. That helps to prevent freezer burn and preserve each veggies' nutrients and texture. **BEET ROOTS & TOPS, PESTO (w/out the cheese), and BROCCOLI ALL FREEZE GREAT!** Fennel, zucchini, and summer squash can also be frozen with ok results. The process: Chop veggie to desired freezing size. Either drop the vegetable in boiling water for 2-3 minutes or steam for 2-3 minutes until lightly cooked. Immediately remove from heat and run under cold water to stop the cooking process. Wring out excess water if you are steaming greens and then, when product is cool, stuff in freezer bags. I also recommend labeling your freezer bags with the contents and date.

Produce Storage: All produce this week should be stored in the fridge, **EXCEPT FOR BASIL. Basil is cold sensitive and will turn black if it is stored in your fridge. Keep basil in the plastic bag and put on your counter, out of the sun.** You can also add a paper towel to the basil bag to soak up the moisture as it respire and releases water.

Everything else should last a week or more if stored in a plastic bag in the fridge. To fit the fennel in a plastic bag, you can chop off the tops and store them in the same bag with the bulb. **Broccoli and Basils should be eaten first, as they are most perishable.**

Yes, produce, after harvest, is still alive and it "breathes" or respire, emitting CO2 and taking in oxygen. Highly perishable veggies like greens are high respirators and need to be kept cool to prolong shelf life. What does that mean to you? **GET YOUR VEGGIES IN THE FRIDGE ASAP** after you get them from us. If your veggies have to sit in a hot car in the afternoon, please bring a cooler along for them. Quality will be much improved that way.

Contact us:
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Recipe Corner

Two light salads for a hot month. The coleslaw below is one of our favorites—it only takes 15 minutes to prep! It is very light and the fennel gives it a nice sweetness. Noone will ever know there is fennel in this slaw! We're getting tired of eating our sugar snap peas raw now, so we've been making the sugar snap pea and potato salad all week.

Asian Cabbage Fennel Slaw

2 ½ cups finely shredded cabbage 1 cup grated carrots
 ½ cup diced or julienned red or green bell pepper 1 fennel bulb, grated

Dressing:

2 Tablespoons olive oil 2 Tablespoons rice vinegar
 1 Tablespoon soy sauce 2 teaspoons brown sugar
 ½ tsp. grated fresh ginger root dash of chili oil, Tabasco, or other hot pepper sauce
 1/3 cup chopped peanuts, or 1 Tablespn toasted sesame seeds (optional)

Combine the cabbage, fennel, carrots, and bell peppers in a serving bowl and set aside. In a separate bowl, whisk together the oil, vinegar, soy sauce, brown sugar, ginger, and optional chili oil. Pour the dressing over the vegetables and toss well. Set aside to marinate for 10 to 15 minutes. Just before serving, mix the slaw well and add the chopped nuts or toasted seeds, if you like. This salad will keep, covered and refrigerated, for 3-4 days. From the cookbook, **Moosewood Restaurant Cooks at Home.**

Potato and Sugar Snap Pea Salad

1 ½ pound yellow or red potatoes, (unpeeled if organic) cut into ½ inch chunks
 ½ pound sugar snap peas (the bag in your box was a pound)
 1 bunch radishes/Hakurei turnips, or fennel bulb, sliced thinly
 ½ small red onion or 1 bunch scallions (white and green parts), diced
 ¼ cup olive oil 3 Tablespoons lemon juice
 1 Tablespoon Dijon mustard 1 garlic clove, pressed or finely minced
 ½ cup freshly grated parmesan cheese

Opal Basil, chopped finely

Steam potatoes in a steamer basket over boiling water until almost tender, 8-10 minutes. Add the peas to the steamer and steam until peas are crisp-tender and potatoes are tender, about 1 minute longer. Transfer vegetables to a large bowl. Cool slightly and then add the onion/scallions and fennel. Whisk the oil, lemon juice, mustard and garlic in a small bowl for the dressing. Whisk in parmesan. Add salt and pepper to the dressing. Coat the veggies with the dressing. Toss and taste for seasoning. Add more salt and pepper if needed. Top the salad with lemon and opal basil, as much as desired. Serve the salad warm or at room temp. This is a recipe that we adapted from *Bon Appetit Magazine*, June 2009.

Zukes/squash can be chunked and added to kabobs for grilling. If you don't want to fire up the grill, you can also pan fry it on the stove top. The secret is to make sure your skillet is at medium heat at least and don't overcook the squash.

Grilled Zucchini/Summer Squash with Mustard Vinaigrette

2-3 teaspoons minced garlic, pressed to a paste 3 Tablespoons olive oil
 2 teaspoons mustard 2 Tablespoons wine vinegar
 1 ½ pounds zucchini, yellow squash and pattypan, halved lengthwise or quartered if large.
 Heat coals on outdoor grill. Combine garlic, mustard, vinegar, salt, and pepper; whisk in oil. Brush squash halves with a little of the dressing and grill slowly until barely tender. Place on platter; drizzle on the dressing. Serve warm or at room temperature. Makes 4-6 servings.

Beets: For best storage—Cut the greens from the roots and keep the greens refrigerated in a plastic bag, as you would lettuce or kale. Store the beet roots also in a plastic bag and wash, cut and prep right before using. The red beets do bleed, but the red stain can easily be washed off cutting boards or countertops.

The beet greens and the roots together make a powerhouse of a nutritional bite. Vitamins A, C, carotenes, calcium and iron all in one veggie! If you've been in our CSA before, you probably know that not only do we LOVE beets, we like them best roasted or steamed and then eaten with blue cheese. Our favorite salad is on our website recipe page. Beets elicit strong reactions in people, so if they're not for you, perhaps you can find a friend to share them with.

Have a great week! Your farmers, Adam & Laura