



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 9/6:

Red Watermelon: Ready to eat!
Best to store in refrigerator along
with your cantaloupe.

Cantaloupe: Ripe and ready to
eat this weekend. Makes for a
great melon salad with your
watermelon.

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

**Italian Sweet Pepper & Bell
Pepper:** These are SWEET.
Red, orange or yellow in color.
Wonderful stuffed or roasted.
Roasting instructions on page 2.

Salad Mix: make a salad with
roasted sweet peppers and cukes.

Garlic: roast garlic and spread on
bread. Top with roasted peppers.

Cucumbers: Getting down to
the last weeks of cucumbers.
Enjoy some last salads or cuke
sandwiches.

Yukon Potatoes: These are the
'gold'-standard for mashed
potatoes, roasting, baking, or
hashbrowns.

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

Eggplant: our favorite eggplant
recipe on page 2.

Purple 'Opal' Basil: Tastes the
same as typical green 'genovese'
basil. Beautiful in a tomato,
mozzarella, and basil salad.

Yellow Onions: overwhelmed
with onion? These will store for
months in your cupboard.

Green Beans: sauté with walnuts
and parmesan cheese.

Week 12: Happy Labor Day Weekend

Happy Labor Day Weekend! The end of August and Labor Day holiday always sneaks up on us. All of a sudden we find ourselves so surprised to see the calendar changing, kids heading back to school, and the summer breezes turning a bit fall-like. The crops this time of year are still decidedly summer and this week's CSA box epitomizes summer produce: 2 melons (!), lots of sweet peppers, cucumbers, tomatoes, green beans, basil, yukon gold potatoes...what's not to like? It was hard to fit everything in the box this week; we had nearly 30 pounds of produce to put in each box!

Happenings on the farm: Our crew is plugging along with harvesting. We finally finished picking the watermelons on Thursday and likely this is the last week of those. Maybe we will have another round of muskmelons for next week's box. Our wonderful August helper, Katie H., is heading back to college this weekend and so we bid farewell to her. She was a lifesaver this past month! Whenever the crew isn't harvesting or is shut out from the rain, they are usually cleaning the onions and garlic. Onions and garlic have dried down by now and "cured"—making them suitable for long-term storage. To get them ready for storage, we trim their dried tops and roots and then use cloth gloves to rub off any remnants of dirt and dead skins. We peel off a couple layers of the garlic skins to reveal the pretty, white bulb underneath. After the onions and garlic are cleaned, we put 25-50 pounds in large mesh onion bags and hang them in our barn to store until they go into your CSA box.

I'm honestly not outside in the field very much anymore these last few weeks, instead tending to the babe inside and adjusting to a wildly new sleep schedule. Adam will often watch Eli in the afternoon so that I can go outside and check out the crops. Since I'm not outside every day anymore, when I do go out, I'm amazed at how things on the farm change this time of year and in a matter of a few days or a week. The winter squash field is a huge green mass of vines, flowers and leaves so thick that it's hard to see the squash themselves! From the looks of things, most of the squash varieties are doing well and the acorn squashes will be ready soon to harvest and include in your box. As we get into these cooler September nights, the sugars will really start to develop in the squashes and other fall vegetables, making them especially tasty and toothsome. More fall veggies like the squash, broccoli and everyone's favorite, romanesco (an Italian cauliflower that is kindof like a cross between broccoli and cauliflower) will begin to show up in the next few weeks in your box. The temp. got down to 41° on Sunday night and again tonight, reminding us that fall leaf raking and squash soup are just around the corner! Savor the tail-end of summer!

Produce Storage: All produce this week should be stored in the fridge, EXCEPT for Tomatoes, basil, onions, potatoes, and Garlic. Potatoes are cured now and should stay in their paper bag on the counter. The garlic and onions are pretty dry now and should be left out of the fridge. Store everything else (cukes, beans, peppers 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 your cantaloupe first and eat your watermelon within a week for best flavor. Everything else should last over a week if stored properly.

Preserving Tips: Make refrigerator pickles with your cucumbers. Peppers can be chopped and frozen raw for adding to soups, sauces and pizzas this winter. Beans can be steamed and frozen. Basil also freezes well—either chop up and freeze as is to add to cooked dishes later on or make basil pesto and freeze. If you use purple basil, your pesto will be a darker color but still the same pesto flavor. Tomatoes can be frozen—de-core and quarter and throw in freezer bags. We don't de-skin or de-seed our tomatoes, but you have that option before freezing. Frozen tomatoes are best used in sauces or soups.

How to Roast Peppers:

Roasted (or charred) sweet peppers are easy to peel and have a pleasant smoky flavor. They taste great in sandwiches, with carnitas, on an antipasto platter, in pasta, or tossed with chopped herbs and a dash of vinegar as a side dish. Try roasting spicy chiles too, like poblano, Serrano or jalapeno. Two easy methods for roasting peppers and chiles—sweet or spicy are to the right—on the grill, stovetop or broiler. From

Contact us:

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Recipe Corner

This is one of our favorite eggplant recipes and we were introduced to it by one of our dear friends prepared it for us last fall. The recipe is adapted from the cookbook

Contorni: Authentic Italian Side Dishes For All Meals.

Parmigiana de Melanzane (Eggplant Parmesan)

2 1/2 pounds eggplant (4 small eggplant or 1-2 large), ends trimmed and cut lengthwise into quarter-inch slices

1 Tbsp. unsalted butter, chopped into bits 2 cloves garlic, smashed and peeled

1-2 small, fresh hot peppers, smashed 1 teaspoon salt

1/4 cup coarsely chopped basil 1 cup olive oil

2 pounds assorted tomatoes, chopped 1/4 cup coarsely chopped parsley

1 cup grated parmesan cheese

In a large skillet or sauté pan, pour all of the oil except for 1 Tbsp. and warm over medium heat. Fry the eggplant, 1 or 2 slices at a time, until golden, 1 to 2 minutes. Drain on paper towels. In a saucepan over medium heat, warm together the remaining olive oil, the garlic and hot peppers to flavor the oil. When the garlic is pale gold, add the tomatoes and salt. Lower the heat and simmer for 10-20 minutes. Remove from heat, remove and discard garlic cloves and hot pepper. Stir in the parsley and basil. Preheat the oven to 375°. Cover the bottom of a large, shallow baking dish with a layer of tomato sauce. Add a layer of eggplant, another layer of tomato sauce and a generous sprinkling of parmesan cheese. Continue layering as so until all the ingredients are gone and sprinkle the top with parmesan. Dot the top with butter. Bake until the sides are bubbling and the cheese has melted and is slightly golden, about 30-40 minutes. Allow to rest a few minutes before serving. You can top with a few bits of chopped basil.

Panzanella Salad

4 cups torn pieces of hearty, country-style bread (approximately 1-inch pieces)

1 teaspoon Dijon mustard 1/4 teaspoon sea salt

lots of freshly ground pepper 2-3 cloves garlic, peeled and finely minced

3 tablespoons red wine vinegar 1 red onion, diced

3/4 cup best-quality olive oil 1 1/2 pounds tomatoes (2 large or 4 med tomatoes)

1 large cucumber, peeled, halved, and seeds scraped away

1 Red or Orange Sweet Pepper (Italian or Bell), stemmed, seeded, and diced

3/4 cup pitted black olives, preferably kalamata

1 cup packed coarsely chopped mixed fresh basil, mint, and flat-leaf parsley

1/2 pound feta cheese

Preheat the oven to 400 degrees. Spread the torn bread pieces on a baking sheet and toast until deep golden brown, about 15 minutes. Stir once or twice as they're toasting. Set aside to cool.

In a large bowl, whisk together the mustard, salt, pepper, garlic, and vinegar. Add the diced onion and let sit for at least 30 minutes. Stir in the olive oil. Remove the stems from the tomatoes and cut into 1-inch pieces. Cut the cucumber into 1/2-inch pieces. Add the tomatoes, cucumbers and sweet pepper to the bowl with the dressing. Add the bread, olives and fresh herbs and toss well. Taste, and add additional salt, oil, and vinegar to your liking. Crumble the feta over the top in large chunks and toss briefly. Adapted from *The Sweet Life in Paris* by David Lebovitz. www.davidlebovitz.com

ROASTING PEPPERS ON THE GRILL OR STOVETOP

Set the whole pepper on the grill or on a grate over a gas flame. Grill until blackened and blistered on all sides, using tongs to move it around as needed.

Transfer the pepper to a bowl or a plastic bag. Cover the bowl or seal the bag and let steam for 15 minutes to loosen skin. Using a paring knife and your fingertips, peel off the blackened skin. Remove the seeds and ribs.

IN THE BROILER

Slice off the top and bottom of the pepper; slit it down one side. Remove the seeds and core; flatten into a rectangle. Set the flattened pepper, skin side up, on a rimmed baking sheet lined with foil. Broil until blackened and blistered on the skin side. Transfer to a bowl or a plastic bag. Cover or seal and let steam for 15 minutes. Using a paring knife and your hands, peel off the blackened skin.