



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 10/4:

Romanesco: Lime-green, spiral florets are unlike anything you may have seen before. Flavor is like cauliflower, but even better!

Much more info on page 2.

Basil: a last taste of summer.

Red or Green Romaine

Lettuce: great for lettuce wraps.

Or check out our favorite salad dish of the moment on page 2.

Garlic: now is the time to plant garlic in your garden! Plant with the clove tip facing down in the soil, and bury about 1" deep.

Mulch with leaves, grass or straw.

Garlic will come up next spring with your tulips-- harvest in July!

Yukon Potatoes: Harken back to summer this week with a potato salad (and maybe a burger on the grill??).

Tomatoes: A few small slicing and roma tomatoes.

Acorn Squash: wonderful squash for stuffing. Bake, hollow out cooked squash and mix squash with grains, sautéed onion, garlic, pepper, basil, cheese and slivered almonds. Put filling back in squash and bake until warm.

Carnival Squash: Very similar in flavor to Acorn squash. Cook up just like the acorn squash.

Red Beets: Great beet cake recipe in last week's newsletter.

Brussels Sprouts: These are left on the stem for good storage. To store, put whole stem in a plastic bag and refrigerated. Or snap the sprouts off stem and bag up in plastic.

Week 16: Glorious Fall

Another productive week on the farm and some great weather to boot! Here are some of things we did this week: Pulled out all the t-posts, twine and plastic mulch we use to trellis our tomatoes, pulled and composted the 1,000 tomato plants, cut and piled more winter squash in the field to cure, weeded the strawberries (yay! this was overdue), cut down the dead eggplant and pepper plants in the hoop house, composted the plants, and then dis-assembled said hoop house (this was the damaged house from the July 1st storm and was another project on the to-do list for a looong time), helped two neighboring farms put up plastic on their greenhouse and hoop house, harvested the crops for your CSA box, tried to get caught up on our bookwork, got a bid for an irrigation well, and gave farm tours to several people who are working on other local farms and wanted to see our operation. Hope you all were able to enjoy some of this great fall weather.

With just a few weeks of the season left and not knowing when the weather might turn, we are trying to pack in as much as we can on the farm. The end of the season always creeps up quickly, including the end of the CSA box deliveries. After today's box, there are just 2 more full share deliveries and this week's half share receives their last box in two weeks (week 18). Our other group of half shares will receive their last box next week! If you have any CSA boxes from previous week's at home, don't forget to bring those back to us in the coming weeks. Thanks!

The vegetables in the CSA box this week are straddling a bit between summer and fall. Thank goodness there are still a few tomatoes and basil from our hoop house. On the fall side, we have a Romanesco making an appearance finally! Read more about the alien on page 2. We also have nice crop of Brussels Sprouts this year and we'll have them for the next 2 weeks. You will notice that we leave the sprouts on the stem. We do this because the sprouts store better this way. It's kinda fun to harvest Brussels Sprout stems. Adam brings out his cordless sawzall and chops the 3 ft. stems down at the base. The stems are some serious carbon! They have been growing in the field since May, so they've had 5 months to build up that stem. As you might expect, it takes a lot of fertility to grow Brussels Sprouts. We apply ample amounts of compost before we plant in the Spring, and then they get another shot of compost a few weeks after they are transplanted to sustain them through their 5-month growth spurt. We try to pick one of our nicest spots of soil for Brussels Sprouts and kale, as they go in the ground in April or May and keep growing through September/October! Farm-fresh Brussels Sprouts can be a revelation to many; they taste MUCH better than the grocery store sprouts. The fresher they are, the better they taste, so try to consume these within the week if you can. Recipes and cooking tips are on page 2—the key is not to boil them so that they get mushy and bitter. (Isn't that the key to cooking most anything?).

As I mentioned briefly in the sidebar, now is the time to plant garlic in your garden! The garlic from our farm can be planted with great results in our climate. You won't have as good of luck if you plant garlic from the grocery store. It is a variety that isn't cold-tolerant. Plant the largest cloves. Each clove will grow a bulb ready for harvest next July! You'll even get a garlic scape off each plant.



ROMANESCO CAULIFLOWER: Spiral, lime-green florets taste (and cook up) like cauliflower, with a firmer texture and nuttier flavor. This is a CSA favorite. Some liken it to a cross between broccoli and cauliflower. It is actually an Italian variety of cauliflower. I promise that it is not an alien vegetable or sea creature! Cut the romanesco in half and dice in small pieces to steam, sauté or roast. Can also eat raw just like cauliflower.

Produce Storage: All produce this week should be stored in the fridge, EXCEPT for Tomatoes, onions, potatoes, squash, 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 (beets, lettuce 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: Tomatoes can be frozen—de-core and quarter and throw in freezer bags. Beets will store in a bag for months in the crisper drawer of your fridge. Squash will store for a couple months usually in a cupboard or on counter. Brussels Sprouts and Romanesco should be lightly steamed before freezing.

Contact us:
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Recipe Corner

The romanesco and cauliflower fall crops are coming in finally! You can use your romanesco in place of cauliflower in any recipe. But we appreciate romanesco's wonderful flavor on its own. Here's our favorite and most simple way to prepare it.

Romanesco with Parmesan

1 head romanesco (or cauliflower) olive oil
 1 clove garlic, minced ¼-1/2 cup freshly grated parmesan cheese
 Pre-heat oven to 400°. Trim the base of the romanesco head, taking off any leaves and trimming the base. Cut the whole head in half and proceed to divide the florets into similar-sized pieces. Toss florets with a generous amount of olive oil and put on a cookie sheet or shallow roasting pan. Roast in oven for 20-30 minutes, stirring every so often, until florets are browning and fork-tender. Immediately transfer to a serving bowl, and top with parmesan cheese, minced garlic, and salt and pepper to taste.

So many delicious salad toppings this time of year! This hearty salad is a great meal.

Autumn Salad

1 head Romaine Lettuce 1 Apple, sliced thinly
 3-4 cooked beets, if desired 1-2 small tomatoes, chopped
 Diced and cooked Yukon Gold Potatoes
 1 Hard-boiled egg, thinly sliced Blue Cheese or Feta, 2 ounces or so
 4 slices cooked bacon, chopped Honey-mustard Vinaigrette
 Wash, dry and tear romaine leaves into salad bowl or onto plates. Add apple, beets, tomatoes, cooked potatoes, egg, cheese and chopped bacon. Dress with honey-mustard vinaigrette or your favorite dressing.

Golden-Crusted Brussels Sprouts

16-24 brussels sprouts
 1 tablespoon extra-virgin olive oil, plus more for rubbing
 fine-grain sea salt and freshly ground black pepper
 1/4 c. grated cheese of your choice
 Wash the brussels sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top and toss in a bowl with olive oil. Heat 1 tablespoon of olive oil in a skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the brussels sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes. Once just tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Use a metal spatula to toss them once or twice to get some browning on the rounded side. Season with more salt, pepper, and grated cheese. Use brussels sprouts that are on the smaller size and tightly closed. You can finish these with many different types of cheese sharp cheddar, parmesan, gruyere or gouda are especially good. Adapted from "101 Cookbooks" website

Brussels Sprouts and Bacon are a match made in heaven and can probably convert just about anyone to like Brussels Sprouts. From www.tasteasyougo.com

Roasted Brussels Sprouts with Bacon

½ stem of Brussels sprouts (about 1 pint) 5 slices thick-cut bacon, cut into pieces
 2 tablespoons extra-virgin olive oil, divided
 1 tablespoon butter Salt and pepper, to taste
 Preheat oven to 400°F.
 Wash and dry the Brussels sprouts. Trim off the ends of the sprouts, remove the outer leaves, and then cut them in half. Set aside.
 Heat one tablespoon of olive oil in a large skillet over medium-high heat. Cook the bacon until crisp. Remove the bacon from the pan with a slotted spoon and place the pieces on a paper-towel-lined plate to drain.
 Add remaining tablespoon of olive oil and butter to the pan. After the butter has melted, add the sprouts and cook for 3 minutes, just until the sprouts have started to brown. Add the bacon back to the pan and toss gently. Season, to taste, with salt and pepper. Spread the sprouts and bacon out onto a baking sheet. Roast for 15 minutes, or until the sprouts are fork-tender. Remove from the oven and serve.