



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 7/20:

Cauliflower: Personal-sized heads! We added this to a curry stir-fry this week with our beans, carrots, and some cashews. Or try: Lightly steaming with your potatoes and green beans and dip in a garlicky mayonnaise!

Green top Beets: These have some incredible green tops to them. Beet greens taste similar to spinach or swiss chard. They freeze very well. More info. on Page 2 about freezing.

Fresh garlic: The skins have not dried yet, so when you peel the cloves you will have to peel off a thick skin around the clove. Keep in fridge to maintain juiciness.

Red New Potatoes: Enjoyed best boiled up or roasted. Mmm.

Broccoli: Roast with your cauliflower and garlic for a yummy side dish.

Assorted Zucchini/Yellow Summer Squash & Pattypan

Squash: Time for zucchini bread or summer squash muffins? All are interchangeable.

Curly Parsley: Recipe Page 2.

Cucumbers: Slice thinly, add feta cheese, a bit of parsley and lemon for a delicious salad.

Rainbow Swiss Chard: A cooking green similar to spinach. Stalks and leaves are edible—Recipe on Page 2.

Green beans: The first pick of the year and they are coming in strong! Recipe Page 2.

Week 6: We Need Your Help!

We are starting to enter the season of summer abundance—a season that we really love because we know that the CSA boxes will be very full with lots of colorful, varied produce. And the eating just keeps getting better at this point as we move into the stalwart summer standbys: tomatoes, eggplant, peppers, sweet corn, and watermelons. Yep, all looking good and on their way.

While we are overwhelmed and feeling blessed with the abundance of the season, we also were reminded this week in our local paper that MN food shelves' supplies are running low with demand at an all-time high and donations dropping off as people are busy with vacations and summer plans. We are donating some of our excess produce to several food shelves in the Twin Cities and in our local communities and **WE NEED YOUR HELP TO DONATE MORE PRODUCE!** There are 3 very different, but important food donation programs we are participating in. The first and largest: **Harvest for the Hungry**, a program of the Emergency Foodshelf Network. **Harvest for the Hungry** takes donations from CSA members and others that donate in our farm's name, and then matches that donation dollar for dollar to purchase produce from us to distribute to food shelves. Last year, Harvest for Hungry collected and donated over 100,000 pounds of fresh, local and organic produce from MN farms!!! **The goal for our farm is to collect \$1500 in donations, so that Harvest for the Hungry will purchase over 3,000 pounds of produce from our farm! We have over 150 CSA members and if every family donated just \$10 to Harvest for the Hungry, we could supply over 3,000 pounds of organic produce to hungry Minnesotans.** Just a small donation by everyone helps us reach our community goal and do amazing things! You can donate securely on-line at www.emergencyfoodshelf.org.

We also have several Jr. High students from Litchfield, MN coming out to harvest some of our excess produce as part of their FCCLA (Family, Career, and Community Leaders of America) service project. They harvest, wash, pack, and deliver our excess produce to the local food shelves. The food shelf staff is overjoyed to not only have fresh produce available for those in need, but organic produce as well. We are overjoyed to the FCCLA girls' for taking on this much-needed task. Just yesterday, they harvested and delivered over 50 heads of lettuce. Little by little, it all adds up.

In addition, on Saturdays after market, we are able to donate our excess produce to the East African Women's Center which picks up and distributes our produce to East African mothers that live near our Minneapolis market site. As you enjoy the bountiful food from the farm this time of year, we hope that you'll take a moment to help provide healthy food, the most basic of necessities, to others in need. Every little bit counts! Thanks for your help.

WHAT YOU CAN PRESERVE THIS WEEK: Cauliflower, broccoli, Swiss Chard, green beans, beet roots and beet greens, and summer

squash/zucchini would all freeze well, if you can't eat it all. The beans, beet roots and beet greens, 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.

Produce Storage: All produce this week should be stored in the fridge, preferably in a plastic bag. The garlic, because it is fresh and not yet dried, it can be stored in the fridge or can be set on your counter to dry down. Everything should last a week or more if stored in a plastic bag in the fridge.

Not crazy about beets? Have you tried beet chocolate cake yet? The recipe is on our website. For a fool-proof cake, add chocolate ganache frosting:

Melt 1 cup heavy cream with 2 cups semi-sweet chocolate (chips or bar). Let the frosting cool slightly before applying to cake. Or apply half of the warm ganache to the cake right away and apply the rest after it has cooled to room temp. Then you'll have a very moist, chocolate-y cake.

On the chocolate theme, you can also use any combination of your summer squash and zucchini to make bread, cake or muffins. Toss in some chocolate chips to the batter or some cocoa powder for a sweeter treat.

GARLIC FESTIVAL IN HUTCHINSON, AUGUST 14TH!!

It's the annual event featuring loads of gigantic garlic, great food cooked by top-notch Twin Cities' chefs, music, and yes, the infamous garlic ice cream. We'll be there with our garlic crop and some produce.

More info:
www.sfa-mn.org/garlicfest/

**Contact us:
320.587.0140
www.loonorganics.com**

Recipe Corner

We have a bacon weakness at our house. After being vegetarians for many years in our 20's, we started eating organic, pastured meat from local farms a few years ago. We still eat mostly vegetarian, but every now and again, we crave bacon. I couldn't resist this recipe below. Bacon can be easily left out in this recipe for a vegetarian, yet still very tasty dish. This was passed along to us from one of our CSA members, Kari Gordon.

Ultimate Green Bean Recipe

2-4 slices bacon
1 pound fresh green beans, trimmed
1 tablespoon butter
1/2 cup boiling water (substitute chicken broth for more flavor)
1 teaspoon lemon juice (I sprinkle the lemon juice pretty liberally)
salt and pepper to taste

1/2 large white onion, minced
1/2 teaspoon red pepper flakes (1/4 tsp if you don't like spicy)

1. Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes. Remove the bacon with a slotted spoon and drain on a paper towel-lined plate; return the skillet with the reserved bacon grease to the stove. Alternate step: If making without bacon, just melt some butter in a skillet instead
2. Cook the onion in the bacon drippings (or butter) until soft, 5 to 7 minutes.
3. Stir in the green beans and red pepper flakes; cook another 2 minutes.
4. Pour the boiling water into the skillet and cover the skillet immediately; steam for about 15 minutes, shaking the skillet occasionally to keep the beans from sticking to the bottom.
5. Add the butter, lemon juice, salt, and pepper; cook and stir until the butter is melted, 3 to 5 minutes. Sprinkle the cooked bacon over the beans to serve.

Chimmichurri Sauce is an Argentine sauce traditionally used on meats, as we might use ketchup or BBQ sauce. It is also delicious with tortilla chips or as an addition to burritos or fajitas. You can add to just about anything! Recipe from our friends, Nick and Joan Olson.

Chimmichurri Sauce

1/2 c. olive oil
1/2 c. red wine or white wine vinegar
1/2 c. onion, finely minced
1 T. garlic or scapes, finely minced
1/4 c. parsley or cilantro; chopped
1 T. oregano, minced
1/2 t. dried red chili pepper (add more or less depending on your taste)
1 1/2 t. salt
1 t. ground black pepper
Blend all ingredients in a blender or food processor

The tuna salad is a twist on the original and an innovative way to eat Swiss Chard.

The stems make a beautiful, colorful addition to the tuna salad.

Swiss Chard Tuna Salad (and Wraps!)

From "Kitchen Window" on NPR

1/2 c. mayonnaise
1 t. balsamic vinegar
1/4 c. chopped olives (about 10 olives, kalamata are delicious if you have them)
1 t. brine from the olives (or 1 additional teaspoon balsamic vinegar)
2 6-oz. cans of tuna (oil or water packed), drained
3/4 c. loosely packed chopped Swiss chard stems
1 c. chopped Swiss chard leaves
1/4 c. chopped fresh herbs, such as **parsley** and basil
1/2 c. chopped scallions, white and green parts OR finely minced onion
Salt and pepper
Swiss chard leaves for making wraps or in place of lettuce on sandwiches (optional)
Combine mayonnaise, Dijon mustard, balsamic vinegar and olive brine in a small bowl and mix well. Stir in tuna, chopped Swiss chard stems and leaves, parsley, and scallions. Salt and pepper to taste. If desired, spread out extra chard leaves, spoon tuna salad along the lower edges, then roll up to make low-carb wraps. Tuna salad will keep for three days in the refrigerator. Have a great week. Your farmers, Laura and Adam