



LOON ORGANICS

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What's in the box 10/6:

Brussels Sprouts: Use right away for best flavor. We leave them on the stalk for best storage. Just snap off and store in plastic bag if the stalk doesn't fit in fridge. Recipe Pg2

Parsnips: A close relative to carrots, these are best steamed, fried, or roasted. See page 2 for recipe.

Italian or Curly Parsley: A great addition to all the fall vegetables.

Buttercup Squash: Round squash with a dark blue skin. One of our favorites! Very creamy. Makes the best "pumpkin" pie. Recipe pg 2.

Delicata Squash: These are also a favorite. So sweet you don't need any added sugar or honey.

Celery Root: A recipe for the French celery root relish/side dish is on Page 2. It goes great with meats, poultry and salads.

Yukon Gold Potatoes: Keep out of the light. If there is a green spot on your potato, trim off and use the rest. These will store for months.

Cherry Tomatoes: Try a spinach and cherry tomato pizza. Yum.

Yellow Onion: We had a batch of strong onions this year. They bring tears to the eyes!

Orange Carrots: Sweet and just getting sweeter. Remove tops for best storage.

Arugula: Milder with the cooler weather. Mix w/ spinach for salad.

Purple and/or Green Broccoli: The purple broccoli tastes the same as the green broccoli. Very tender right now, even the stems.

Baby Spinach: This has so much flavor with the cooler nights.

Week 17: Fall Food

The leaves are really starting to turn colors all around us, and there is a steady stream of leaves blowing down off the trees and onto the lawn, the deck, and into some of our fields. This week felt like fall had truly arrived and it just smelled, looked and felt like Fall was saying, "I'm here!" Fall is one of our favorite seasons on the farm and we especially have been enjoying the last week of perfectly gorgeous weather. It's the kind of weather that makes you want to abandon harvesting and just lay down in the sunny grass soaking up what could be the last 70 degree days for awhile. This time of year also apparently makes all of us farm workers very hungry. We talk a lot while we are working about all the things we want to bake and eat this fall and winter: squash pie, apple pie, pumpkin scones, pumpkin donuts (even organic farmers eat donuts sometimes), roasted root veggies with sage, gratins, galettes, pizza, and on. The colder mornings and darker days bring on some serious appetites for comfort food! You too?

The sunny days were a huge welcome to also help dry out our fields (and our basement) after the deluge of rain two weeks ago. September really turned around on us that last week, although I did hear that this year broke the record for wettest September in climactic history. The warmer weather helped to continue pushing fall crops forward, which have been slow this past month. We should have cauli or romanesco in next week's box. **By the way, a reminder that next week is the last full share and "even week" half share box of the season.** Oh, what a sad day it is when we all have to trudge back to the grocery store's produce department. Hope you all were able to squirrel a few things away in your freezer or pantry for the winter months. Just want to say a **Big Thanks this week to all of our "odd week" half share members for eating your way through the season! Today is your last box.** We feel very blessed to have had all of you as customers, eaters and farm supporters this season. In a couple weeks, we'll send out an e-mail with a link to our CSA survey and info. about reserving a CSA share for next year. Full share CSA members, you'll hear more info and thanks in next wk's news.

Onto the box contents this week... We added some new things to the box this week for your vegetable enjoyment, most notably the Brussels Sprout stalk and the parsnips. We got a light frost Saturday night, just in time to sweeten up the sprouts and parsnips. The Brussels Sprouts are left on their stalk; this is how they grow. They are like mini-cabbages on a 3-4 foot tall stalk and take all season long to mature. Cooking tips for Brussels are on Page 2. The parsnips are great in a soup, such as the Golden Potage on Page 2. Major comfort food and very good for you too. Have a great week!

-Your farmers, Laura and Adam

WHAT YOU CAN PRESERVE

THIS WEEK: Peppers, carrots, broccoli 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 and broccoli should be steamed first and then frozen. Parsley can be pureed with garlic and olive oil for a paste that freezes well. You can also just chop and freeze.

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. Remove tops from carrots for best storage, otherwise the carrots will get limp after a couple day. You can store the carrots and parsnips in the same bag. Store Brussels Sprouts on the stalk, if possible in a plastic bag. They will take up a lot of room on the stalk though, so you could also snap off the sprouts and store them in a plastic bag in the fridge. The squash, potatoes and onions 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.

There are so many great recipes using fall vegetables. Way too many to list here each week. Here are a few others that you might want to check out on-line:

Roasted Root Vegetable and Wheat

Berry Salad by David Lebovitz

<http://www.davidlebovitz.com/2010/01/roasted-root-vegetable-wheat-ber/>

Simple Potato Gratin by Smitten Kitchen

<http://smittenkitchen.com/2009/04/simple-potato-gratin/>

Puree of Celery Root Soup on Orangette

<http://orangette.blogspot.com/2007/01/bad-case.html>

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Recipe Corner

Adam makes a mean squash pie and has converted most of our family members over from pumpkin. We've heard rumors that canned pumpkin you buy in the store is actually winter squash, they just call it pumpkin...False advertising? Winter squash is sweeter and often has creamier flesh than pumpkins. You can make this pie with one regular pie crust or a graham cracker crust. It's not too sweet; sometimes we eat it for breakfast!

Better-than-Pumpkin Squash Pie

2-3 cups roasted and pureed winter squash, buttercup squash is great. Can use any other type of winter squash as well.

3 eggs	¾ cup sugar
1 Tbsp. freshly grated ginger	1 tsp. cinnamon
¼ tsp. salt	¼ tsp. powdered cloves
¼ tsp. nutmeg	grated rind of 1 lemon
1 cup crème fraiche or sour cream	2 Tbsp. brandy (optional)
1 9-inch pie crust	

Roast squash: Pre-heat oven to 400 degrees and cut 1 medium sized butter cup, butter nut or 2 smaller squashes in half. Remove seeds. Drizzle just a bit of olive oil in the squash cavities to prevent it from drying out and sticking. Place the squash, cut side down, on a baking sheet and bake until soft, 35-45 minutes. Let cool for a bit and then can be pureed in a food processor or mashed with a potato masher. Roasting the squash can be done ahead of time. Once squash is roasted, cream eggs with sugar. Gradually blend in other ingredients. Pour into pie shell and bake at 350 degrees for 35-45 minutes. Serve with whipped cream or ice cream. Pie recipe adapted from Sally Fallon's *Nourishing Traditions*

Brussels Sprouts: These take all season until now to ripen fully. When the larger Brussels sprouts are left whole and cooked, they can become mushy. There are much better ways to prepare them. According to Alice Waters: "Brussels taste best cooked quickly... We often cut out the core at the stem end of each sprout and separate the leaves, so that all they need is a quick wilting in butter or olive oil... They are delicious tossed with pasta or as a side dish.. To prepare for cooking, pull off any loose leaves around the stem. Rinse the leaves or whole sprouts carefully in cold water and drain before cooking."

Buttered Brussels Sprouts

Cut the Brussels sprouts in half vertically and parboil or steam them until just tender, about 4 minutes. Drain and toss with softened butter. Season with salt and pepper and serve. From *Chez Panisse Vegetables* by Alice Waters. A beautiful cookbook that highlights each vegetable's best traits in surprisingly easy recipes.

Golden Potage Soup

3 Tbsp. vegetable oil	1 cup chopped onion
8 cloves garlic, chopped	1-1 ½ cups diced winter squash or sweet potato
½ cup chopped parsnip	½ cup chopped carrots
½ cup chopped celeriac	1 cup diced potatoes
4 cups Vegetable or Chicken stock	1 tsp. salt
½ cup half and half or soy milk	1 Tbsp. chopped fresh herbs, such as thyme, parsley

Saute onion and garlic in oil for 5 to 8 minutes. Add the rest of the vegetables and sauté for 10 more minutes. Combine sautéed vegetables and soup stock in a large soup pot. Add salt. Bring to a boil, and then reduce heat to a simmer. Simmer, covered, for 30 minutes. Cool slightly, and puree in 2 batches until creamy. Return soup to the pot and add cream and herbs. Taste, adjust seasoning as needed. Serves 6. From *The Café Brenda Cookbook*

Celery Root Remoulade

1 medium celery root	½ cup mayonnaise
Salt and pepper	2 Tbsp heavy cream
Juice of 1 lemon or 2 Tbsp bottled lemon juice	
Parsley	3 Tbsp Dijon mustard

Peel raw celery root and cut into julienne about 1/8 inch thick, by hand, with mandolin, or with a food processor. In a bowl, combine pinch of salt in lemon juice, add pepper, mustard, mayo, and cream. Toss in celery root. Taste and let stand for 15 minutes before serving. Mound onto plate and sprinkle with parsley leaves. Eat with salads, meat, poultry.