



# LOON ORGANICS

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## What's in the box 9/1:

**Salad Mix:** is back! Wash carefully before eating.

### Jimmy Nardello Sweet Italian

**Pepper:** This looks hot, but it's not at all! Sweet, light flavor raw.

Turns sweetly creamy when sautéed.

### Red &/or Orange Bell Pepper:

These are great roasted, on the grill, or chopped up raw with lots of olive oil, garlic and fresh tomatoes.

**Tomatoes:** This is the peak of our tomatoes. Time to make your salsa and BLTs! The different colored heirloom tomatoes are ready to eat when they are slightly soft—most should be ready.

**Globe Eggplant:** Great recipe for stuffed veggies on Page 2.

**Garlic:** Chop up raw and sprinkle on fresh, ripe tomato slices.

**Rainbow Carrots:** Yellow or orange and purple carrot mix. Very fun cut up raw and serve with fresh celery sticks and dip. Yellow carrots are great cooking carrots.

**Blue :** As I mentioned before, our favorite way to eat these is roasted. Soup Recipe pg 2.

**Leeks:** White and light green parts are the most usable portion for cooking. Recipe on page 2.

**Hot Pepper:** This looks like a jalapeno, but is a bit milder. It is called a Black Hungarian.

**Celery:** This batch is more tender with the recent rains. Goes great in a potato, leek, kale soup.

**Green Kale:** Soup Recipe Pg 2.

**Parsley:** Is great in a salsa

## Week 12: Summer's Bittersweet End

We're right on the brink between summer and fall. One day it is 45° degrees in the morning and the next day it is close to 90° by mid-afternoon. The end of August is always bittersweet as we wonder how the summer went so fast, but yet are eager for fall's slowdown and cooler temps. It's at this time of year that everyone on the farm takes a big heave of relief as the work load lessens slightly since the major crop planting is over. There is also just plain less daylight to work outside now; we are forced by Mother Nature to take it a little easier! There were some stunning full moon risings last week: By dusk, the smiling pink moon was already rising up and out of the eastern sky and over the farm fields. Hope you got a chance to see and enjoy it too.

The CSA box contents are also reflecting the transition into fall. Adam and I were a bit confused planning this week's box... where's the watermelon and sweet corn? How about a million zucchini and cucumbers? Alas, the season of the aforementioned crops have either come to a halt or are winding down. At least we have the tomatoes though and these are at their peak! The eggplant are also doing well this year! Every time we go out to pick eggplant we are nearly overwhelmed with the abundance of the beautiful and nearly flawless fruits. It's a banner year for the sweet bell peppers as well.

From the look of the fall crops this week, we are getting 1-2 weeks away from the fall brassicas and the first winter squashes of the year. The purple broccoli, romanesco (the spiral-shaped cauliflower/broccoli cross), purple and cheddar cauliflower are all looking very fine and not far away from maturity! Per our members' requests last year, we planted a lot more romanesco, and many of those plants are starting to form tiny heads. The winter squash also looks beautiful this year and we added a couple fun varieties like carnival and kabocha squash. The fall potato plants are starting to dry down which means that the potatoes have reached their full size and have well-developed skins, so we can begin the fall potato harvest of All-Blues and Yukon Golds.

Much of the fall produce will end up in your CSA boxes, but **we do plan on offering a fall storage "Thanksgiving" CSA share again.** This is a one-time pick-up of 50 pounds of storage veggies in late October or early November. The price is \$55 for our members and is a wholesale price that is really unbeatable considering that you will get winter squash, potatoes, carrots, beets, parsnips, garlic, onions, fresh spinach, herbs and Brussels sprouts (plus whatever else may still be around at the time!). All storage veggies store fine in fridge for months (except for spinach). There are 100 shares available to our members on a first-come, first-serve basis. If you'd like to reserve a share, please e-mail us. We'll have a Minneapolis drop off the first Saturday in November (location tbd) or a farm pick-up on Sat. Oct. 30<sup>th</sup>.

## WHAT YOU CAN PRESERVE THIS

**WEEK: Eggplant, peppers, carrots, celery and tomatoes** 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. Carrots and celery should be steamed first and then frozen. Tomatoes can be frozen raw and used in cooked dishes later.

**Produce Storage:** All produce this week should be stored in the fridge, EXCEPT FOR EGGPLANT, POTATO, 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!!

## What are Heirloom Tomatoes?

These are specific varieties of tomatoes that were grown by families for centuries—they are family heirlooms! Families would save the seed from year to year from the most delicious tomatoes from their garden and plant the seeds again next year, even bringing the seeds with them when they emigrated to the U.S. over 100 years ago.

Heirloom tomatoes were never bred in laboratories or universities for looks, shelf life, or for shipping. They were selected for what any home gardener would select for: flavor! The plants are not as prolific or hearty as hybrid tomatoes (the round, red ones), so they are more difficult to grow and their shelf-life is not as long as the red slicing tomatoes. But nothing can beat the flavor and unique color of the heirloom tomatoes. We grow several varieties that are our favorite for fresh eating and light cooking. Enjoy!

## Contact us:

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## Recipe Corner

This recipe serves 4-6, but you can always cut the recipe in half for smaller portions. It is very quick to prep (30 minutes) and then goes in the oven for an hour. By Caroline Cummins from the *Culinate Kitchen* Collection. [www.culinate.com](http://www.culinate.com)

### Stuffed Summer Vegetables

Combo of 8 of the following: small zucchini or eggplant, medium round summer squash and large bell peppers (not recommended to use all peppers for this recipe)  
2 Tbsp. extra virgin olive oil      1 cup plus ¼ cup bread crumbs (not too finely ground)  
¼ cup milk      1 lb. ground pork or loose pork sausage (or ground turkey or chicken)  
3 cloves garlic, peeled and chopped  
½ small onion, peeled and diced      -Salt and Pepper to Taste  
3 large ripe tomatoes, diced or 6 small  
3 Tbsp. chopped fresh herbs:(fennel, parsley, basil etc.)

Trim the tops off the vegetables. Halve the long vegetables lengthwise and the round vegetables horizontally (for round summer squash, just remove the tops). Discard seeds. Scoop out the remaining flesh (except for bell peppers), leaving shells about ½ to ¾ inches thick. Chop the flesh, put it into a large bowl, and set it aside.

Drizzle 1 Tbsp. of the olive oil in a large baking dish and arrange the halves evenly in the dish. Briefly soak the 1 cup breadcrumbs in the milk, then add the crumbs to the bowl of vegetable flesh. Add the crumbled meat, garlic, onion, and salt and pepper to taste; mix everything together evenly with your hands. Add the tomatoes and herbs and mix loosely. Fill the vegetable shells with the stuffing and sprinkle each with the ¼ cup breadcrumbs. Drizzle with the remaining 1 Tbsp. olive oil. Bake for 1 hour, or until the shells have softened (but not crumpled) and the crumbs on top have browned. Serve hot.

### Baba Ganouj

*This is a Middle Eastern eggplant dip that is one of our favorite ways to prepare eggplant. You can cut the recipe in half and just use 1 eggplant.*

2 medium to large eggplant  
3-4 cloves garlic, minced  
1/3 c. lemon juice  
1/3 c. sesame tahini  
1 t. salt

Black pepper and cayenne, to taste

Preheat oven to 350 degrees. Slice eggplant in half lengthwise and place face down on oiled baking sheet. Bake for 30 minutes or until very tender. Scoop out eggplant pulp, discard skin. Place pulp in food processor or blender, add remaining ingredients, and blend until smooth. If you don't have a blender or food processor, you can also mash the ingredients together by hand and leave slightly chunky. This is delicious on bread or crackers. You could also serve as a side alongside a roast and rice.

\*\*It looks like the weather will cool down later this week. A perfect time to make soup with your potatoes, kale, celery, leeks, garlic and fennel even! If you use your purple potatoes and green kale, it will be a beautiful, colorful soup. Here is our stand-by recipe, with the addition of some celery, carrots and optional fennel.

### Potato Leek & Kale Soup

2 Tablespoons of Olive oil or butter  
1 bunch green kale, washed, stems discarded, and leaves finely chopped  
4 medium-sized potatoes, washed and chopped into bite-sized pieces.  
2 small onions or 3 leeks, chopped (white and light green parts of leeks)  
½ cup chopped carrots      ½ cup chopped celery  
½ cup chopped fennel (optional)      2-3 medium cloves of garlic  
6 cups chicken or veggie broth (or water)  
Salt and pepper to taste      handful of fresh herbs: parsley/thyme/ sage are nice

Pour your olive oil or butter into a large soup pot and heat on medium heat. Add chopped onions and sauté for around 5 minutes until they begin to slightly brown. Add the carrots, celery, fennel, garlic and potatoes and sauté for another 5 minutes. Add broth and herbs and bring to a boil. Once the soup is boiling reduce to a simmer and add the kale. Continue simmering until the potatoes are soft and the kale is tender. Season to taste with salt and pepper.