



# LOON ORGANICS

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## What's in the box 7/27:

**Salad Mix:** Mix of lettuces. Remember to wash again. We have found an occasional worm, so keep your eyes peeled.

**Green top Carrots:** If you don't eat these right away, remove green tops for optimum carrot storage. These are best washed and eaten up whole!

**Broccoli:** Make a raw broccoli salad with grapes, diced sweet onion, and sunflower seed salad with yogurt dressing.

**Fresh garlic:** We have had a wonderful garlic crop! Try roasting your bulb in the oven at 400 and squirt soft roasted garlic onto fresh, toasted bread.

**Sweet Onions:** Enjoy fresh or cooked. Green tops are a nice addition to salads.

**Red New Potatoes:** Try a potato green bean pesto salad.

**Assorted Zucchini/Yellow Summer Squash & Pattypan**

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

**Cilantro:** Delicious added to salads and salsa.

**Cucumbers:** Info and recipe on Page 2.

**Green beans:** These are a new picking of thin, very tasty beans. Saute up with butter and top with parmesan cheese.

**Tomato!**—red slicing tomato. One is not enough, but more are on their way!

## Week 7: Dog Days of Summer

Thanks to many of you who donated to the Emergency Foodshelf's **Harvest for the Hungry** program! If you didn't yet get a chance, their website is <http://www.emergencyfoodshelf.org/>. Your donation will be matched dollar for dollar to purchase Loon Organics produce and distributed to hungry Minnesotans in need. See last week's newsletter on our website for more info.

Life on the farm is still in full-force and we have been lucky to have dodged some recent bad weather. We've also missed out on any rain though for 2 weeks now, so the irrigation sprinkler came out last week to water key crops like cucumbers, fall broccoli, tomatoes and summer squash. We were very happy then to pick up a little precipitation on Friday evening, especially for our sweet corn as it is in the crucial tasseling stage. At this stage, the pollen from the corn tassels travels down each individual silk to pollinate each individual kernel in an ear. Once the kernels are pollinated, we like to get rain or will irrigate so that the kernels fill out and get nice and juicy. You will remember the corn pollination process if you read Michael Pollan's book *The Omnivore's Dilemma*. If you haven't read that by now, get to it. It is a must!

This afternoon, Tuesday, we have our organic inspection. This is an annual inspection where an employee of our certification agency visits to go over all our farm records (this includes greenhouse logs, field logs, irrigation logs, & harvesting logs), and does an audit on a crop from seed to harvest, to ensure that everything that has been done to that crop was in compliance with the USDA organic standards. This is our 6<sup>th</sup> year of farming and we've been certified organic the whole time. As participants of the USDA National Organic Program, we can tell you first hand that it is a very meaningful label with rigorous standards, especially in regards to vegetable and fruit production. We also think it is a nice guarantee for the consumer, so that they don't have to ask every single farmer what they spray on their crops, if they use chemical fertilizers or grow GMO-crops. There are many genetically modified vegetable crops and more arriving on the market every day! Most all the sweet corn now being grown in Minnesota and the U.S. is genetically modified with the pesticide BT in the corn so that they don't have to spray for worms that eat the corn tips. The downside is that the gene for the pesticide BT is always present in the GMO corn and you can't wash, peel, or cut off the pesticide part—it's in the genes! You won't know a veggie is non-GMO unless you specifically ask and trust the farmer who sells it to you, or you can buy certified organic produce which will guarantee that the veggies are GMO-free.

Certified organic bi-color sweet corn coming from our farm...next week even?! Get the butter ready. **Hope to see you at our farm tour this Sunday, Aug 1<sup>st</sup> from 3-6!!**

**WHAT YOU CAN PRESERVE THIS WEEK: Broccoli, green beans, carrots, cilantro, beets and summer squash/zucchini** would all freeze well, if you can't eat it all. The beans, broccoli and carrots freeze best if you steam or blanch the veggies for a couple minutes before freezing. Summer squash/zucchini can be shredded or cubed and frozen raw for use later in zucchini muffins, bread or cake. Cilantro can be chopped up raw and frozen in bags.

**Produce Storage:** All produce this week should be stored in the fridge, EXCEPT FOR POTATOES. Store potatoes on the counter out of the sun or in a cupboard. New potatoes don't store very long, so eat them soon! The garlic, because it is fresh and not yet dried, 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.

There is an amazing recipe for **blue cheese and red potato tart** over at the Smitten Kitchen blog. It is quite lengthy to re-print here, but you can read and drool over the photos at the website: <http://smittenkitchen.com/2010/06/blue-cheese-and-red-potato-tart/>

**CSA FARM TOUR:  
SUNDAY, AUGUST 1<sup>ST</sup> FROM 3-6**

Walking farm tour and wagon ride, meet the farm hens (and us!), free u-pick herbs, some flowers & green beans plus a potluck to follow, if you want to stay! Bring a dish to pass. An e-mail RSVP is very helpful, if you know you will come. Or just come!

We'll send out directions to the farm this week before the tour. Hope you can make it out to see where all your food comes from! Children, friends and family are most welcome. Only very well-behaved dogs, please. We already have a not-so-well-behaved dog and that is enough for us. ☺

**Contact us:  
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## Recipe Corner

**Cucumbers:** Are a wonderful cooling food in the summer and cukes' nutrients and high water content help to replenish and nourish our skin and cartilage. Along with a lot of water, cukes have potassium, magnesium, Vitamin C, caffeic acid, and silica which aid in soothing skin irritation and reducing swelling. Guess there is something to that trick of putting cucumbers on puffy eyes to refresh them, but these are much too tasty to do that! Make some cucumber salad or refrigerator pickles, if you are feeling overwhelmed with the number of cukes you are getting each week. The quantity will slow down in the next few weeks, so eat them now! Chilled cucumber yogurt/buttermilk soup is also divine on a hot day and doesn't require an oven.

### *Marinated Cucumber Salad in Honey-Cider Vinegar*

¼ cup apple cider vinegar	2 Tablespoons water
1-3 teaspoons honey	¼ teaspoon Dijon mustard or 1 tsp. fresh dill
4 medium cucumbers	6 thin slices onion

Mix the vinegar, water, honey to taste, and mustard in a mixing bowl. Add the cucumber and onion; toss until well combined. Marinate for at least 30 minutes at room temperature or refrigerate overnight. Serve cold or at room temperature. From **Farmer John's**

### **Cookbook.**

A couple weeks ago, we had all the ingredients for lasagna, except for the noodles. We used long, thin slices of zucchini in place of the noodles and the result was a delicious summertime lasagna-like dish packed with vegetables. You can make summer squash/zucchini noodles thin for pasta (use the method for peeling squash below) or you can make wider ribbons with a knife for use in lasagna. Either way, it is a light, fun twist on pasta, with a lot less calories and no gluten.

### *Summer Squash/Zucchini Noodles*

2-4 assorted long summer squash: zucchini, straight yellow, or yellow/green Zephyr squash	
2 T. olive oil	salt to taste

To make the ribbons: Take a vegetable peeler or mandolin, wash the squash, and brace it against a cutting board so that you can easily cut it. Run peeler down the side of the squash and a thin noodle-like ribbon of squash will come off. Put the strip in a bowl. Rotate the squash so that you are constantly peeling off a new ribbon of squash, evenly working your way around the squash. Once you get to the middle of the squash, you will want to discard the seedy inside, as that will become mushy when you cook.

Heat 2 Tablespoons olive oil in a pan and sauté the squash noodles on medium heat for around 2 minutes until they are crisp tender, but not brown and softened! Remove from pan, salt to taste, and toss with fresh marinara sauce or freshly chopped tomatoes and basil.

Every year, I include this fritter recipe in the newsletter. It's the best: simple, fast and tasty! It is on repeat in our household every July.

### *Zuke/Summer Squash Fresh Herb Fritters*

Salt and freshly milled pepper	2 garlic cloves, finely chopped
2 pounds zuke/squash, coarsely grated	½ cup chopped parsley or cilantro or dill
2 eggs, beaten or ½ c. pureed silken tofu	1 Tablespoon chopped basil
1 bunch scallions or 2 small sweet onions, including an inch of greens, thinly sliced	
1 teaspoons chopped mint (optional)	Olive oil as needed
1 cup dried bread crumbs	

Lightly salt the zucchini and set aside in a colander to drain for 30 minutes. Meanwhile, mix the remaining ingredients together except the oil and pepper. Quickly rinse the squash, squeeze out the excess water, then stir it into the batter. Taste for salt and season with pepper. Film two large skillet with olive oil. When hot, drop in the batter—1/4 cup makes a fritter about 3 ½ inches across—and cook over medium heat until golden on the bottom. Turn and cook the second side. Serve hot with yogurt sauce, marinara sauce, salsa verde, or garlic mayonnaise. Serves 4.

From *Vegetarian Cooking for Everyone* by Deborah Madison.

Have a great week! Your farmers, Laura & Adam