



LOON ORGANICS

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What's in the box 7/27:

Napa Cabbage: Also known as Chinese cabbage. This versatile vegetable can be eaten raw or cooked in salads, slaws, stir-frys, egg rolls. More info on page 2.

Fresh Garlic: This first harvest of garlic bulbs! Fresh garlic is juicier and has more water content than garlic you buy in the store or will get later in the season.

Basil: Make a pesto or basil dressing to top steamed cauliflower and potatoes.

Parsley: A nice addition to basil pesto. Recipe page 2.

Red or Green Cabbage: juicy!

Baby Carrots: No need to peel off the skin. Take tops off to keep carrots crisper, if you aren't going to eat them right away.

Broccoli and/or Cauliflower: The heat has affected the size of the heads, but they still taste great and are very sweet.

Zucchini and Summer Squash: Several different varieties, but they all taste similarly and can be cooked the same way.

Cucumber (in some boxes): These are coming in slow. If you didn't get a cuke, you got extra zucchini/summer squash.

Red New Potatoes: Also the first pick of the season! Storage tips on page 2.

Green Beans: First ones!!

Sweet Onions: Fresh Walla Walla onions. Store these in the fridge. These are mild enough you can eat them raw or cook with them.

Week 6: H-O-T

The Loon crew is happy to leave last week's tropical heat wave behind us. Ugh, that was a tough one on people, veggies and animals alike! We made it through ok with just a few bumps along the way to several crops. The extreme heat is a real stress on many plants, especially the flowering vegetables, such as tomatoes, eggplant, peppers, zucchini and summer squash. The ideal temperature for growth and photosynthesis for these plants is around 80-85 degrees and nighttime temps (and dew points!) barely dipped below that. Many of those fruiting crops suffered from "blossom drop" this last week, which is exactly what it sounds like: the blossoms on the plant (future fruit) will wither and drop when temperatures rise above 85 degrees during the day and remain above 75 degrees at night. High humidity is an added stress on the pollination process. Basically the plant never gets a chance to cool down with the high nighttime temps and it aborts its fruit set so that it focuses on its own survival. Perhaps you have seen blossoms drop off the veggie plants in your own garden or you may notice in the coming weeks that those set of blossoms did not set fruit. The bummer with blossom drop is that it means you lose out on that fruit set and future yields are affected. Some varieties are more susceptible to blossom drop. Our cherry tomatoes didn't seem to be as affected while the slicing tomatoes, eggplants and peppers in the hoop house lost one or two sets of blossoms. The summer squash and zucchini didn't drop their blossoms, but the plants were still so heat stressed that their small, ripening fruit shriveled up and died. Poor guys! We have never seen that happen before to our zucchini and we had to check with our crop specialist to make sure we weren't dealing with a serious virus. Good news is that it was just a temporary thing due to the heat and the tiny fruit forming now is ok and production should continue as normal now that the heat has passed.

Onto the vegetables in your box! It was exciting to pick and pack a new assortment of flavors and colors for the box this week. There were a lot of crops that were just ready this week to put in your box and you are the lucky ones that get to try the first potatoes, green beans, fresh garlic, sweet onions, and Napa cabbage. Fun fun. The potatoes were harvested and washed at our farm tour on Saturday by a great crew of members and their kids! We had a thunderstorm Saturday morning, but the clouds parted for a sunny, beautiful afternoon to dig potatoes. It is always really fun for us to meet 'our eaters' and to give you a glimpse of where your food comes from. Thanks to everyone who came out to the farm and got their hands dirty! We will definitely do the potato dig again next year.

The garlic harvest is one of the many projects we are working on this week. We have about 1/3 of an acre of garlic and it is ready to come out and go into our barn loft to dry and cure. We've gotten a good start on the harvest and hope to finish up early next week. When all is said and done, we will have harvested thousands of garlic bulbs that will show up in your CSA boxes through much of the rest of the season. The biggest, healthiest bulbs are saved for re-planting this fall for next year's crop. The fresh garlic is a real treat though. Garlic you buy in the store is always dried or 'cured'. But freshly harvested garlic still has a high water content, so it is extra juicy and crisp. Enjoy!

Produce Storage: All produce this week should be stored in the fridge, EXCEPT for BASIL. Potatoes can be stored either refrigerated in their paper bag or left on your counter in the paper bag out of the sun. They should be in a paper bag either way, as the light can turn their skin green and green potatoes are not good for you to eat. Store basil in a loosely folded plastic bag on your counter out of the sunlight. You may want to put a paper towel in the bag to absorb some of the moisture the basil gives off. Don't put basil in the refrigerator—it is cold sensitive and it will turn black

If you aren't going to eat your carrots right away, take off the carrot tops and store the carrots in a plastic bag. The carrots store longer if the tops are detached from the roots.

Store everything (except basil) in plastic bags in the fridge, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. Eat the basil first as they are most perishable! Everything else should last over a week if stored properly.

 There is about 2.5-3 cups of basil in the bag that we gave you. The perfect amount for a small batch of pesto.

Pesto

- 1 bag (2.5-3 cups) fresh basil (we use both leaves and stems)
 - ½ bunch parsley
 - 3 cloves garlic
 - 1/3 cup nuts (walnuts, sunflower seeds, or almonds are our favorites)
 - 1/3 cup olive oil
 - 1/3 cup parmesan (optional)
 - Splash of lemon juice
 - Pinch of salt and pepper
- Puree together in a blender or food processor until it becomes uniform.

You can freeze pesto for use in the fall or winter. We freeze it in ice cube trays, pop the cubes out, and put in Ziploc bags in the freezer. Then you have a perfect serving size to toss in your dishes.

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Recipe Corner

Once we hit summer, we usually eat some sort of noodle or pasta dish once a week. The recipe and veggies change, but the method is always the same. Saute some garlic, onion and whatever veggies we have on hand to add to cooked noodles or pasta. Add an herb or kale pesto to the noodles or we'll do a coconut sauce sometimes. Try out the below recipe for a great coconut noodle dish. This recipe is a stand-by at our house and the leftovers are great cold. You can sub out any just about any veggies you have on hand. Adapted from the cookbook *Asparagus to Zucchini*.

Curried Coconut Noodles with Early Summer Vegetables

- 8 oz. extra-wide egg noodles or other pasta
 - 1 ½ Tbsp peanut oil, divided
 - 1 cup chopped onions
 - 2 cups cut-up green beans
 - 1 Tbsp minced garlic
 - 1 Tbsp minced fresh ginger
 - 1 tsp. ground cumin
 - ½ cup basil leaves, cut into strips
 - garnish: lime wedges and addl. basil strips
- 1 teaspoon turmeric
 - salt and pepper
 - ½ cup sliced carrots
 - 1 cup sliced zucchini
 - 1 can (14 oz) coconut milk
 - juice of 1 ½ limes
 - ½- 1 tsp. red pepper flakes

Cook noodles in salted water until barely tender (do not overcook them); drain, rinse with cold water, and drain again. Heat wok over highest flame 1-2 minutes. Add peanut oil, swirl to coat pan, and heat until very hot but not smoking. Add onions, carrots, and green beans; stir-fry until vegetables begin to soften, about 3 minutes. Add garlic, ginger, cumin, red pepper flakes, turmeric, and salt and pepper to taste. Continue stir-frying 1-2 minutes. Add zucchini, coconut milk, and lime juice. Boil mixture until sauce thickens and vegetables are barely tender, 10-12 minutes. Add noodles and basil; stir until all noodles are coated. Heat through, stirring gently. Serve immediately. Garnish with additional basil and lime wedges. Makes 4-6 servings.

Napa Cabbage, also known as **Chinese Cabbage**, is similar to regular cabbage, but it's lighter with a more delicate flavor. Chop up the leaves and ribs to add to a stir-fry or it makes a great, light salad. There are two Napa cabbage recipes below: one with vinaigrette and toasted almonds, and another with a creamy buttermilk dressing. The first recipe is a great way to use up buttermilk you have leftover from the chocolate zucchini cupcake recipe in last week's newsletter. ;) You can also sub regular cabbage for the Napa cabbage in any of the recipes.

Napa Cabbage Salad with Buttermilk Dressing

- 1/2 cup well-shaken buttermilk
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1 pound Napa cabbage, cored and thinly sliced crosswise (4 cups)
- 1 fennel bulb or 2 celery ribs, thinly sliced diagonally
- 4 carrots, diced
- 2 tablespoons mayonnaise
- 2 tablespoons minced sweet onion or garlic
- 3 tablespoons finely chopped chives or basil

Whisk together buttermilk, mayonnaise, vinegar, onion or garlic, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until sugar has dissolved, then whisk in chives or basil. Toss cabbage, carrots, and celery or fennel with dressing. Adapted from www.smittenkitchen.com.

Napa Cabbage Salad

- 1/2 cup slivered almonds
- 2 tablespoons rice vinegar
- 1/2 teaspoon sugar
- 2 scallions, thinly sliced (or use fresh garlic or sweet onions instead)
- 1/4 cup chopped cilantro (or sub basil instead)
- 3 tablespoons vegetable oil
- 1 tablespoon soy sauce
- 1 pound napa cabbage, chopped

Freshly ground pepper
 Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions/onions or garlic, and cilantro/basil and toss. Add the almonds and season with pepper. Toss again and serve. Adapted from www.foodandwine.com