



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 6/29:

Broccoli: First of the year

Dinosaur Kale: Italian variety of kale with dark blue/green leaves. Cooking ideas on pg 2.

Kohlrabi: Must peel before eating. Flesh tastes like a broccoli stem—very sweet and tender. Great raw with dip or cooked. Recipe page 2.

Baby Bok Choi: Info page 2.

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 in last week's newsletter on our website.

Green Curly Leaf Lettuce:

Top with olives, feta cheese, and a balsamic vinaigrette.

Red "Cherriette" Radishes:

Mix with butter or cream cheese for a great radish spread.

Japanese White Salad Turnips:

More like a radish than a turnip. They're sweet! Try raw in salad, stir fry or sauté with bacon. Tops are edible and also delicious.

Strawberries: Eat soon! Larger berries are really tasty.

Baby Spinach: Great in scrambled eggs, quiche, or quesadillas.

Potted 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: Nice topper for a black bean quesadilla or try cilantro pesto for a twist!

Week 2: Easing Into Summer

Welcome to the second group of half share members receiving their first box of the season today!

Slowly more vegetables are growing to that perfect harvest stage for your box. We were able to harvest the first kohlrabi and dinosaur kale (a.k.a. Lacinato Kale) for today's box. We may also have baby beets to add next week, along with more lettuce, scallions, and the first basil (?!). The cooler, wetter weather this summer has been a boon for our lettuce and greens crops. They are growing quite well, especially the beautiful head lettuces. Sugar snap peas are just flowering now (this is freakishly late) but with these cooler conditions they should fill out and sweeten up nicely in another 1-2 weeks. The broccoli is also looking beautiful and we picked the first small heads for your box today. More to come soon! It's always more of an art than science to guess exactly when crops will actually come in. Actually most of farming this year seems more like art than science to us! It is a year for ingenuity and careful observation of how crops respond to these very cool, wet conditions we've been having.

Most crops are looking good, just a little behind. The strawberries have had some hard times this season though. First, the dastardly tarnished plant bug invaded a few weeks back and ruined a lot of fruit. You can see some puckering at the tips of your strawberries and this is due to the little pests. The rain last week also caused some cracking on the berry skin. Both are cosmetic damage, but shelf life is still short on these so eat them soon. Not usually a problem to eat up fresh strawberries though! We will see how the remaining berries do after some sun this week. I hope that we have enough for next week's box, but no guarantees right now. Some crops do better than others every year, and this was not a stellar year for organic strawberries. We'll hope for a better crop next year!

On the bright side of rain, the wet conditions made it a great week for pulling weeds and we did a whole lot of that last week. Adam took advantage of the rainy days and finished up the expansion of our pack shed area into the barn. In just a few days, he put in a floor drain, poured a concrete floor, put up stainless steel walls and built several shelves and carts for our CSA box storage. He is an amazing one-man show and keeps the nuts, bolts, (and engines) of this place running smoothly! We also had about 25 families come out for our Saturday tour. Thanks to everyone for making the trek! Was great to meet some of you eaters out there and show you where your food comes from. Next tour will be on Sat, July 23rd and we'll be digging potatoes.

Finally, in other non-vegetable news... if you've seen me lately, you've probably realized that Adam and I are expecting a baby in just a couple months! A baby farmer is on the way. We're hoping baby will be a good future bean picker, weed puller, and cherry tomato harvester, although we do realize it might take a few years before we can get her or him fully trained. ;) My due date is in mid-August, and we are lucky to have a great crew of farm employees this year to help us out through a busy time. We'll be excited to introduce the newest member of the Loon Organics family to you later this summer! Take care and eat those veggies. -Laura

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— the wonderful, edible flower of the garlic plant!

Kohlrabi: An underappreciated vegetable in the U.S. Kohlrabi reminds me of the sweetest, most tender broccoli stem. Like a broccoli stem, you have to peel the pretty skin off the kohlrabi to get to the tender core. Then you can slice into strips and eat like a carrot stick, or try lightly sautéing it. The kohlrabi greens are also delicious. Cook the greens similar to chard or kale.

Baby Bok Choy: Try it grilled.

No kidding around here! It's great on the grill. Here's how to do it:

-Cut 2 heads of baby bok choy in half lengthwise. Rinse or soak thoroughly to get any grit/dirt out. Gently pat dry. Brush both sides of head generously with olive oil. Squeeze on a bit of lemon or orange juice and chopped garlic, if desired. Place on heated grill, cut side down and cover. Grill for 5-8 minutes and then turn heads over to grill the other side for 5 minutes, or until tender. Top with soy sauce or rice vinegar when serving.

Baby Bok Choy is one of the most nutritious vegetables out there! It's right up there with kale. Full of Vitamin C, Beta Carotene and Iron. Eat both greens and stems.

Contact us:

Laura and Adam

320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

Kale! This highly nutritious green from the Brassica family of vegetables fights 5 different types of cancer and is full of iron, antioxidants, Vitamin A, K & C. We know lots of kids and adults that love Baked Kale Chips—you can find the recipe on our website on the "Recipe" Page. While you are there, also check out the Emerald Sesame Kale recipe, which is one of our favorite ways to eat kale. A new raw kale salad recipe courtesy of our employee, Katharine, is below. It's delicious!

Garlic Scape Sesame Kale Salad

1 bunch of Kale washed 2 carrots cleaned and chopped into bit sized pieces
1/4 cup of currants, raisins, etc 2 garlic scapes chopped into thin coins
optional: chopped mint and chives

For the Dressing, combine the following:

1 tsp toasted sesame oil 1 tsp dijon mustard
1 Tblsp balsamic vinegar 1 Tblsp warmed honey
1/4 cup peanut oil (olive oil if peanut allergies)

Wash your bunch of Kale leaves and strip the leaves off of their stems. (Reserve the stems for later in the recipe). Pile the Kale leaves on top of one another and cut into 1/2 inch ribbons. Add ribbons to a bowl and sprinkle with 1/8-1/4 tsp of salt. Massage the salt into the Kale. Now chop up the kale stems into very thin coins and add them to the salad and let sit for an hour or overnight in the fridge. In the morning or after an hour give the kale a toss and add the chopped garlic scapes, carrots and currants. Incorporate all the salad ingredients and pour over the dressing. Take your hands and mix the salad thoroughly, making sure all the leaves receive dressing. Sprinkle on herbs if available and eat!

Garlic scapes are good in just about everything, but pesto is one of the tastiest ways to eat them. Use this pesto as a spread on crusty bread, with pasta, on scallops or fish, even by itself it is super tasty! Freezes well also.

Garlic Scape and Almond Pesto

10 garlic scapes, finely chopped
1/3 to 1/2 cup finely grated Parmesan (to taste and texture)
1/3 cup slivered almonds (you could toast them lightly, if you'd like)
About 1/2 cup olive oil

Sea salt

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt. If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest. Makes about 1 cup. From

cookbook author, Dorie Greenspan's great blog:

<http://www.doriegreenspan.com/2009/06/i-seem-to-be-on.html>

This recipe is from Madhur Jaffrey's **World Vegetarian Cookbook**, but she attributes the recipe to renowned chef James Beard who requested that she make it for an informal dinner together. We ate this for lunch the other day and added chopped garlic scapes and the kohlrabi greens to the sautéing kohlrabi bulb. Then we topped the whole dish with parmesan cheese at the end. Delish side dish!

James Beard's Sautéed Kohlrabi

1 kohlrabi head and/or broccoli stem 1 Tablespoon unsalted butter
1 Tablespoon olive oil ¼ teaspoon salt

Freshly ground black pepper

Peel the kohlrabi and cut into 1/8-inch thick slices. Stacking the slices together, cut into fine julienne strips. Put the oil and butter in a frying pan and set over medium heat. When the butter has melted, put in the kohlrabi. Stir and sauté on medium-low heat for 6-7 minutes, or until kohlrabi is just tender. Add the salt and pepper to taste and serve immediately. (Optional: add chopped garlic scapes and kohlrabi greens at the beginning of cooking. Top with parmesan cheese when serving.)

Have a great week and enjoy the sunshine. Your farmers, Adam & Laura