



# LOON ORGANICS

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## What's in the box 8/2:

**Savoy Cabbage:** Texture and flavor is very similar to the Napa cabbage you got in last week's box. Can use in any napa cabbage recipe or regular cabbage recipe.

**Fresh Garlic:** Fresh garlic is juicier and has more water content than garlic you buy in the store or will get later in the season.

**Basil:** Several recipes on page 2.

**Carrots:** Take tops off to keep carrots crisper, if you aren't going to eat them right away.

**Broccoli:** This is a great summer variety that stays sweet and tender despite the heat.

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

**Cucumbers:** Slice thinly and toss with rice vinegar for a refreshing salad.

**Red New Potatoes:** These make a great potato salad, mashed potatoes, or roasted/grilled.

**Green Beans:** Make a skillet: chop beans and sauté up with onions, summer squash, tomatoes and ground beef.

**Red Slicing Tomato:** 1<sup>st</sup> of year!

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

**Eggplant:** Globe eggplant and/or Japanese (long. Skinny) eggplant. Recipe on page 2.

## Week 7: August Already

We're amazed that we are moving into the month of August this week! Gee-whiz, the summer months always just fly by and this year is no exception. The crops are finally catching up to mid-summer and we see the first tomatoes in both the hoop houses and field are just starting to turn and ripen. Eggplant too is getting bigger—big enough for the box this week! And sweet and hot peppers, and watermelons are not far behind. It will be probably another week or two before we start getting a lot of ripe tomatoes, but it's nice to have a taste of what is to come. It doesn't truly feel like summer to us until we eat that first freshly-picked tomato—nothing beats it! If you ordered a salsa or tomato canning share this year, we will try to fill those at the end of August and through September. We've gotten a good start on the garlic harvest and the crop is looking really nice this year! If you ordered a pesto share, we will be filling those in the next few weeks. We will contact you by e-mail to let you know when your preserving shares are ready and when we will deliver them. We'll have to wait until the tomatoes start coming in to make sure that we will have enough canners to fill our orders—we will be in touch about this.

As I mentioned earlier, we have started in on our garlic harvest this past week and have pulled out over half of the crop already and will finish pulling all from the field on Tuesday. We have four different varieties of garlic and they all look really big and beautiful this year. It's nice to see a crop that has done so well despite the wet, cold Spring and hot summer. We filled up our barn's hayloft floor with rows of drying garlic—it's quite a beautiful sight! Since we have filled up the hayloft, we are now hanging bunches of garlic from the barn rafters to dry. The whole barn has a garlick-ly aroma to it—not unpleasant if you are a garlic fan, as we are. We should have a good supply of garlic for the rest of your boxes this year and some gigantic bulbs to plant this fall for next year's garlic crop.

The garlic harvest consumed most of our time outside of harvesting this past week. We did have a bit of time to do some weeding in our winter squash, watermelon, sweet corn, herb and pepper patch and those crops are enjoying their newly clean fields. There's still a lot of weeding ahead of us this coming week. Regular moisture and a lot of heat makes the weeds grow good and tall! We're most concerned about getting the weeds before they go to seed and spread hundreds or even thousands of new weed seeds in the fields that we will then have to weed out in subsequent years. The saying about weeds is that "one year's seeding makes seven years weeding." This will be the week to get on top of those weeds and with sharp hoes, fast fingers and a tuned up tractor we will pull, cultivate, mow, or hoe as many of them down as possible! Wish us luck!

*A guess for what's in the box next week:* More potatoes, red/gold/candy-striped beets, summer squash/zucchini, cucumbers, more tomatoes, onions, garlic, fennel, beans, eggplant or bell peppers, and ???...whatever else might be ready. Our great run of broccoli is coming to an end for a few weeks until we get into our fall plantings. This may also be the last week of cabbage for a bit.

**Produce Storage:**

All produce this week should be stored in the fridge, EXCEPT for BASIL and Tomatoes. 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. Eggplant can be stored in the fridge for a couple days or at room

temperature out of the sun. Use eggplant within a couple days. Fresh garlic can either be stored in fridge or if you leave it on your counter, it will slowly 'cure'. 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 else (zucchini, broccoli, beans, onions etc) 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 and eggplant first as they are most perishable! Everything else should last over a week if stored properly.

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**Savoy Cabbage** can be used like Chinese/Napa cabbage. Its texture is lighter than regular green or red cabbage, but not quite as light as Chinese Cabbage. The leaves make wonderful wraps.

**Preserving Tips:** Shred and freeze zucchini/summer squash for use in muffins, cakes, breads and cookies throughout the winter. Eggplant can be roasted, grilled or baked and frozen for adding to pasta sauces, baba ghanouj, or soups. Beans, broccoli, and cabbage should be steamed before freezing.

**Contact us:****Laura and Adam****320.587.0140**[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)[www.loonorganics.com](http://www.loonorganics.com)**Recipe Corner**

Eggplant is best when it's fresh! There are many different varieties and colors of eggplant. You probably received a Globe eggplant (either purple or striped) and/or Japanese eggplants (the skinny lavender ones). Cook all varieties of eggplant the same. We had a few bad cooking experiences with eggplant early on in our farming career and only came to love eggplant just last year after our dear friend and CSA member, Alison Lee introduced us to a wonderful eggplant parmesan dish. Since then, we eat freshly-picked eggplant any chance we get. We'll include Alison's eggplant recipe in a few weeks when we have more eggplant and tomatoes. In the meantime, we recommend that you grill or roast slices of eggplant. Top with pesto and fresh tomato for an amazing sandwich.

**Grilled Eggplant with Basil**

1-2 Globe eggplants and/or 2-3 Japanese eggplants

¼ cup olive oil

¼ cup chopped basil (leaves and stems are fine)

2 cloves garlic, minced

Salt

Heat your grill to high heat. Slice Globe (tear-drop shaped) eggplants into rounds about ¼" thick. Slice the Japanese eggplants length-wise also about ¼" thick.

Combine chopped basil, minced garlic, olive oil in a small bowl or puree together in a blender. Rub or brush eggplant slices on both sides with the olive oil mixture, but do not dip the eggplant into the mixture otherwise it will absorb too much oil and become soggy. Salt eggplant slices generously and grill for 3-4 minutes on each side or until outsides are lightly golden brown and slightly charred. Eggplant should be tender. Remove from grill and eat immediately. Or spread eggplant slices with pesto and put on bread, top with fresh tomato and melted parmesan cheese (optional) for an open-faced pesto eggplant sandwich. Yum!

Adam made this recipe for dinner on Friday and we loved the combo of the zucchini and basil together. Cheese and breadcrumbs on top make it even better! Adapted from **The Herbal Kitchen** cookbook.

**Zucchini Basil Gratin**

2 pounds zucchini and/or summer squash (about 3 medium)

2 teaspoons kosher salt

3 Tablespoons olive oil

½ cup chopped basil (we use leaves and stems)

½ cup dry bread crumbs

¼ cup freshly grated parmesan cheese

Shred the zucchini on a grater or with the shredding disk of a food processor. Put it in a large colander, mix in the salt using your hands, and let the zucchini sit and drain for at least 30 minutes. Preheat the oven to 400 degrees. Spread 1/2 Tablespoon of the oil over the inside of a 10-inch-round gratin dish or glass pie plate. Squeeze the zucchini dry by picking up baseball-sized handfuls and firmly pressing out the moisture. Put it in a mixing bowl and incorporate 1 ½ Tablespoons of the olive oil and the basil (easiest to use your hands for this). Loosely pat the zucchini into the gratin dish. In the same mixing bowl, stir together the 1/2 cup bread crumbs, the cheese, and the remaining Tablespoon of oil. Sprinkle the crumbs over the gratin (you can cover and refrigerate at this point) and bake it for 30-35 minutes, or until the crumbs are deeply browned.

This is a great way to use up zucchini and summer squash. Adapted from "Animal, Vegetable, Miracle" by Barbara Kingsolver.

**Summer Squash Chocolate Chip Cookies**

1 egg

½ c. butter, softened

½ c. brown sugar

1/3 c. honey

1 T. vanilla

1 c. white flour

1 c. whole wheat flour

½ t. baking soda

¼ t. salt

¼ t. cinnamon

¼ t. nutmeg

1-1 ½ c. finely shredded summer squash or zucchini

7-8 oz. chocolate chips (raisins would work equally well)

Combine egg, butter, sugar, honey and vanilla. Combine flours, soda, salt, cinnamon and nutmeg then blend into liquid mixture. Stir zucchini and chocolate chips into other ingredients. Mix well. Drop by spoonful onto greased baking sheet. Bake at 350 degrees for 10 to 15 minutes. Makes about two dozen cookies.