



# LOON ORGANICS

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## What's in the box 9/15:

**Broccoli (Purple or Green) OR Cauliflower:** Still trickling in little by little. The purple broccoli tastes just the same as green broccoli and will turn green when you cook it. As always, keep an eye out for those worms!

**Savoy Cabbage:** This sweetens up this time of year. Treat it like you would a Napa or Chinese cabbage. Great soup recipe 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. Chop and freeze if you can't use this all.

**Tomatoes:** you have a mixture of plum tomatoes, heirlooms and cherry tomatoes. Use in the eggplant parmesan recipe on Pg 2. Not many more weeks of tomatoes.

**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. Perfect for a carrot squash soup or roasted in the oven.

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

**Baby Arugula:** Peppery salad green that is wonderful on its own in a salad or lightly cooked.

## 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. Last 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 2 weeks ago it was scorching hot! Well, the short burst of summer-like fall last weekend was much appreciated. The cold snap 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 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 19<sup>th</sup> 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, 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 should be steamed first and then frozen. Tomatoes can be frozen raw and used in cooked dishes later.

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**Produce Storage:** All produce this week should be stored in the fridge, EXCEPT FOR EGGPLANT, SQUASH, POTATO, TOMATO, BASIL and ONION. Store the previous items on the counter or in a cupboard out of the sun. Everything else goes in the fridge in plastic bags preferably. Eat eggplant and basil within a few days!!  
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### Green Pepper Salsa

A great topping for steak especially, but would also be good on fish or veggies.

1 large green bell pepper, stem and seeds removed, finely chopped  
1/2 of a yellow onion, finely diced  
2 garlic cloves, minced  
2 Tbsp chopped parsley, basil, or arugula  
1/4 teaspoon red chile flakes  
2 Tbsp apple cider vinegar  
2 Tbsp olive oil  
Salt and freshly ground black pepper to taste

Adapted from  
[www.Simplyrecipes.com](http://www.Simplyrecipes.com)

**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!

### 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.

\*\*This would have been a great recipe to include in August when we had more eggplant and tomatoes, but this recipe is so good that I had to include it. Use up any leftover eggplant and tomatoes you have to make this!! You won't be sorry. The eggplant is not breaded and fried as it is in most eggplant parmesan, 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!

### *Parmigianina de Melanzane (eggplant parmesan)*

2 1/2 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    1/4 cup coarsely chopped parsley  
1/4 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.

**Savoy cabbage:** is considered one of the most flavorful and sweet cabbages, not to mention really beautiful. This soup is a really delicious way to prepare savoy.

### *Curried Savoy Cabbage Soup*

1/2 of a savoy cabbage, shredded                      1 medium onion, chopped  
8 sprigs thyme, leaves removed                      1 medium potato, cubed  
1 Tablespoon butter    1 tablespoon curry powder

3 1/4 cups vegetable stock or 3 1/4 cups chicken stock

1/2 pound of mushrooms, sliced                      4 tablespoons chopped fresh parsley and/or basil  
salt & pepper    1/2 cup half-and-half or cream

Heat half of the butter in a high pan until butter melts. Lower heat and add the shredded savoy cabbage and onion. Cook for 3-4 minutes, stirring frequently. Add curry powder and mix. Add chopped potato, thyme leaves and stock. Increase heat, add a lid and cook on low/medium heat for 25-30 minutes. Blend the soup with a hand blender. Add the cream. Check if more water or curry is needed. Warm the soup, but don't heat it too much, as the cream may curdle. Heat the remaining butter in a skillet and fry the mushrooms, add parsley when mushrooms are cooked. Top soup with mushrooms. Season w/salt & pepper.