



LOON ORGANICS

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What's in the box 9/20:

Cilantro: For that last batch of salsa.

Jalapeño Hot Pepper: Spice up some scrambled eggs or add to a chili. Cheddar pepper scone recipe link on page 2.

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

& Red & Green Bell Sweet Pepper: Plucked off the plant before the frost could get to them. These are great in just about anything.

Salad Mix: We have been enjoying salads with feta vinaigrette or using the greens as a bed for pasta salads.

Garlic: store on your counter or in your cupboard for use this winter, if you can't use it all.

Yukon Potatoes: Chorizo and potato tacos are a must on our list. With some fried eggs, they make a great breakfast or dinner.

Tomatoes: Red slicing tomatoes and mixed heirlooms (different colored ones). All are great for fresh eating or cooking.

Globe & Japanese Eggplants: Last of these guys. Tender skinned eggplants are delicious sauteed with other veggies. We sauté with carrots, beans, onion, garlic and top with parm.

Scallions: a fresh addition to just about anything savory. Appear in the taco recipe on page 2.

Green Beans: The last beans of the season. Recipe page 2.

Broccoli: Lightly steam for a green side-dish.

Week 14: An Early End to Summer Fruits

First off, the bad news: we got a frost on Wednesday night that put an early end to our tomatoes, peppers, eggplant, basil, beans and cucumbers. Major bummer! The good news? We avoided a hard freeze (28° and below) which would have done serious damage to our fall crops like winter squash, lettuce, herbs and our young broccoli and cauliflower plants. Phew! Adam and I were a ball of nerves on Wed. as the forecasted low temps kept jumping around from 31° down to 26°. We knew we would lose the tender summer crops, so on Tuesday and Wednesday we harvested all the beans, cukes, tomatoes, peppers, eggplant and basil that were ready for our Week 14 boxes. Most of the winter squash still in the field needed a little more time to ripen, so we harvested the most ripe squashes and in the waning daylight hours (the sun sets early now!), Adam covered $\frac{3}{4}$ of an acre of squash with reemay, a fabric white cover that we use for frost protection. It gives us a couple degrees of warmth above the air temp.

With the chance of a freeze, we were concerned that all of our stored product in our barn and pack shed might get frosted too. We ended up moving all of the tender product into our cooler (which was a 'warm' 40°) for good measure. The garlic and onions in the hayloft got piled together and covered with tarps. Blankets were used to cover trays of tomatoes on their ripening shelves. We turned the heater on in the greenhouse to keep the 50 cherry tomato plants from freezing along with the curing squash. Adam tried to put a spare furnace we have in our unheated hoop house just in case the temp dropped in there, but had several mechanical issues and gave up on that by 11 p.m. We ate some apple crisp and ice cream to help ease our anxiety, hoped for the best, and went to bed!

Thursday morning at sunrise we checked the temp and it was 29° outside for the low. Freeze crisis averted. Yay! Our unheated hoop house only got down to 33°. We still lost all those delicious summer crops in the field a little too early for our liking, but we are SO happy to have missed a hard freeze. Last week I wrote that September 15th is the average frost date, but I found out that October 1st is our median frost date and October 13th is our median hard freeze date. Mr. Jack Frost was 2 weeks early this year.

After today's box, we have 4 more consecutive weeks of CSA boxes and the last four boxes will be very fall-like. We will start to put winter squashes in next week, plus cabbage, broccoli hopefully, Romaine lettuce, beets, carrots (if they are big enough), more potatoes, onions and garlic. Romanesco is coming along and should be ready to within a week or two. The Brussels sprout crop is looking wonderful and they sweeten up in this cold weather. We'll put those in for the last 2-3 weeks of the CSA. For those of you who have gotten a fall box in the past, it doesn't look like we will have enough product to do one this year. It seems we will need most of the extra product we planted to fill up boxes these last 4 weeks. All I will say about this season of weather is that it is *challenging* and we are really looking forward to a new growing season next year. Farmers can be eternally optimistic with the prospect of a new and totally different growing season ahead next year. In the meantime, get excited about fall veggies! There's still lots to look forward!

Produce Storage: All produce this week should be stored in the fridge, EXCEPT for Tomatoes, 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 (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. Everything else should last over a week if stored properly.

Preserving Tips: Peppers can be chopped and frozen raw for adding to soups, sauces and pizzas this winter. Beans can be steamed and frozen. 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.

More Delicious Recipe Ideas:

Roasted Chicken and Potato Salad with Bearnaise Dressing

<http://www.foodandwine.com/recipes/roasted-chicken-and-potato-salad-with-bearnaise-dressing>

Sub your salad mix for arugula:

Chickpea and Arugula Salad with Creamy Cumin Dressing and Roasted Pumpkin Seeds

<http://www.foodandwine.com/recipes/chickpea-and-arugula-salad-with-creamy-cumin-dressing-and-roasted-pumpkin-seeds>

Jalapeño Cheddar Scones

<http://smittenkitchen.com/2009/10/jalapeo-cheddar-scones/>

Cilantro-Jalapeño Sauce (good on almost any savory dish!)

http://www.culinate.com/books/collections/all_books/lucid_food/cilantro-jalape%C3%B1o_sauce

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Recipe Corner

I don't know about you guys, but as soon as the weather turns chilly in fall I want to eat comfort food and these tacos fit the bill. There are 2 pounds of Yukon potatoes in your bag—just the perfect amount for this recipe. From www.foodandwine.com

Fresh Chorizo and Potato Tacos

2 pounds Yukon Gold potatoes
1 1/2 pounds ground pork
1 tablespoon kosher salt
1 tablespoon minced garlic
1 tablespoon sweet paprika
2 tablespoons chopped chipotles in adobo
1/2 teaspoon ground coriander
1 teaspoon dried oregano, crumbled
2 tablespoons cider vinegar
1/4 cup vegetable oil
12 corn tortillas, warmed

Tomato salsa, chopped scallions, cilantro and lime wedges, for serving
In a large saucepan, cover the potatoes with 4 inches of cold water and bring to a boil. Simmer over low heat for about 30 minutes, until tender. Drain and let cool slightly. Peel the potatoes and coarsely mash them in the saucepan.

In a large bowl, knead the pork with the salt, garlic, paprika, chipotles, coriander, oregano and vinegar. Gently knead in the potatoes, leaving some chunks of potato. In 2 large skillet, preferably cast-iron or nonstick, heat the oil until shimmering. Add the chorizo-potato mixture to the skillet and press into an even layer. Cook over moderately high heat undisturbed until a crust forms on the bottom, about 5 minutes. Turn the mixture in sections and cook until browned and crusty on the bottom, about 5 minutes longer.

Transfer the chorizo-potato mixture to a bowl and serve with the tortillas, salsa, onion, cilantro and lime wedges.

Recipe and notes from www.smittenkitchen.com.

Green Bean Salad with Fried Almonds

1 pound green beans
1/2 a fennel bulb (about 1/2 pound)
1 stalk celery, trimmed
1/2 medium red onion
1 tablespoon lemon juice
1/4 cup red wine vinegar
1/4 cup water
1 tablespoon kosher salt (I use Diamond brand; use less if you're using [Morton or table salt](#))
1 1/2 teaspoons sugar
1/3 cup (about 2 ounces) whole almonds
2 tablespoons plus 2 teaspoons olive oil

If you've got an adjustable blade slider, time to make it earn its keep! Very thinly slice half your fennel bulb, your celery and your half onion. If you don't have a fancy slicer, just slice them thinly with a knife. Toss the fennel with lemon juice to prevent browning and also because it makes it extra delicious.

In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the onions and set them aside for about an hour. If you don't have an hour, 30 minutes will still pickle them to deliciousness but they will only get better with age.

Meanwhile, bring a large pot of salted water to boil. Trim and tail green beans, something I just discovered I could do with kitchen shears. For me, it was a time saver. Boil beans until crisp-tender, about 4 to 5 minutes for regular green beans and about 3 minutes for skinny ones (a.k.a. "haricot vert" — what I used). Plunge in an ice water bath. Drain and pat dry. (If you have no patience for the precision of ice water baths, take the green beans out a full minute early as they will continue cooking as they cool.)

Heat a small heavy skillet to medium heat and add one teaspoon olive oil. Add almonds and toss until lightly browned, 2 to 3 minutes. Season lightly with salt and pepper to taste. Transfer almonds to a plate, let cool, and cut each almond into half or thirds.

Assemble your salad: Toss green beans with most of fennel, all of celery and half of the pickled red onions. Sprinkle two tablespoons of the red onion pickling liquid and two tablespoons of olive oil over the mixture. Season generously with salt and pepper. Taste, adjust seasonings and ingredient levels to your preferences — we found we wanted more fennel, red onion and pickling liquid

Have a great week and Enjoy your veggies! Your farmers. Laura. Adam. and Eli