



LOON ORGANICS

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What's in the box 7/12:

Savoy Cabbage: Crinkled green leaves form a looser head, but have a nice sweet flavor. Savoy cabbage can be substituted for Napa or Chinese cabbage in any recipe. Makes a nice slaw or for wrap the leaves around fish and/or veggies and steam.

Baby Carrots: First harvest of the year. Wash and eat raw. Cut tops off to prolong storage life.

Walla Walla onions: These are baby sweet onions. Can be eaten raw or cooked. Greens good too.

Broccoli: Great recipe on Page 2.

Assorted Zucchini/Yellow Summer Squash & Pattypan

Squash: The zucchini and summer squash have exploded! We have so many. They can all be cooked the same way and basically all have similar flavor. The pattypan is the scalloped saucer-shaped yellow/green squash.

Summer Savory Herb Bunch: Info and photo on page 2.

Cucumbers: The long cukes are gourmet seedless ones from our greenhouse. The other regular ones are from the field. Lots of cukes, but they are very crisp and delicious!

Summercrisp Lettuce: These leaves are great for lettuce wraps or for a salad with cukes.

Green beans: The first pick of the year!

Week 5: Clean fields, dirty hands.

It was another gorgeous week on the farm! It is not often that the weather fully cooperates with us, almost on cue, but it worked out that way this past week. We were doing some weeding last Monday afternoon after finishing up a big CSA harvest and a storm blew right our way, dropping about an inch of rain on us at the perfect moment. After the hot, windy July 4th weekend, the crops were looking haggard and in need of a drink. We had planned to set up all the irrigation on Tuesday, but were saved by the un-forecasted rainstorm. Phew! It's just great when things work out like that. The rain really ramped up the summer squash and zucchini production, and we are now picking almost daily to try and prevent any huge zucchini monsters from taking over our patch!

When we are not tending the zucchini, we are usually on our hands and knees pulling weeds and hoeing. Weeding is certainly satisfying and even therapeutic in small doses, but it is one of the most monotonous jobs on the farm. Luckily, we have three great employees, in addition to us, who diligently weed, hoe and then weed some more without ever complaining, and another group of weeders that come on Tuesdays to help us tackle some long beds of weedy parsnips and salad mix. Finally, after nearly a month and a half of weeding, we are finally getting on top of things, the farm's fields are looking really clean and relatively weed-free, and we are moving on to other projects...like harvesting Garlic! The garlic harvest will begin on Tuesday--fresh garlic in your CSA box next week. We also have an educational farm tour on Tuesday evening that is being put on by the Land Stewardship Project, a MN non-profit that does amazing work educating new farmers through their Farm Beginnings Program. Around 50 people, most of them beginning or wannabe vegetable farmers, will visit our farm on Tuesday to see our production systems and hear about how we started up our operation in 2005. There is an immense interest in local food right now and we need many more local farmers to help meet this growing demand. These types of field tours and field days are a great way for the less experienced to see new ways of doing things, and also a chance for us to probably learn a few things from the attendees. The tour also makes us get the farm whipped into shape, so that's always a nice bonus of such events.

New produce on the horizon: Green beans, more cucumbers, new potatoes, and more beets in the coming week or two. The sweet corn looks great so far—it should be really good this year and hopefully will be ready by end of July even. The tomatoes in the hoop houses are loaded with big, green slicing tomatoes. I expect that they will begin to turn red and trickle in slowly. This is the last week of cabbage for awhile.

Thanks for reading! -Laura

WHAT YOU CAN PRESERVE

THIS WEEK: Broccoli, green beans, and summer squash/zucchini would all freeze well, if you can't eat it all. The beans and broccoli freeze best if you steam or blanch the veggies for a couple minutes before freezing. Summer squash/zucchini can be shredded and frozen raw for use later in zucchini muffins, bread or cake.

SUMMER SAVORY DRIES VERY NICELY. MORE INFO BELOW.

Produce Storage: All produce this week should be stored in the fridge, preferably in a plastic bag. Everything should last a week or more if stored in a plastic bag in the fridge.

Summer Savory



Summer Savory is not a well-known herb, but we can't figure out why because it is so good! Its flavor is a bit like thyme crossed with mint. It is great added to almost any dish—we love chopping up several sprigs of leaves and adding it to hamburger patties. Goes wonderfully with any type of bean, chicken or fish.

If you can't use it all, you can dry it for use this winter. Hang the whole bunch (or several sprigs) upside down in your kitchen, out of the sun. It will take a week or two for the herb bunch to fully dry. Once it is fully dry, you can put it in a small spice jar to add to dishes later this summer or fall.

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Recipe Corner

We didn't feel like doing too much cooking during the hot, humid weather earlier in the week. As soon as it cooled down, we made zucchini pizza. We make our own pizza dough (it's so cheap and easy easy!). The dough recipe below makes one pizza that is around 12 inches across. That and a salad is enough for two hungry adults and maybe even some leftovers for lunch. You can also sub a pre-purchased pizza dough for the homemade.

Zucchini & Summer Savory Pizza

The dough:

1 ½ teaspoons active dry yeast 1 teaspoon sugar or honey
1 cup lukewarm water 2 cups flour (can do 1 cup white, 1 cup whole wheat)
Heat water to lukewarm—should not be boiling as that will kill the yeast. Add lukewarm water to yeast and sugar in ceramic mixing bowl. Mix and let sit for 10 minutes to proof. Add flour to yeast mixture and stir in. Flour your countertop, plop out dough and knead for 5 minutes or so. You will probably need to add more flour when kneading, if the dough is sticky. Put dough in clean ceramic bowl glazed with olive oil, cover with clean dish towel and let rise in a warm place (the oven with the light on is good) until the dough doubles in size (30-60 minutes). Meanwhile, you can prep the rest of your ingredients.

The topping:

½ can pizza sauce 1-2 small onions, finely diced
Lots of chopped fresh herbs: savory, basil, and parsley are all good.
2 medium or 3 small zucchini 2 cups grated mozzarella cheese
Slice zucchini diagonally, about ¼" thick. Stir-fry zucchini slices for a couple minutes in olive oil—remove from heat and let cool. Pre-heat oven to 450° and place baking sheet or pizza stone in oven to warm up. Roll out dough (when risen) and place on pre-heated sheet or stone. Add pizza sauce, layer the onions and herbs, and zucchini slices are spread on top. Mozzarella cheese sprinkled over everything. Goat cheese and/or cherry tomatoes are a nice addition. Bake for 10-15 minutes until crust and cheese turns golden brown.

The recipe below sounds deceptively simple—stir-fried summer squash?! But, other than eating summer squash on pizza or pickling it (more about that in a future newsletter), my favorite way to eat it is this skillet. The key is to fry your onions for 3-5 minutes until they are translucent and very flavorful and to reserve some raw summer squash to add right at the end for a delicious crunch.

Summer Squash Skillet with Summer Savory

3-4 small summer squash, chopped 2 Walla Walla onions, diced
2 Tablespoons olive oil 3 Tablespoons summer savory leaves, chopped

Heat olive oil in a heavy skillet on medium heat. Add diced onions and sauté for 5 minutes until translucent and fragrant. Add the chopped summer squash and summer savory, but reserve one cup of raw squash to add at the end. Sauté the summer squash for around 8 minutes, stirring frequently. Then add the one cup of raw summer squash and continue to cook for another minute or two. Salt and pepper to taste. Serve as a side dish. You can also crack an egg over the top in the last few minutes of cooking. That makes a great brunch dish or "breakfast for dinner".

Savoy Cabbage: A mild, light green cabbage. We love growing this for its beauty—Savoy is often called the Queen of Cabbages. You can use this in any recipe that calls for cabbage or for Napa/Chinese cabbage. The best way I've eaten savoy from our farm, is to quarter it and stick it in the steamer until it is crisp-tender, about 10 minutes? Then top with butter and a little salt. The leaves have an incredible sweetness that is unlocked when they are steamed.

Teriyaki Broccoli and Green Beans

1 head broccoli, cut into florets, stem peeled and diced 1 cup sugar snap peas
½ cup bottled teriyaki marinade (or make your own: allrecipes.com has a good one)
Freshly ground black pepper 1 teaspoon toasted sesame seeds
Bring a small pot of salted water to boil and drop broccoli and sugar snap peas in. Cook for 2-3 minutes, until crisp-tender and bright green. Drain and transfer to a bowl. Add the marinade to the veggies and toss to coat. Season with pepper to taste. Sprinkle with toasted sesame seeds and serve.

Have a great week! Your farmers, Adam & Laura