



LOON ORGANICS

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What's in the box 9/11:

Romanesco: Cross between broccoli and cauliflower. Cook as you would cauliflower. We prefer it cooked rather than raw. More info on Page 2.

Delicata & Acorn Squash: The delicata squash has the green striped skin and the acorn is the dark blue one. Both are very sweet and so good for you!! Recipe on page 2.

Yukon Gold Potatoes: Great potatoes for mashing and baking.

Green to Red/Orangeish Bell Pepper: The cooler weather has put a halt to the ripening of these. More green than orange or red.

Tomatoes: you have a mixture of slicers, plum tomatoes, red zebra and cherry tomatoes. Use in the eggplant parmesan recipe on Pg 2.

Globe Eggplant: My favorite eggplant recipe yet on Pg 2!

Yellow Onions: Strong onions, but great for cooking.

Orange Carrots: These are a very sweet batch.

Green Cabbage: This also sweetens up this time of year.

Would be great for a sauerkraut.

Basil: This may be it for the year! Make that last batch of pesto or use it in the eggplant parmesan recipe.

Golden & Red Beets: The gold beets are milder and not as earthy tasting as red beets. They don't bleed either and are really beautiful sliced up and steamed or roasted. The red beets are sweeter and have more flavor though. Time for a bortsch with your cabbage and potatoes?

Week 14: Fall Slowdown

The colder, darkening days has nearly put a halt to crop growth and ripening. All of the summer fruits have stopped doing anything and are just sitting in the field. On Wednesday morning, it was 39° and the tips of our basil got browned and nipped, which leads me to believe it was closer to 35° in the low spots. And just a week ago it was scorching hot! Well, another burst of summer-like fall would be much appreciated. The cold has made it really tricky for us because things are not ripening up as fast as we expected and so we are waiting for a whole lot of Brassica crops to come in. We have three different fields filled with thousands of plants...we're just playing the waiting game now!

The first cold snap always reminds us that a frost could be right around the corner, so we better take advantage of any frost-sensitive summer crops left. We harvested what may be the last of the basil for the box and this is likely the last week of regular tomatoes. We still have cherry tomatoes in our hoop house that should keep producing here for a few more weeks and maybe a red slicing tomato from the hoop house for you as well, but the tomato bounty is gone as quick as it came. It just never lasts long enough, huh?

But now we move into glorious fall deliciousness like baked winter squash! **Winter squash is not only naturally sweet and super tasty, but it is also high in many vitamins and minerals, especially potassium. Potassium is a very important nutrient that has been proven to lower blood pressure and protects us from risk of stroke** (this from the Center for Science in the Public Interest). The potassium found in fruits and vegetables (potassium citrate) seems to be the most effective in lowering blood pressure—better than potassium supplements and potassium-fortified foods. 90% of men and 99% of women do not get the recommended amount of potassium a day. I would think that most of you are doing ok on potassium with all the CSA veggies you are eating, but it's still a great reminder that the food we eat is closely linked with our health. Beet greens and beets, winter squash, Brussels Sprouts, Swiss chard, beans, spinach, tomato sauce and banana are among the most potassium rich foods.

Come see those veggies! Our **harvest festival and farm tour is coming up on Sunday, September 19th from 3-6 p.m.!** We've got a nice little pie pumpkin patch that we'll harvest together at the tour and each family can take home a little pumpkin to carve, paint or eat! A potluck will follow, if you'd like to stay and maybe we'll play a few fall farm games too. We hope to see many of you here! RSVP by e-mail or phone if you'd like to come, otherwise just show up! Family, friends and children welcome.

WHAT YOU CAN PRESERVE

THIS WEEK: Eggplant, peppers, carrots, beets and tomatoes would all freeze well, if you can't eat it all.

Eggplant freezes well if it is already cooked—preferably in a sauce, soup or you can also make the eggplant spread, baba ganouj, which freezes very well.

Peppers (sweet and hot) can be chopped raw and frozen in Ziploc bags to be thrown in soups and chili this winter. Carrots and beets 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, BASIL and ONION. Store eggplant and tomatoes on the counter out of the sun. The garlic is cured now and can be set on your counter or stored wherever you normally store garlic. Everything else goes in the fridge in plastic bags preferably. Eat eggplant and basil within a few days!!

Romanesco: This crazy lime-green vegetable is an Italian creation and is a cross between broccoli and cauliflower. It has little spirals on each floret and is one of the only fractal vegetables. It has a truly delicious flavor. You can eat it raw, but it becomes much sweeter and less bitter if you lightly steam, roast or sauté it. If you are confused by this new veggie, just cook it however you would cook cauliflower. We love steaming or sautéing it, topping with a little butter and parmesan cheese for a great side dish and to really experience the flavor.

The hot growing conditions plus the cabbage looper worms were a bit tough on the romanesco, so it is not as pretty as last year. But steam it up and it still tastes like broccoli with a cauliflower crunch. We will hopefully have this in the box a few more times this season.

Contact us:

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Recipe Corner

Now that you know how good squash is for you, here's our favorite way to cook and eat it. Once you bake your squash until it is tender, you can eat it as is or easily make a squash soup by scooping out the insides of the squash and blending it with chicken stock, herbs, and a bit of cream. We have a lot more winter squashes for the rest of the CSA season, so get ready!

Baked Squash

1-2 winter squash a few teaspoons of olive oil
Salt and pepper

Preheat oven to 400°. Cut winter squash in half, scoop out seeds and either save to eat later or discard. (The seeds are edible, just like pumpkin seeds. Wash and dry them and then roast them separately, if you would like to eat them.) Drizzle just a bit of olive oil in the open squash cavity and set the squashes cut side down in a shallow baking dish. Bake for around 30 minutes or until tender (baking time will increase if you are baking a larger squash such as butternut or buttercup). When tender, season the insides with salt, pepper and more olive oil or butter, if desired.

Parmigianina de Melanzane (eggplant parmesan)

This is an atypical eggplant parmesan, as the eggplant is not breaded and fried, but instead is sauteed and then layered with fresh tomato sauce and parmesan cheese. It is a fantastic dish and will convert any eggplant non-believer (I know because I was one!). The recipe is adapted from **Contorni: Authentic Italian Side Dishes for All Meals** by Susan Simon and Manfredi Bellati. Thanks to CSA Members, Alison and Kevin Lee for introducing us to the dish! Try it with the last of the tomatoes and eggplant!!! You won't be sorry.

2 ½ pounds eggplant (4 small eggplant or 1-2 large), ends trimmed and cut lengthwise into quarter-inch slices

2 cloves garlic, smashed and peeled	1 cup olive oil
1-2 small, fresh hot peppers, smashed	2 pounds assorted tomatoes, chopped
1 teaspoon salt	¼ cup coarsely chopped parsley
¼ cup coarsely chopped basil	1 cup grated parmesan cheese
1 Tbsp. unsalted butter, chopped into bits	

In a large skillet or sauté pan, pour all of the oil except for 1 Tbsp. and warm over medium heat. Fry the eggplant, 1 or 2 slices at a time, until golden, 1 to 2 minutes. Drain on paper towels. In a saucepan over medium heat, warm together the remaining olive oil, the garlic and hot peppers to flavor the oil. When the garlic is pale gold, add the tomatoes and salt. Lower the heat and simmer for 10 minutes. Remove from heat, remove and discard garlic cloves and hot pepper. Stir in the parsley and basil. Preheat the oven to 375°. Cover the bottom of a large, shallow baking dish with a layer of tomato sauce. Add a layer of eggplant, another layer of tomato sauce and a generous sprinkling of parmesan cheese. Continue layering as so until all the ingredients are gone and sprinkle the top with parmesan. Dot the top with butter. Bake until the sides are bubbling and the cheese has melted and is slightly golden, about 30-40 minutes. Allow to rest a few minutes before serving. You can top with a few bits of chopped basil.

Colcannon

Colcannon is a traditional Irish dish that was traditionally eaten around Halloween. It's comfort food at its best and if your kids like mashed potatoes, they should like Colcannon. To make it even richer, use cream or half-and-half instead of milk.

2 lb. potatoes	3 cups cabbage, finely chopped
1 large garlic clove, chopped	¼ c. milk
2 Tbsp. butter	Salt and pepper

Boil potatoes in water until tender. Drain, reserving cooking water. Boil cabbage in the potato water for about 5 minutes. Drain. Mash potatoes with milk and butter. Stir cabbage and garlic into potatoes. Season with salt and pepper. Add more milk or butter if you prefer it creamier. Kale can also be added: chop, steam and add with the cabbage.

Have a great week! Your farmers, Laura & Adam