



LOON ORGANICS

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What's in the box 8/24:

Sweet Corn: This is it folks! Savor it. These are "Young" ears—very tender and sweet.

Jimmy Nardello Sweet Italian Pepper: This looks hot, but it's not at all! Sweet, light flavor raw. Turns sweetly creamy when sautéed up. Yummm!

Red or Orange Bell Pepper: These are just starting to turn from green to colored. Sweet.

Yellow, Orange or Red-fleshed watermelon: Refrigerate & eat soon. The flesh color is a mystery until you cut it open!

Tomatoes: Cherry tomatoes, Slicing and heirloom tomatoes. The heirlooms are ready to eat when they are slightly soft—most should be ready.

Globe or Japanese Eggplant: Roast with tomatoes, zucchini and garlic and serve on baguette.

Garlic: Music variety. Spicy when raw with a hint of sweet.

Red Onions: Milder than yellow onions. Can use raw.

Cucumber: Slice up with bell pepper and tomatoes for a salad.

Zucchini or Summer Squash: Ratatouille?

Assorted Herb bunch: Includes oregano, tarragon, and thyme. Chop up and make an herbed butter! Or hang upside down to dry.

Bulk Beets: These will store for months in a plastic bag in your crisper drawer.

Green Beans: Steam and serve with roasted beets, goat cheese, and pecans or walnuts.

Week 11: Bringing in the Harvest

It is the peak harvest season! Looking back on the week, it seems like harvesting was nearly all that we did and that is about right for this time of the year. It was wonderful working weather last week, and we all very much enjoyed the cooler temperatures and breezy days. Monday, Tuesday and Wednesday were spent harvesting the rest of the watermelons for the season before the rain on Thursday night. These may be the last melons for the season and yes, that was a *very* quick season. Normally we have a long harvest window for our melons because we stagger the plantings, but the heat just pushed them all into ripeness NOW and we had to get all the melons that were in good condition out of the field. This is also the last week of sweet corn—several of our plantings were pushed forward with the heat and humidity as well. We were much happier with our sweet corn this year and picked up a couple tips from other local growers on several other varieties that will hold longer in the field for us during heat waves AND taste really delicious. We'll be excited to try those varieties next year.

Mid-week, Lars, Chris and Adam had some boy time with the chainsaw, tractor and wagon, cutting up a huge dead tree that fell down in last Thursday's storm and into our neighbor's alfalfa field. They made quick work of the Cottonwood and Adam has nearly a winter's supply of firewood for his shop, plus we've got a great brush pile in our fire pit for a fall bonfire. Adam also spent some time on the tractor Wednesday and Thursday mowing, side-dressing our last planting of broccoli and cauliflower with compost, seeding fall cover crops, and planting the fall spinach, arugula and salad mix. I'm looking forward to some fresh salad greens again soon from the farm, aren't you?

The other major harvest task was to get the rest of the yellow storage onions out of the field and tucked into the greenhouse to dry down and cure for the next couple weeks. Beautiful crop of yellow onions this year! You'll see them in your fall boxes. After the onions are cured, we will move them to the barn and begin harvesting winter squash which will also go into the greenhouse for curing. It also looks to be a great winter squash year, (knock on wood!!) and you should see some acorn and delicata squash in your September boxes and much more in the last two October boxes.

Our main challenge right now is that many of the summer crops are starting to be affected by fungal issues. It is usually inevitable this time of year and especially unavoidable in a wet, humid year. We have heard that many farms and home gardeners are having problems with their tomato crop this year. We have some leaf diseases in our tomatoes, but there are still a lot of green tomatoes out there. The weekend warm-up helped ripen up a lot of those greenies out there and we will be contacting you in the coming weeks if you ordered a salsa or canning tomato share.

WHAT YOU CAN PRESERVE THIS WEEK: Eggplant, peppers, corn, beets, herbs, 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 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. Corn should be steamed first and then frozen. Herbs can be made into a butter or paste with olive oil and garlic and frozen for addition to soups and sauces this winter. Beets will store in a plastic bag in your crisper drawer for months!

Produce Storage: All produce this week should be stored in the fridge, EXCEPT FOR EGGPLANT, TOMATO and GARLIC. Store 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. Everything else goes in the fridge in plastic bags preferably. We recommend eating your watermelon within a week and keeping in refrigerator until you eat it. Eat corn and eggplant within a few days!!

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. Their thin skin makes them especially good for sautés or frying. These are a rare variety of pepper grown since the 1880's by the Nardello family and just recently introduced in seed catalogs. It's our favorite!



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Recipe Corner

This relish goes great with just about anything! Try it on grilled fish, seafood, chicken or on grilled or roasted vegetables. Can also be served on top of eggs or a sweet corn flan.

Tomato Corn Relish

3/4 cup sweet corn, cut off husk 3/4 cup cherry tomatoes, cut into small dice
1/3 cup chopped scallions (whites and some greens)
1 Tablespoon chopped fresh basil or mint 2 teaspoons olive oil
1 teaspoon red wine vinegar

Stir together corn, tomatoes, scallions and fresh herb. Stir in oil and vinegar, season with salt and pepper to taste. Adapted from *Gourmet* Magazine, June 2000.

These tarts are just the cutest little things and are easy to put together if you either buy or make your dough ahead of time. You don't need any special tart pans; these are free-form mini pies with the dough folded over the filling. Make sure to thinly slice and drain your tomatoes ahead of time to prevent soggy dough. The small amount of tomatoes in each tartlet also helps to reduce the chance of sogginess. These tartlets would also be yummy if filled with a roasted eggplant and tomato mixture. Recipe adapted from **Vegetarian Cooking for Everyone**, by Deborah Madison.

Tomato Thyme Tartlets

2 Tablespoons finely chopped thyme or rosemary
18 Nicoise olives, pitted and halved 1 pound tomatoes, thinly sliced
Salt and pepper Goat chevre
2 Tablespoons finely grated Parmesan (optional)
Frozen puff pastry or 1 recipe for galette or tart dough.

Preheat the oven to 425°. Put the thinly sliced tomatoes into a sieve to drain out any excess water. Divide the dough into six equal pieces and roll each piece into a circle about 1/8 inch thick. Sprinkle 1/2 teaspoon thyme/rosemary over each circle and gently roll it into the dough. (At this point, it is easier to move the dough to a cookie sheet or baking stone to finish putting everything together.) Overlap several slices of tomato on each round, leaving a 1-inch border around the edge. Tuck in the olives, sprinkle with more herbs and little pieces of fresh chevre cheese on top. Season with salt and pepper. Fold the edges of the dough over the tomatoes, creasing every inch or so. Cup your hands around the tarts and press together to make a firm little package. Bake until the crust is golden, 20-25 minutes. Add the parmesan cheese during the last 5 minutes, if desired. Serve hot, warm or at room temperature. To reheat, place in a hot oven for 8 minutes.

Another recipe from Deborah Madison, and although the salad sounds like an odd combination of flavors, it is right on. Deborah says: "A sweet-salt-tart fruit salad that's enormously refreshing—and quite surprising. Feta is quite often salty, but cow's milk feta is usually very mild."

Watermelon with Mint, Lime and Feta

1 pound watermelon 1/4 cup diced mild feta or string cheese
1 Tablespoon chopped mint leaves, plus whole sprigs for garnish
Juice of 1 lime Salt and freshly milled pepper
Seed the melon and cut into bite-sized pieces. Arrange them on plates and sprinkle with the chopped mint and feta. Season with the lime juice, a pinch of salt, and freshly milled pepper. Serve garnished with sprigs of bright green mint leaves.

What Vegetables to Eat Organic. The 2010 Dirty Dozen list is out with the Top 12 most pesticide-laden fruits & vegetables. Celery is #1 (over 67 different pesticides were detected on samplings of celery), Strawberries are #3, Apples are #4, Bell Peppers are #7. Kale, potatoes, and spinach are also listed on the top 12. To see which fruits and veggies are most important to buy organic and which are the lowest in pesticides, go here: <http://static.foodnews.org/pdf/EWG-shoppers-guide.pdf> or just google "Dirty Dozen produce".

Have a great week. Your farmers, Laura & Adam