



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 6/22:

Red Chard: Not to be confused with rhubarb, this is a green that tastes similar to spinach. Great recipe on page 2. Both stems and leaves are delicious!

Garlic Scapes: Curly flower stalk of garlic plant. Photo, info and recipes on page 2.

Dry Organic Black Beans: These are organic black beans grown on a farm just north of us. Cooking instructions on page 2.

Green Romaine Head

Lettuce: This is great for any salad and sandwich.

Red Butter Head Lettuce: This is our favorite lettuce! This makes an amazing salad with buttery leaves and juicy ribs and interior. Great with blue cheese dressing. Recipe page 2.

Red "Cherriette" Radishes: Not too spicy for your salads.

Japanese White Salad Turnips: Eat raw like radishes or lightly cook. These are great sliced and sautéed up with bacon. Tops are edible and also delicious.

Strawberries: Eat soon! The rain and moisture of the last few days shortens their shelf life.

Baby Spinach: A half pound of our best spinach. It puts grocery store spinach to shame.

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

Cilantro Bunch: Goes great with your black beans!

Week 1: Welcome to the First Box!

Welcome all 2011 CSA members old and new! We are happy to be your farmers and excited to pack up the first box of the year for you. Hope everyone enjoys!! Spring and summer were late in our neck of the woods this year, and we have been especially savoring the long summer days and heat of the sun lately.

It has been a Spring cold and wet enough for the record books, and we are happy to leave that behind us and hope for better months ahead. So far we like the June weather patterns, with more sun, heat and moderate rainfall (and now back to the rainy days). The dry spells have allowed even our wettest fields to dry out and we have got in most of our major planting. It's been a crazy June—packing a month's worth of planting and field work into a couple weeks. But we are oh so glad to have had this dry window to catch up. All of the heat-loving crops are in the ground and growing, and our early crops we got in at the end of May and early June all have been looking pretty good. The kohlrabi and kale will be ready next week. It will be a couple more weeks before we have peas or spring cabbage. Strawberries are just ripening but the 100+ degree days we had a couple weeks back caused an outbreak of thrips and tarnished plant bugs (both insect pests) which damaged the young strawberries as they were forming. You'll notice some of your berries are smaller and misshapen due to the pests—they still taste great though. The rain of the past few days also causes the berries to soften, so eat the berries you got today soon! We should have strawberries for your box the next two weeks and we are still planning on the u-pick event at the farm this Saturday. Quantities for u-picking will probably be limited to a pint or quart of strawberries per family because of our pest damage.

Farm Tour June 25th from 10 a.m. – 1 p.m.: There will be a bit of strawberry picking, herb/lettuce u-pick, a wagon tour of the farm, chicken petting, organic lemonade, and general merriment! We hope to have enough strawberries for every family to pick at least a pint or quart. We'll see what quantities look like this weekend. Hope you can join us to see the farm at a beautiful time of year! All ages welcome! No dogs please. We'll e-mail out directions to the farm this week. Please RSVP by e-mail or phone, if possible.

A few beginning notes: We do wash all the produce that is in your box throughout the season (with the exception of strawberries and tomatoes—these should be washed right before eating). **BUT we do recommend that you wash everything again** before you eat it. We are very much an organic farm and although we try to leave the soil and the bugs on the farm, they occasionally slip past our watchful eye and into a leaf of lettuce so keep an eye out for the spare ladybug or caterpillar.

We recommend taking just a couple minutes when you return home with your CSA box to take everything out of the box and transfer into plastic bags or your preferred storage container for refrigeration. That moment is also a good time to do some quick prepping—washing and drying lettuce so that it is ready to eat and grab for a quick salad or sandwich, for example. Not only will your produce last days and even weeks longer if it is stored properly, you are also more likely to use it if it is already washed

Produce Storage: All produce this week should be stored in the fridge, preferably in plastic bags, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. Everything should last over a week if stored properly. Lettuces and strawberries should be eaten first, as they are most perishable. Do not wash strawberries until right before eating.



Garlic Scapes—these are a CSA favorite! It's the curlicue flower of the garlic plant that we pick off to let the garlic bulb get bigger. The scapes are edible and delicious! Mild garlic flavor with a consistency of green beans. Wonderful in pesto or raw in salads. We also hear that they are great on the grill...

Need More Ideas for Using Up your Veggies? Here's a round up of our favorite CSA-friendly cookbooks:

****From Asparagus to Zucchini, by MACSAC**

Farmer John's Cookbook: The Real Dirt on Vegetables, Farmer John Peterson

Vegetarian Cooking for Everyone, Deborah Madison
World Vegetarian, by Madhur Jaffrey

****Highly recommend checking this one out from library or buying!****

Contact us:

Laura and Adam

320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

This recipe is our favorite way to eat chard. It's a fast 20-minute meal too!

Swiss Chard and Caramelized Onion Tacos

1 bunch of Swiss chard, thick lower stems removed (or sub spinach for chard)
 1 1/2 tbl. oil or bacon drippings 1 large onion, thinly sliced
 1 bunch garlic scapes, finely chopped 1 tsp. red pepper flakes
 1/2 cup chicken or vegetable broth Salt
 12 warm corn tortillas
 1 cup (4 ounces) Queso Fresco or other fresh cheese such as feta or goat cheese
 Salsa for serving

Slice the chard into 1/2-inch ribbons. Heat the oil in a large skillet over medium-high heat. Add the onion then cook until golden brown, about 4-5 minutes. To the onions add the red pepper flakes and garlic. Stir for about 20 seconds until you are hit with the aroma of the garlic then immediately add the broth or water, 1/2 teaspoon salt and the greens. Adjust the heat to medium-low then cover the skillet. Cook until the greens are almost tender. For Swiss chard this will be about 5 minutes. Spinach only takes about 2 minutes. Uncover the pan, adjust the heat to medium-high then cook until the juices have reduced significantly and merely glaze the greens. Taste and add salt if you think it needs it. Serve with the corn tortillas, crumbled fresh cheese and your favorite salsa. Adapted from **Mexican Everyday**, by Rick Bayless

Soaking and cooking your black beans: Add water to cover your beans by several inches in a pot. Leave to soak overnight (this is the best method to help them cook evenly and quickly the following day) or at least 8 hours. Drain and discard the soaking liquid. For every 1 cup of dried beans (there are about 1 1/2 cups of dried beans in the bag we gave you), add 3 cups water and cook 1 1/2 to 1 3/4 hours, or until the beans are tender. Do not add any seasonings or salt until the last 10 minutes before cooking is finished. We love black beans with tortillas, in bean dips and black bean soup. If you like a bit of spiciness, try out the easy bean dip recipe below. The dip has more of a thin consistency—use more beans if you want it a bit thicker or cut back on the water/broth amount.

Black Bean-Smoked Chile Dip

2 cups cooked black beans 1 teaspoon ground cumin
 1/2 cup water or bean broth 1/4 cup chopped cilantro
 1 Tablespoon sunflower or canola oil Juice of 1-2 limes
 1/4 - 1/2 teaspoon cayenne (or 1 teaspoon pureed chipotle chile)
 1/4 cup sliced garlic scapes or scallions 1 teaspoon ground coriander
 Salt

Warm the beans in the water. Heat oil in a small skillet. Add the garlic scapes, coriander and cumin and cook over medium heat until tender, about 10 minutes. Stir in the cilantro and turn off the heat. Coarsely puree the beans, garlic mixture, and chile in a food processor. Taste; if you want it hotter, add more chile in small increments. Add lime juice and salt to sharpen the flavors. Use this spicy spread for nachos, in a quesadilla, or for a dip. Adapted from **Vegetarian Cooking for Everyone**, by Deborah Madison.

Lettuce is good for the brain! It contains **choline**, an essential brain nutrient that is not found in many foods so eat up those salads! We love growing and eating big, beautiful heads of lettuce. They have so much more flavor, crispness and texture than the baby salad greens one buys in the store. Wash your lettuce leaves, spin dry in a salad spinner or dry with a towel, and store in a plastic bag for use all week. For a killer salads, top your lettuce with radishes, sliced white salad turnips, and hard boiled eggs or grilled chicken for a complete meal. Here is our favorite salad dressing of late to top our salads:

Blue Cheese Dressing

6 Tablespoons olive oil 3 oz. blue cheese, crumbled
 2 Tablespoons sour cream or yogurt 1 Tablespoon minced chives or garlic
 5 teaspoons red wine vinegar Salt and freshly milled pepper
 Whisk all the ingredients in a bowl except the salt and pepper, leaving the cheese a little chunky or smooth as you prefer. Taste and add salt if needed—the cheese will be salty—and season with pepper. From **Vegetarian Cooking for Everyone**.