



LOON ORGANICS

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What's in the box 7/20:

Red or Green Cabbage: The first cabbage of the season and it is tasty. Check out info. and a recipe on page 2.

Scallions: These are a great match with your cabbage and cilantro in many types of salad and stir-fry recipes.

Cilantro: Last week of cilantro for a bit. New herb next week.

Baby Carrots: First pick of the year! So sweet there is no need to peel the skin off.

Broccoli and Cauliflower: A little small but tender and sweet. Eat raw with dip or lightly steam to add to salads.

Zucchini and Summer Squash:

Several different varieties, but they all taste similarly and can be cooked the same way. We like to slice them in 1/4" strips and grill them until fork tender. Yum!

Cucumber: Small, but it's the 1st pick of season. Many more to come. Perfect for salad.

Fennel: Slice the bulb thinly and marinate for 15-30 minutes in some olive oil, red wine vinegar and minced garlic. Then pour this over a salad of shredded cabbage.

Dino Kale: Throw chopped kale (raw or lightly cooked) in the blender with orange juice, yogurt, frozen bananas and blueberries for a refreshing and very healthy smoothie. Or, for a light summer meal sauté with onions, garlic, herbs and stir in cooked rice and grated cheese. Num!

Week 5: From Rain to Shine

Farm Tour and Potato Dig: Saturday, July 23 from 1:00-3:30 p.m.

Come help us bring in the first potato harvest of the year! We'll send you home with some baby potatoes and some will be saved for next week's CSA box. All ages can get into the fun of this. We will be rooting around in the dirt in our search for potatoes, so wear clothes that can get dirty. Sneakers are also recommended (or mud boots if it is wet). We'll have lemonade and water available, and you are welcome to walk around the farm and see the rest of the fields, meet the chickens, etc. Feel free also to come just to see the farm and get a tour—working is not required! All ages welcome. If you plan on coming, an RSVP is helpful. No dogs please. Hope to see you on the farm soon!

We are geared up for a hot week on the farm! This feels like the hottest (and most humid) July we've had in many years. It's also been pretty rainy lately. Between Wednesday and Sunday night, we are pushing 4 inches of rain. We would be more concerned with such downpours, if not for the 90-100 degree temps. At least the rain means we don't have to worry about irrigation during such a hot spell. The excess moisture and excess heat should continue to push the summer crops forward and push our Spring crops out of commission (bye bye peas). The heat wave hasn't been good for our late Spring crops, like the peas and head lettuce, so those crops have ended early and we've had a little less than what we normally do. The early summer crops coming in will make up for that—hopefully we'll add green beans to next week's box.

No shortage of mosquitoes here lately though. The mosquitoes (and wet weather) must be a boon to our frog population. We have never seen such a high population of frogs on the farm! They are in all shapes and sizes, from long-legged jumpers to little tree frogs no bigger than our thumb. It's encouraging to see so many frogs though, as the amphibians' health has suffered in recent years from low-level exposure to Atrazine, one of the most widely used weed killers used on America's corn crops. Minnesota schoolchildren were actually the first to discover frogs with extra legs and other abnormalities which sparked research into what was going on. Scientist Tyrone Hayes has found that frogs can be turned into hermaphrodites with Atrazine exposure 30 times below the federal drinking water standard for the chemical. Recent research has correlated Spring Atrazine applications with increased birth defects in babies conceived at that time. The scary thing is that Atrazine is one of the most common agricultural chemicals found in Minnesota's surface water. Traces of the herbicide have even been found in the Boundary Waters Canoe Area. The EPA recently reviewed whether Atrazine was safe for use on crop fields and deemed it safe. We don't agree. Atrazine is just one more reason that we feel organic farming is the sustainable way in our agricultural system. So thank you for choosing to support organic farmers like ourselves. And that ends my soapbox session. If you made it this far, thanks for reading. ☺ More info. on Atrazine can be found at the MN Environmental Partnership blog: www.looncommons.org.

Produce Storage: All produce this week should be stored in the fridge. Store everything in plastic bags in the fridge, 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.

Fresh cabbage: Never were Adam and I that fond of cabbage until we ate freshly-picked, organically grown cabbage. Now we look forward to the first harvest of cabbages and enjoy their crisp texture and sweet flavor. Cabbages are about 90% water and raw cabbage slaws are very refreshing in these dog days of summer. We like either the traditional yogurt-mayonnaise coleslaw dressing or a vinaigrette for a lighter touch. If you have eaten enough coleslaw lately, try lightly cooking cabbage like in the Chicken Salad recipe to the right to bring out even more of its sweetness.

Cabbage is a very low-calorie food (15 calories per one-cup serving), but still has significant amounts of Vitamin A, C, calcium, potassium, and magnesium. It's considered a beneficial digestive aid and intestinal cleanser.

Zucchini & Summer Squash are high in many anti-oxidants, such as lutein and beta-carotene and also high in Vitamin C and manganese. To get the most nutritional and anti-oxidant bang out of these guys, don't peel them (the skin has lots of nutrients) and lightly steam instead of microwaving or boiling it.

We often will use thin slices of zucchini or summer squash in place of pasta. Lightly steam the thin slices of summer squash/zucchini, salt and top with marinara sauce, more steamed or sautéed veggies and maybe a little cilantro or basil pesto! Shredded zucchini and summer squash also freezes well for use in baked goods, soups, and stir-frys in the winter.

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Recipe Corner

“This is a refreshing, not-too-assertive cabbage and cellophane noodle—based salad. Cellophane noodles (also known as Chinese vermicelli and bean threads) are thin, opaque noodles sold in dried bundles. When soaked they become translucent. They have little taste of their own, but soak up the delicious flavors of the dressing.”

Recipe and info from www.culinate.com. Recipe originally from the cookbook *Cooking for the Week* by Diane Morgan, Dan Taggart, and Kathleen Taggart.

Asian Chicken Salad with Green Onion-Sesame Dressing

Salad:

2 Tbsp vegetable oil	3 green onions/scallions
2 quarter-size slices unpeeled fresh ginger	2 large garlic cloves
½ head cabbage (about 1 pound)	
2 bunches (1 ¾ oz) cellophane noodles, soaked in hot water 15 minutes, drained and quartered like a pizza.	
1 large carrot	½ large cucumber (about 6 oz)
1 cup lightly packed fresh cilantro, minced	Freshly ground pepper to taste
½ roast chicken (or 2 roasted chicken breasts), skinned, boned and shredded	

Dressing:

1 Tbsp soy sauce	1 Tbsp rice vinegar
½ tsp sugar	2 tsp toasted sesame oil
¼ cup vegetable oil	½ cup raw sesame seeds

Make the dressing: Combine the soy sauce, rice vinegar, sugar, sesame oil, and vegetable oil in a small bowl and whisk together. Put the sesame seeds in a small dry skillet over medium heat. Toast, stirring, until lightly browned but not burned. Scrape the seeds into the dressing.

Thinly slice the white and light green parts of the green onions, and mince the green tops. Mince the ginger and garlic, and shred the cabbage. Peel and shred the carrot, and peel, quarter lengthwise, seed, and thinly slice the cucumber. Mince the cilantro. In a 12-inch sauté pan or skillet over medium heat, heat the oil and sauté the white and light green parts of the green onions, the ginger, and garlic for about 30 seconds. Add the cabbage, tossing and stirring to brighten its color and wilt it slightly, about 2 minutes. Add the cellophane noodles, toss well, and turn out into a large bowl. Add the remaining ingredients. Toss, add the dressing, toss again, and serve.

Maybe it is a bit early to be whipping out the zucchini baked goods recipes. But, we had a delicious piece of chocolate zucchini cake this weekend with decadent chocolate frosting and now zucchini cupcakes are on the brain. This is a really easy recipe. If you don't have buttermilk on hand, just use regular milk and add a teaspoon of vinegar or lemon juice to the milk. Let that sit for 5-10 minutes to sour before adding to the rest of the wet ingredients. These would be good topped with cream cheese frosting. You can also bake the recipe in a loaf pan. The cake doesn't rise a whole lot, so you can fill almost all the way to the top of pans with batter.

Chocolate Zucchini Cupcakes

1 ½ cups brown sugar	¼ cup melted butter
¾ cup vegetable oil or liquid coconut oil	3 eggs
1 tsp. vanilla extract	½ cup buttermilk
2 cups grated zucchini	1 cup chocolate chips
2 cups all purpose flour OR whole wheat pastry flour	
1 cup cocoa, sifted	½ tsp. salt
2 tsp. baking soda	1 tsp. allspice
1 ½ tsp cinnamon	

Preheat oven to 350. Line muffin pan with cups and/or lightly grease loaf pans. In a medium bowl, mix together the sugar, butter and oil. Beat in eggs, one at a time until well incorporated. Stir in vanilla, buttermilk, zucchini and chocolate chips. In a large separate bowl, mix together all dry ingredients. Add the liquids into the dry and mix until combined. Spoon batter into muffin tins and/or loaf pans. Bake large muffins 35 minutes, regular muffins 15-18 minutes, and loaves 20-30 minutes. All until a toothpick comes out mostly clean with a few crumbs attached. Let cool completely in the tins on the rack. These freeze very well. From www.culinate.com