



LOON ORGANICS

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What's in the box 8/16:

Red Sweet Italian Pepper:

This looks hot, but it's not!! Very sweet—great for fresh eating or cooking. It's our favorite.

Celery: It is very flavorful and is a good addition to corn chowder, sautés or raw with p-nut butter.

Yellow or Orange-fleshed watermelon: Refrigerate and eat soon. Taste is very similar to red watermelons.

Tomatoes: Combo of cherry tomatoes and slicing tomatoes. Most are ripe and ready to eat. Leave less ripen ones on your counter to ripen up.

Globe Eggplant: There is another recipe with eggplant on page 2.

Garlic: Appears in both recipes this week.

Scallions: Wonderful in salsa.

Jalapeño Peppers: Hot peppers perfect for a small batch of salsa.

Green/Red/Orange Bell Pepper: These are just starting to change from green to red or orange.

Blue Potatoes: See Page 2.

Assorted Zucchini/Summer

Squash: Try the recipe on Pg 2.

Parsley: Have you made pesto with parsley? It's delicious. Just sub parsley for basil.

Cucumbers: Winding down.

Green top Carrots: Take tops off for longer storage...these are really sweet carrots raw. Yummm.

Week 10: Come Back for Corn on Friday

The heat wave stopped on Saturday and our corn stopped maturing with it. We have a lot more corn coming in and we don't want to short you all who pick up on Monday, so if you would like to come back out on Friday anytime from noon to 8 p.m., we will have corn for people to pick up in our little cooler. Hopefully we will have 6-12 ears available and it will be the good corn variety, Providence, that was in the box last Monday. Sorry if you aren't able to make it on Friday, but we wanted to at least give a chance to get some additional corn if you want it. Hopefully we will have more again in next Monday's box as well and will try to have extra then too.

Other than missing out on the corn harvest today, we are extremely glad that the heat wave broke Friday and temps made their descent back to a Minnesota normalcy. That was a downright tropical week, topped off with some massive tropical-like rainstorms that dropped over 4 inches of rain on us in a matter of hours. In the middle of our farm, it is very low-lying and there is a natural waterway that forms in the Spring when the snow melts and thaws. When we woke up Friday morning to harvest, the waterway was filled with 2-3 feet of water flowing in the middle of the farm. It wasn't a big deal for any of our crops or fields—they are situated in higher fields, but it was such a volume of water that we couldn't readily drive our tractor and wagon over to the other side of the farm to harvest without taking a long detour on the gravel road. The farm crews' trusty rubber boots came in handy once again as they waded through the water and over to the nearest field to pull out carrots and cut celery. By 10 a.m., much of the water had subsided and soaked into the ground, so we were able to get back and forth across the farm where we needed to harvest.

The crops themselves held up really well with all the rain and wind, but it was not good timing with the watermelons to get all that rain just as they were ripening up. The massive influx of water can cause them to over ripen and the texture to get mushy. We selectively harvested the melons for the box, but if you do get an over ripe melon or a rotten one, then let us know and we will try to either replace it for you next week or replace it with something else.

One of the main tasks last week was to clean and sort the garlic crop in anticipation of the local Garlic Festival. We happily obliged to spend the sunny afternoons in the shade underneath our pack shed roof with bucket loads of garlic, a large fan, and a watermelon at hand. Much of our garlic is cleaned and saved for us to re-plant again this fall for next year's crop. We also sold a fair amount at the Garlic Festival, which was a great event by the way. Over 3,000 people in attendance and all hungry for garlic! I saw many of you there—thanks for coming out.

WHAT YOU CAN PRESERVE THIS

WEEK: Eggplant, peppers, and summer squash/zucchini would all freeze well, if you can't eat it all. 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. Peppers can be chopped raw and frozen in Ziploc bags to be thrown in soups and chili this winter.

Produce Storage: All produce this week should be stored in the fridge, EXCEPT FOR POTATOES, EGGPLANT, TOMATO (these are all in the same plant family: nightshade) and garlic. Store potatoes, eggplant and tomatoes on the counter out of the sun or in a cupboard. The garlic is pretty much cured and can be set on your counter or stored wherever you normally store garlic. Onions are fresh onions and should be stored in fridge. Everything else goes in the fridge. We recommend eating your watermelon within a week and keeping in refrigerator until you eat it. Both corn and eggplant should be eaten soon!

Other Produce Notes:

Watermelons: the heat pushed some of them to ripen up very quickly this week and then the excessive rain can cause them to become mushy. If you get an over ripe melon (you will know—it will smell awful), let us know by e-mail and we will try to have an extra melon for you next week or replace it with something else. No need to save the rotten melon and bring it back to show us—we'll take your word for it.

Jimmy Nardello Sweet Italian Peppers: there is no trace of hotness with these. They are sweet through and through and can be eaten raw like a red bell pepper or they are great sautéed up with some olive oil and a little garlic. These are a rare variety of pepper grown by the Nardello family and just recently introduced in see d catalogs. It's our favorite!

Contact us:
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Recipe Corner

Even though we didn't have corn in the box today, this is a recipe to keep on hand for when it is ready. This is a recipe passed along from one of our CSA members, Amy. I made it this past week and did a lot of substitutions on the original Mark Bittman recipe. It was bursting with flavor, quick to prepare and tasty. The trick of the dish is that you cook the corn first, caramelizing it, then brown the zucchini with it, then finally you add the onion, garlic and celery. The reverse cooking method adds an unexpected depth of flavor. Amy suggested bacon would also be a yummy addition and I whole-heartedly agree. Here's the adapted recipe from the New York Times that we re-named to:

Corn, Tomato, and Zucchini Flavor Explosion

Shuck the corn and cut the kernels off the cob using a sharp knife in a shallow bowl in the sink to maximize yield and minimize mess.

Salt and pepper

3 tablespoons extra virgin olive oil, or 2 tablespoons oil and 1 tablespoon butter

1 cup corn kernels (from 2 or 3 ears) 1 cup diced zucchini or summer squash

1 small Japanese eggplant, diced (such as you have in your box this week)

1 medium onion 1/4 teaspoon minced garlic, optional

3 stalks celery, roughly chopped

8 leaves of basil

4 small or 2 large tomatoes, diced

Quinoa or 1 pound pasta, such as penne

Freshly grated parmesan (optional)

Put 2 tablespoons oil in a large skillet over medium-high heat and add corn. Cook, stirring occasionally, until corn begins to brown. Add zucchini, eggplant and some salt and pepper. Cook, stirring occasionally, until zucchini begins to brown. Add onion or shallots and garlic if you are using it. Cook, stirring occasionally, until onion softens, about 5 minutes. Add basil and cook for 30 seconds, then tomatoes.

Put pasta in boiling water and cook until tender but not mushy, 10 to 15 minutes.

Alternately, cook quinoa for 10-15 minutes. While pasta/quinoa cooks continue to cook sauce, reducing heat when tomatoes begin to break down. If sauce dries out (with plum tomatoes, this is likely), add some pasta cooking water, about 1/2 cup at a time. When the grain of your choice is done, drain it, toss with sauce and remaining oil or butter, add optional parmesan.

Blue Potatoes: This is a potato variety called "All-Blue" meaning they are a blueish-purple color both inside and out. When you cook them, they stay blue, unlike purple beans or purple broccoli which both turn a dark green when cooked. There are thousands of different colored potatoes, beyond the traditional white, yellow and red-skinned varieties that we are used to. Blue potatoes have an especially nutty flavor and are really good roasted, as in the recipe below. Or if you are short on time, just slice them up thinly, toss with some oil, salt, and roast for 30 minutes at 400°. They are a medium starch potato. Blue/purple/red colored vegetables all have anthocyanins—these are very good antioxidants that are only found in purple and dark red pigmented veggies. Another great reason to eat your blue potatoes.

Roasted Blues

2 pounds blue potatoes, washed and chopped into rough chunks

1/4 cup olive oil 2 garlic cloves, lightly smashed

1 sprig of fresh rosemary, leaves crushed

Preheat oven to 400°. Fill a medium saucepan with cold water to boil the potatoes and salt the water generously, so that you can taste the salt, but it is not over salty (about 1.5 tsp/quart of water). Bring water to boil and add the potatoes and cook until tender, but not mushy (about 8 -10 minutes). Drain potatoes well, and add to bowl. Taste a potato chunk to see if it is well-seasoned. If not, add more salt. Drizzle the olive oil over the potatoes, add garlic and rosemary. Toss gently to let the potatoes absorb the olive oil and seasonings. Transfer potatoes and bits and pieces to the shallow roasting pan or sheet pan. Roast until crispy—about 20-25 minutes. If you aren't serving the potatoes immediately, turn the oven down to 100° and the potatoes will stay warm and get even better as they continue to crisp up. This recipe was originally inspired by the Rosemary Roasted Potato recipe in the **Zuni Café Cookbook**. **Have a great week. Your farmers, Adam & Laura**