



# LOON ORGANICS

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## What's in the box 10/12:

**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:** Yummy roasted with other fall veggies. Kid-friendly recipe on page 2.

**Cauliflower:** personal-sized heads. Roast for a soup.

**Acorn Squash:** They turned out very sweet this year. Great baked on their own or stuffed with wild rice

**Delicata Squash:** These are also in our top favorite squashes for baking

### Carnival or Sweet Dumpling

**Squash:** These are like acorn squashes. For best eating, bake with a bit of olive oil and top with maple syrup and butter. Can't go wrong!

**Celery Root:** Overwhelmed with this root? Store in a plastic bag in your fridge for a beef stew when it gets cold.

**Yukon Gold Potatoes:** Garlic mashed potatoes still our favorite

**Cherry or Slicing Tomato:** Try a spinach and tomato pizza.

**Cippolini Onions:** Italian cooking onions. One of the best for cooking!

**Carrots:** These will store in your fridge and stay sweet for months.

**Arugula:** Recipe on page 2.

**Green or Purple Broccoli:** We had to get these before the heat did! Stir-fry florets and stem and top with lemon, garlic & olive oil.

**Baby Spinach:** This makes a hearty raw salad with toasted nuts, cranberries, chevre, and vinaigrette.

## Week 18: Season Finale

It's a little surreal to be packing up the last CSA box of the season when it is 87° and you are sweating like a dog! A year ago in October, we were harvesting our last CSA veggies in the snow and now we are worried about sunburns. Go figure. At any rate, despite the August-like weather, we are really at the last CSA box of the season. It has been 4 months since we packed your first CSA box and we have packed 150 CSA boxes each week for 18 weeks. That's 2700 CSA boxes we've packed this season!

All in all, we feel like our season turned out well and we hope you were satisfied with all the produce from the farm. This year was about the exact opposite of our summer in 2009 where we struggled to reach 80° all summer and contended with a 4 month long drought. Certain cold loving crops like the greens and broccolis did beautifully last year and this summer they had a harder time. Alternately, last season we had a hard time getting the summer crops to ripen up and this year the summer crops came early! The crops seem to balance out nicely from year to year, and we like to think that this ebb and flow of different crops is one of the great joys of eating and farming with the seasons in Minnesota. Mother Nature always has the last laugh and we are just along for the ride!

**We can't express enough the gratitude that we have towards all of our customers for making the commitment to get veggies from us this season and for choosing to eat local.** It is not always easy when we are used to supermarket convenience at our fingertips! **Thank you!** We hope that many of you can join us again next year and if you were a member this year, you automatically have a spot for next year, if you let us know. In another couple weeks here as we catch our breath, we will send out an e-mail with a link to our CSA survey and also ask if you'd like to reserve a 2011 share. If you have friends that want to join next year, now is a great time to have them e-mail us to get on our waiting list for next year. We expect to sell out shares early in 2011!

As the season winds down, we are busy cleaning up our fields, seeding fall cover crops, planting next year's garlic crop and catching up on bookkeeping. Lots of people ask what in the heck we do all winter!? Adam has a long list of repairs and tune-ups for all of our tractors and farm vehicles, and I will be doing a lot of the planning and marketing for next year. There are lots of farm conferences to attend, and we're excited to see friends and family that we don't get to see very often in the summer. We like to say that we do all of our "farm thinking" in the winter so that we don't have to do it in the summer. By March, we have all the crops and fields planned out, seeds ordered, supplies in-house, and employees hired just in time to fire up the greenhouse.

Speaking of employees we had just a spectacular crew this year that made the farm a really fun (and hard-working) place to be. THANKS to Chris, Lars, Joan, our fantastic employees, and to our volunteers, Hannah, Ellen, Ashley, Bradley, the Ploegers, Julie and Katie. We couldn't do it without you, nor would we want to.

Have a wonderful fall and a cozy winter. Take good care and eat your veggies! Your farmers, Laura and Adam

## WHAT YOU CAN PRESERVE

**THIS WEEK: Carrots, broccoli, cauliflower, Brussels sprouts, arugula, and spinach** would all freeze well, if you can't eat it all. Carrots, cauli, brussels, spinach and broccoli should be steamed first and then frozen. Arugula freezes best as arugula pesto.

**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. 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.

### *Not Mashed Potatoes*

2 medium Yukon potatoes  
5-8 parsnips OR 3 parsnips and ½ celery root.  
¼ cup milk  
2 Tbsp. olive oil    Salt  
Peel potatoes and parsnips. Cut into chunks and place in pot with 1-2 inches of water. Cover and bring to a boil. Cook until vegetables are soft—adding more water if needed. Drain remaining water into bowl and set aside. Add milk and olive oil to potatoes and parsnips and process with handheld blender until smooth. If too thick, add cooking water to thin. Season to taste with salt and continue processing with blender to desired consistency. Serve hot with a pat of butter on top. This is a great way to get your kids (or yourself) to eat parsnips. From **Clean Food** by Terry Walters.

### Contact us:

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## Recipe Corner

This recipe is probably the best way to get kids to eat arugula!

### *Arugula Quesadilla with Tomatoes*

2 cups arugula, chopped roughly    2 cups shredded cheese (cheddar, chevre, mont. Jack or ½ bag cherry tomatoes or 1 med tomato, thinly sliced    a combo of cheeses are all good)  
12 tortillas, flour or corn    canola oil for cooking  
Top 6 tortillas with shredded cheese, arugula, and thinly sliced cherry tomatoes. Cover each tortilla with another tortilla. Heat a skillet or sauté pan on medium-high heat and add canola oil to coat the bottom of the pan. When oil is hot, place quesadillas in pan and cook until bottom side is brown. Flip and cook until the other side is brown and cheese is melted. Can cut into wedges for easy eating and are great with chili or soup.

### *Golden-Crusted Brussels Sprouts*

This recipe is adapted from "101 Cookbooks" website and passed on to us from friends and fellow farmers, Nick and Joan Olson. It's one of the best ways I've eaten Brussels sprouts. Here's what Joan says: *We had this on Tuesday night alongside minestrone soup and it was delicious. This dish converted two non-brussels sprout eaters to enjoy the tasty buds.*

16-24 small brussels sprouts

1 tablespoon extra-virgin olive oil, plus more for rubbing

fine-grain sea salt and freshly ground black pepper

1/4 c. grated cheese of your choice

Wash the brussels sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top and toss in a bowl with olive oil. Heat 1 tablespoon of olive oil in a skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the brussels sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes. Once just tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Use a metal spatula to toss them once or twice to get some browning on the rounded side. Season with more salt, pepper, and grated cheese.

Use brussels sprouts that are on the smaller size and tightly closed. You can finish these with many different types of cheese sharp cheddar, parmesan, gruyere or gouda are especially good. You could also try adding toasted hazelnuts to this dish.

\*\*We included a winter squash gratin a few weeks back, but this is more like a crustless quiche. Roasting squash (without peeling) is a fast and easy way to prepare it.\*\*

### *Winter Squash Gratin*

1 1/2 pounds winter squash of your choice    2 tablespoons extra virgin olive oil

1 medium onion, chopped    2 garlic cloves, minced

2 tablespoons minced fresh parsley    1 teaspoon minced fresh sage

3 eggs    1/2 cup milk

1/2 cup Gruyère or Swiss chz,grated    Salt and freshly ground pepper to taste

1/4 cup Parmesan cheese

1. Preheat the oven to 425°F. Cover a baking sheet with foil and brush lightly with olive oil. Cut the squash in half, scoop out the seeds and stringy membranes, brush the cut sides with olive oil and lay cut side down on the foil-covered baking sheet. Bake 40 minutes, or until soft enough to pierce easily with a knife. Remove from the heat and allow to cool, then peel and either mash with a fork, puree in a food processor fitted with the steel blade, or finely dice. You should have about 2 cups of pureed or finely diced squash.
2. Turn the oven down to 375°F and oil a 2-quart gratin or baking dish with olive oil. Heat the remaining oil over medium heat in a medium heavy skillet and add the onion. Cook, stirring, until tender, about 5 minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Stir in the parsley and sage, and squash, and remove from the heat. Season to taste with salt and pepper.
4. Beat the eggs in a large bowl and whisk in the milk. Add 1/2 teaspoon salt and freshly ground pepper to taste. Stir in the squash mixture and the Gruyère. Taste and adjust seasonings. Scrape into the prepared baking dish and sprinkle the Parmesan over the top.
5. Bake 30 to 40 minutes, until lightly browned on the top and sizzling. Serve hot, warm, or room temperature. From NY Times "Recipes for Health"