



LOON ORGANICS

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What's in the box 8/23:

Red Watermelon: First pick of the year. Great for a fruit salad.

Jimmy Nardello Sweet Italian Pepper (long, skinny reddish-green pepper. SWEET not hot).

Italian Sweet Pepper or Bell Pepper: Red, orange or yellow in color. These are SWEET. Good raw or cooked.

Salad Mix: A green salad with cucumbers is so refreshing.

Garlic: For a bruschetta?

Orange Carrots: Dip these in hummus or yogurt dip.

Zucchini and/or Summer

Squash: Try the garden in a pot recipe on page 2.

Cucumbers: At their peak right now. Salad recipe on page 2.

Red New Potatoes: Last red potatoes of the year. Moving onto blues and yukons next.

Tomatoes: Red slicing tomatoes from our hoop house and mixed cherry tomatoes.

Cilantro: Salsa or make an herbed sour cream.

Red Onions: Milder onion can be used raw or cooked. These aren't dried so keep in fridge.

Eggplant: You can throw these in the garden in a pot recipe or look up the eggplant and green bean curry recipe on page 2.

Jalapeño Pepper: green and blackish in color. Small pepper. Medium heat. Great for salsa. Be careful when handling.

Green Beans: A nice round of beans. Saute up with garlic and toss with lemon zest and a bit of juice.

Week 10: Harvest Time

It was a big week of harvesting on the farm! Adam and I welcomed a beautiful baby boy, Eli Charles Cullip, into the world on Saturday morning at 6:05 a.m. It's a fine time of year (and time of day!) for a farmer to be born—in the peak of harvest season! We are all happy and healthy. Our crew has been wonderful and taken on much of the farm duties for the week while we recover inside and get to know our little one. We posted a photo of the newest Loon farmer on our farm's Facebook page—you can get to the page from our website and don't need to be a facebook user to access our page.

Farm duties now are firmly settled into harvest mode. We were excited to pick the first watermelons for this week's box! With the heat this week, we should have good melons for next week and canteloupes in the next 2 weeks as well. Our 2nd planting of cucumbers have come in full force and finally we have a nice quality and quantity of them for the boxes. We also had our 3rd planting of beans coming in nicely and they are the tastiest we've had all season. Our crew has been spending a lot of time in the bean patch. The first sweet peppers are also turning from green (unripe) to red, orange or yellow, depending on the variety. People are often astounded to find out that all colored bell peppers start out green before turning to their sweeter, colored counterpart. We are growing several Italian sweet peppers that are either red, orange or yellow in color when fully ripe, along with the traditional Bell peppers that are red or orange when fully ripe. It takes about 3 weeks for a green pepper to mature and ripen to its final, sweeter color. The Italian peppers, especially the Jimmy Nardellos, come in earlier than the Bell Pepper which is part of why we enjoy growing them so much (and they taste so delicious!).

Tough times for tomatoes: Maybe I'm speaking too soon, but it's looking like a tough year for tomatoes. All of the tomatoes you've received in your boxes these last few weeks have been from our hoop house (unheated greenhouse). We're very thankful we have these nice slicing tomatoes from there and we plan on growing twice as many of these in our hoop house next year. The field tomatoes are another story. We've been experiencing cracking in both our field and hoop house tomatoes, the field tomatoes have been very slow to ripen, are small in size, and are battling Septoria leaf spot, a common fungal disease. We have over 1,000 tomato plants in our field and are getting around 30 pounds of fruit per week from those plants. Certain heirloom tomato varieties like the Brandywine have nearly no fruit to speak of (out of hundreds of plants!), having lost several sets of blossoms in the July heat wave. The 'Brandywine' variety seemed especially susceptible to blossom drop and this might be the final strike against this variety for us. Our warmer temps this week are a very good thing and hopefully this will hasten ripening of the green fruit out there now. It's not looking good for salsa or canning tomato shares this year on our end, but we can't say with certainty how the harvest will be until we get later into the month. Hopefully as we enter into the last weeks of August and early September, we will get more ripening happening in the field and more tomatoes will begin to trickle in.

Have a great week and enjoy your veggies! Your farmers, Laura, Adam & Eli.

Produce Storage:

All produce this week should be stored in the fridge, EXCEPT for Tomatoes and Garlic. Eggplant and potatoes can either go in the fridge or out on the counter. Potatoes 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. The garlic is pretty dry now and should be left out of the fridge. Store everything else (zucchini, cukes, 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 eggplant first as it is most perishable! Everything else should last over a week if stored properly.

Preserving Tips: Shred and freeze zucchini/summer squash for use in muffins, cakes, breads and cookies. Eggplant can be roasted, grilled or baked, and then frozen for adding to pasta sauces, baba ghanouj, or soups. Carrots and green beans should be steamed before freezing. Peppers can be chopped and frozen raw for adding to soups, sauces and pizzas this winter.

More Recipes to Check Out:

Cucumber Salad

<http://www.culinate.com/recipes/collections/Contributors/Meera+S.T.+Varg+o/Starters/Cucumber+Salad>

Grilled Eggplant and Olive Pizza

<http://smittenkitchen.com/2009/08/grilled-eggplant-and-olive-pizza/>

Pan-fried Smashed Red Potatoes

<http://www.gourmet.com/recipes/2009/03/panfried-smashed-potatoes>

Japanese Eggplants with Green Beans and Thai Red Curry

<http://www.epicurious.com/recipes/food/views/Japanese-Eggplant-with-Haricots-Verts-and-Thai-Red-Curry-4272>

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Recipe Corner

****A note about the Tomato Ripening:** there are varying ripeness levels of some of the slicing tomatoes. If you want your tomato to be more ripe, it will take just a day or two on your kitchen counter or windowsill for them to darken up and develop a little more flavor. Usually when the slicers are a deep red color and the skin will give a little when squeezed, they are at perfect juicy ripeness.**

We love one pot meals! We cooked this dish in our Spanish Cazuela stovetop skillet made by local potters and CSA members, Clay Coyote Pottery.

www.claycoyote.com. They are famous for their flameware pottery that can be used on the stovetop and in the oven. This recipe was a perfect one for the Cazuela. Use whatever ingredients you have on hand and cook several hours ahead and reheat, or eat it at room temperature. Good with crusty bread, parmesan cheese and salad. Recipe from Lynne Rossetto Kasper's cookbook, *The Italian Country Table*.

Garden in a Pot—"Stufato di Verdure"

Extra-virgin olive oil 1 medium onion, thinly sliced
3 large fresh sage leaves 1/2-3/4 pound green beans (The CSA bag is a lb.)
1 tightly packed Tablespoon of basil leaves, chopped
3 small celery stalks with leaves, coarsely chopped (or sub fennel stems for celery)
2 pounds zucchini/summer squash, cut into 1-inch chunks
1 large or 2 small sweet peppers (red, orange or yellow in color), cored, seeded, and cut into 1-inch dice
6 black olives, pitted and minced (we didn't have olives so we added balsamic vinegar instead)
2 large cloves garlic, thinly sliced
3-4 medium ripe tomatoes, peeled and chopped (not seeded) or 1 14-ounce can whole tomatoes, completely drained Salt and freshly ground pepper
Lightly film the bottom of a 12-inch sauté pan (not nonstick) with olive oil. Set over medium high heat. Add the onion, herbs, beans, celery/fennel, zucchini/summer squash, sweet pepper, and olives (or balsamic vinegar), lower the heat to medium, and sauté until the zucchini/summer squash is golden brown. Stir in the garlic and tomatoes, crushing canned tomatoes with your hands as you go. Sprinkle with salt and pepper. Reduce the heat to medium-low, cover, and cook 55 minutes, or until the vegetables are extremely tender and richly flavored. Adjust the heat to keep the vegetables from scorching, and add a little water if necessary. If the stew seems too liquid, uncover and cook over medium heat a few minutes to reduce and concentrate flavors. Taste for seasoning. Serve warm or at room temperature.

Quinoa Salad with Avocado, Red Onion, and Tomato

1 cup quinoa, rinsed 1 small red onion, sliced in thin rounds
1/4 cup or more rice vinegar 1/4 cup olive oil
Grated zest of 1 lemon plus 1 1/2 tablespoons fresh lemon juice
1 teaspoon toasted cumin seeds, ground
Finely chopped cilantro, about 2 tablespoons
Chopped fresh oregano and/or mint, about 1 tablespoon
Freshly ground pepper 1 large, ripe but firm avocado, halved and sliced
Crumbled feta cheese 1 medium cucumber, finely diced
10 cherry tomatoes, halved
Add 1/4 teaspoon salt to 2 1/2 cups water; bring to a boil. Stir in the rinsed quinoa; return to a boil, then reduce to a simmer. When the white germ is visible and the grains are slightly crunchy but done, remove and drain in a strainer to wick off any excess liquid. Place the quinoa in a medium mixing bowl. Meanwhile, toss the sliced onion in the rice vinegar to soften its flavor and bring out its color. Whisk the lemon zest and lemon juice with the olive oil, 1/2 teaspoon salt, and cumin. Pour it over the warm quinoa and toss with the cilantro and oregano/mint. Let it cool, then taste it for salt and season with pepper. Tip the quinoa onto a platter, then cover the surface with the now-pickled onion, avocado slices, crumbled cheese, diced cucumber, and tomato halves. Pepper well, and serve. Recipe adapted from Deborah Madison on www.culinate.com.