



LOON ORGANICS

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What's in the box 9/21:

Romanesco: New to you? Read about it in last week's newsletter on our website. It is an Italian cauliflower—cook just like cauli.

Separate florets and sauté.

Savoy or Green Cabbage: This sweetens up this time of year. Great soup recipe on Page 2.

Delicata Squash: The delicata squash has the green striped skin and is often called the Sweet Potato Squash due to its flaky, sweet flesh.

Butternut Squash: The first of the year! Makes fabulous soup. See recipe on page 2.

Pie Pumpkin: We had just enough leftover from our farm tour to put them in today's box. Can carve, paint or bake up like squash.

Sage: We put this in to go with your b-nut squash. There's a recipe with them both on page 2. Or just roast up together for a side dish.

Yukon Gold Potatoes: These make the best mashed potatoes.

Green to Red/Orangeish Bell Pepper: Chop and freeze if you can't use this all. Chop the pepper, add vinegar, salt, garlic, onion and arugula and use as a topping for steak, chicken or tofu.

Yellow Onions: Yummy onion gratin recipe on Page 2.

Orange Carrots: These are just fine cooked, but I think the best way to enjoy is as fresh carrot sticks.

Baby Arugula: Peppery salad green that is wonderful on its own in a salad or lightly cooked. Pesto recipe in the Recipe Corner.

Week 15: Happy Autumnal Equinox!

Baby, it's cold outside! Ok, not that cold compared to what we experience in winter, but much cooler than normal. Once September came this year, it began to feel like a repeat of last fall on the farm—slow crops, muddy boots, cold hands. On the bright side, the mosquitoes aren't as bad as they have been, and all in all we have more than enough crops for our CSA. We got well over 2 inches of rain last Tuesday night through Wednesday, and we would love it if this was all the rain we got for the rest of September. 2 inches of rain is no big deal in the summer, but with the cool days, cooler nights and cloudy weather, it takes a long time for things to dry out. The bit of sun this weekend helped to dry things out a bit, and on Tuesday we will hopefully be able to get out more of our squash from the fields as well as seed some of our fall cover crops like rye and hairy vetch. Most of the fields on the farm are no longer in crop production, so we are cleaning them up and getting them ready for bed. Just a few fields with the fall crops remain; the summer field tomatoes, eggplant and basil are pretty much over for us.

Farmer's frost prediction: We thought there may be a chance of light frost on Wednesday or Thursday night this week, coinciding with the full moon. Perhaps it is an old wives tale, but many years we've found ourselves harvesting frantically by the light of the full moon when that first frost comes. BUT it looks like we'll make it just fine so we'll have a few more weeks of frost-free nights hopefully. We would love a late September warm-up!!

There are some new crops in the CSA box this week as we've transitioned mostly in the fall produce. The romanesco is starting to come in nicely and it is one of our favorite vegetables! Winter squash, celeriac, carrots, brassicas and greens will be the bulk of the box for the next two weeks. We'll add parsnips in another week or two, plus spinach. Brussels Sprouts appear right at the end, after we get several frosts so that they sweeten up. After a couple months of steady garlic in your box, we are now saving most of the rest for planting in another month. You'll see it at least once or twice more before the end of the season. Thankfully, we have a good squash crop this year. And a heads up to all members: 3 more boxes left after today's box!?

Adam continued to put the finishing touches on our new hoop house frame (an unheated greenhouse where we can protect crops from rain and cold) so that we can think about putting up the plastic on that within a week, maybe even tomorrow (Tuesday). Fall spinach is already planted in that hoop house ripening up for our last boxes. Thanks to all who came out to the Sunday farm tour and helped us bring in the pie pumpkins. Wonderful to meet you and see some of you again!!

WHAT YOU CAN PRESERVE

THIS WEEK: Peppers, carrots, arugula would all freeze well, if you can't eat it all. Peppers 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. It's easiest to freeze arugula in a pesto form—without cheese—to be added to soups, fish and pastas this winter.

Produce Storage: All produce this week should be stored in the fridge, EXCEPT FOR SQUASH, POTATO, TOMATO, 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 within a few days!! The squash and potatoes will store for months in a cupboard or well-ventilated spot in your kitchen. Keep potatoes out of the light so that they don't turn green.

CELERIAC (Celery Root): A new vegetable to most! Do not let the looks of the gnarly celery root scare you away. It has a light celery flavor with a texture like a potato. Must peel before eating, but once the peel is removed you can slice thinly or grate it raw for use in salads and slaws. We love it diced and roasted, especially as a complement to a roasted whole chicken. Many people steam/boil and then mash like a potato. This root will last in a plastic bag in your crisper drawer for months. We will have celeriac in our box until the end of the season and will have more recipes for it next week. Check our **2009 Week 17 & 18 newsletters** on our website for more celery root recipes.



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Recipe Corner

Arugula pesto sometimes outshines the traditional basil pesto. This pesto freezes really well too, just leave out the cheese if freezing. This particular recipe is from the cookbook, **A Year in a Vegetarian Kitchen** by Jack Bishop. He recommends serving it with a side of lightly steamed cauliflower—how about romanesco instead? ☺

Linguine with Pecan-Arugula Pesto

¾ c. pecan
1 small garlic clove, peeled
½ cup freshly grated Parmesan cheese, plus more for the table
1/8 teaspoon nutmeg (freshly grated is great!)
1 pound linguine
1 ½ cups packed arugula leaves
1/3 cup olive oil
Salt

Bring 4 quarts water to a boil in a large pot for cooking the pasta. Place the nuts in a medium skillet over medium heat. Toast, shaking the pan occasionally to turn the nuts, until fragrant, about 4 minutes. Cool the nuts. Process cooled nuts, arugula and garlic in a food processor until ingredients are finely ground. With the motor running, add the oil in a steady stream through the feed tube and process until thick and fairly smooth. Scrape the mixture into a bowl large enough to hold the cooked pasta (The pesto will be very thick.) Stir in the cheese, the nutmeg, and salt to taste. (Salt the pesto generously; it has to season a pound of pasta.) Add 1 Tablespoons salt and the pasta to the boiling water and cook until the pasta is al dente. Reserve 1 cup of the cooking water and drain the pasta. Stir ½ cup of the cooking water into the bowl with the pesto to achieve a saucier consistency. Add the pasta to the bowl and toss, adding more cooking water as necessary to moisten the pasta and help spread the pesto. Serve immediately, passing more grated cheese at the table.

Butternut squash and sage are a match made in heaven! This is one of our favorite and most-used recipes from Deborah Madison's cookbook: **Vegetarian Cooking For Everyone**. Peeling the butternut squash is optional—it takes much less time to not peel and skins are edible.

Butternut Squash Gratin with Onions and Sage

¼ cup olive oil
2 Tbsp chopped parsley
2 Tbsp chopped sage
Salt and pepper
½ cup flour
4 thyme sprigs
½ cup plus 2 Tbsp heated whole milk or vegetable broth
6 cups butternut squash, cut into ½ inch cubes
4 cups thinly sliced onion
½ cup grated Gruyere or Fontina cheese

1 cup fresh bread crumbs
Preheat oven to 350°. Lightly oil or butter a 2-quart gratin dish. Heat half the oil in a skillet over medium heat. Add onion, thyme, sage and cook, stirring frequently, until the onions are lightly caramelized, about 15 minutes. Season with ½ tsp salt and pepper to taste. Spread in gratin dish, return the skillet to med. heat and add remaining oil. Toss the squash in flour, letting excess fall away. Add to pan and cook until it begins to brown in places on both sides, about 7 minutes. Add parsley, season with salt and plenty of pepper, cook for 1 minute more. Layer the squash over the onions, cover with the cheese, then add the milk. Cover and bake for 25 minutes, then uncover, add the bread crumbs, and bake until the top is browned and the liquid absorbed, about 25 minutes more.

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

Curried Savoy Cabbage Soup

½ of a savoy cabbage, shredded
8 sprigs thyme, leaves removed
1 Tablespoon butter
3 ¼ cups vegetable stock or 3 ¼ cups chicken stock
1 medium onion, chopped
1 medium potato, cubed
1 tablespoon curry powder
½ pound of mushrooms, sliced
4 tablespoons chopped fresh parsley and/or basil
salt & pepper
½ 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.