



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 8/3:

Bi-Color "Luscious" Sweet Corn: Trim off the tip before peeling. There are some worms eating the tips. Besides that, the corn is delish!

Cherry Tomatoes & Slicing

Tomatoes: There is a mix of different types and colors. All are ripe and ready to eat.

Eggplant: Striped or Purple.
Recipes on page 2.

Green top Purple Carrots:

The purple carrots are our favorite. Just wash and eat.

Fresh garlic: This will store for a long time if you can't get to it. Let it cure on your counter.

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

Green Bell Pepper: Saute with garlic and onions for a great fajita or burrito filling.

Red New Potatoes: Roasted, lightly boiled, steamed, grilled!
Dilled potato salad?

Assorted Zucchini/Summer

Squash: Grilling Recipe on Page 2.

Dill: Goes great in a creamy cucumber salad or soup.

Cucumbers: Peel, slice and dress with a little apple cider vinegar, dill and salt.

Broccoli: This is probably the last of the broccoli for a bit. Again, check the florets for a green worm or two. You can soak the broccoli in salted water before cooking to get any worms out too.

Week 8: Summer Fruits are Upon Us

It is a cusp week on the farm. We're on the verge of the peak of the summertime crops and harvest frenzy. The field tomatoes are just starting and the tomatoes from the hoop houses and greenhouses are at their peak. We very happy to have been able to pick the first sweet corn today for the box and there is lots more on the way.

This corn puts our corn last year to shame. The ears are big, glorious, with well filled out kernels AND we have a ridiculous amount of it. Our first planting of corn (an early variety called "Luscious") alone is 2300 row feet of sweet corn. There is a corn plant every 6-12 inches or so in the row, so that comes to be around 2300-4600 ears of corn in that planting alone! In total, we have around a ½ acre of sweet corn, all gorgeous, tall and green. Perhaps, we got carried away? We'll see. At any rate, there should be lots of corn in your boxes for the next few weeks—if you can't eat it all, you can freeze some away for the winter.

The only hitch that I must mention is that we have a little worm damage on the tips of our corn. We advise you to trim the tips of the corn off before peeling, especially if you are squeamish about worms. Usually we get by without any worm damage with the first and second planting of early sweet corn, but this year is a pretty out-of-control year for worms. I have heard from many other local organic vegetable farms that they are battling major worm infestations, mainly the cabbage loopers (which will eat just about anything...not just cabbage!), plus the cutworms are bad this year too. We were doing fine until about 2 weeks ago and then the loopers did a number on both the Dinosaur Kale, the salad mix (which is why you don't see any salad in your box this week), and even our greenhouse tomatoes! Our red and green kale has been relatively spared from any major damage. We think the worms are in the peak of their life cycle right now, plus the heat and moisture this summer has created perfect conditions. Please wash over your leafy things, like dill, and your broccoli especially well. We try to leave the bugs on the farm, but I guess an occasional bug is also your guarantee that our product is organic. Thanks for bearing with us. 2010 may go down as the year of the worm on the farm. Hopefully they get better in the next few weeks.

Other than the worms, everything is going along beautifully and we are beginning a new summer era of produce.

Thanks to everyone who came out to the farm tour and potluck on Sunday. A great time was had by all and we even got to harvest and eat a few watermelons to see how they were ripening, along with some sweet corn. The watermelons are just around the corner. Maybe they will appear in next week's box!!

WHAT YOU CAN PRESERVE THIS

WEEK: Carrots, eggplant, green pepper, and summer squash/zucchini would all freeze well, if you can't eat it all. The beans 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. Eggplant freezes well if it is already cooked—preferably in a sauce with other veggies like tomatoes or you can also make the eggplant spread, baba ghanouj, which freezes very well and is delicious on pita and sandwiches. Peppers can be chopped raw and frozen in Ziploc bags to be thrown in soups and chili this winter.

Corn prep: Steam or boil corn for 2-3 minutes for best eating. The early corn is very tender.

Produce Storage: All produce this week should be stored in the fridge, EXCEPT FOR POTATOES, EGGPLANT, TOMATO (these are not coincidentally all in the same plant family: nightshade). Store potatoes, eggplant and tomatoes 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. Onions are fresh, sweet onions and should be stored in fridge. Everything else goes in a plastic bag in the fridge.

COOKING CLASS: Get your canning on!

Saturday, August 21: Canning Class at Chris Schlueter's (1 mile south of the Loon Farm)

"Cooking in the Country with Chris".

She also has her fall lineup of classes:

Sept 25: Cabbage
Oct 2: Carrots
Oct 9: Squash
Oct 16: Potatoes

E-mail: cjinspirations@gmail.com to sign up. Each class is \$25 and limited to 7-10 participants. **Classes are filling up so e-mail or call Chris soon!!**

**Contact us:
320.587.0140**

www.loonorganics.com

Recipe Corner

Eggplant: Don't be afraid, it is actually a very nutritious and TASTY vegetable! The tastiness is all in the preparation, of course, and the freshness! Eggplant is high in various types antioxidants, as well as potassium, fiber, manganese, among other nutrients. The flesh will soak up liberal amounts of oil, so go easy otherwise you can have a soggy mushy mess. Grilled eggplant is my favorite way to eat eggplant and can also be used in lasagnas or on grilled veggies sandwiches with an herbed cream cheese. We included 3 recipes for eggplant this week so you can try new ways of preparing it. We should have eggplant for the next few weeks in the CSA boxes.

Grilled Eggplant and Grilled Summer Squash

Pre-heat grill. Cut off ends of eggplant, summer squash and/or zucchini. Cut vegetables the long way in slices 1/4 - 3/8 inches thick. Brush with olive oil (optional: add chopped garlic and chopped basil leaves to the olive oil). Grill until tender (10-15 minutes) and season with salt and pepper to taste.

Mediterranean Eggplant and Barley Salad

1 1/2 lb eggplant, cut into 1/2-inch cubes	3/4 lb zucchini, cut into 1/2-inch cubes
10 TBS olive oil	1 tsp salt
1 tsp black pepper	1 cup chopped sweet onion and green tops
1 1/2 tsp ground cumin	1/2 tsp ground coriander
1/4 tsp cayenne	1 1/4 cups pearl barley (8 oz)
1 3/4 cups (14oz) chicken or vegetable broth	3/4 cup water
2 TBS fresh lemon juice	1 garlic clove, minced
1/4 tsp sugar	1 medium tomato, quartered
1/3 cup Kalamata or black olives, pitted and halved	
1 cup chopped fresh flat-leafed parsley	1/2 cup chopped fresh mint
1 1/2 lb piece ricotta salata cheese, cut into thin slices	

Put oven racks in upper and lower thirds of oven and preheat oven to 425 degrees. Toss eggplant and zucchini with 5 TBS oil, 3/4 tsp salt, and 3/4 tsp pepper in a bowl, then spread in 2 oiled large shallow (1-inch deep) baking pans. Roast vegetables in oven, stirring occasionally and switching position of pans halfway through baking, until vegetables are golden brown and tender, 20 to 25 minutes total. Combine vegetables in 1 pan and cool, reserving other pan for cooking barley.

Heat 2 TBS oil in a 3- to 4-quart heavy pot over moderately high heat until hot but not smoking, then cook scallion, cumin, coriander, and cayenne, stirring, until fragrant, about 1 minute. Add barley and cook, stirring until well coated with oil, 2 minutes more. Add broth and water and bring to a boil. Reduce heat and simmer, covered, until all of liquid is absorbed and barley is tender, 30 to 40 minutes. Remove from heat and let stand, covered, 5 minutes. Transfer to reserved shallow baking pan and spread to quickly cool, uncovered, to room temperature, about 20 minutes.

Whisk together lemon juice, garlic, sugar and remaining 1/4 tsp salt, 1/4 tsp pepper and 3 TBS oil in a large bowl. Add barley, roasted vegetables, and remaining ingredients to bowl with dressing and toss until combined well. Serve with cheese slices. Original recipe from *Gourmet Magazine*.

Pasta With Eggplant Sauce

1 T. olive oil	1 onion, chopped
1 garlic clove, minced	1-2 eggplants, peeled, cubed
1/2 green bell pepper, cubed	2 lbs. tomatoes, cubed
1/2 c. dry red wine (optional, you may also add some water to make more of a sauce)	
2 T. fresh basil	2 T. oregano, (or 1 teaspoon dry)
Salt and pepper to taste	12 oz. spaghetti or other pasta, cooked

Heat olive oil in large saucepan over medium heat. Add onion and garlic. Sauté until onion is tender. Stir in eggplant, green bell pepper, tomatoes, dry red wine, fresh basil, fresh oregano. Season with salt and pepper, to taste. Reduce heat to low. Cover and simmer 1/2 hour. Serve over hot cooked spaghetti or other pasta. From "Eggplant Recipes"

Have a great week! Enjoy the veggies and the steamy summer days while they last. Your farmers, Laura & Adam