



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 10/11:

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.

Slicing Tomato or Cherry

Tomatoes: still producing in our hoop house, especially with this warmer weather!

White or Cheddar (orange)

Cauliflower: our fall cauliflower is one of my favorite crops. No flavor difference between orange and white cauliflower. The orange cauliflower has more carotene because of the color.

Arugula: mild flavor in fall

Garlic: garlic bread!

Yukon Potatoes: last week of these for the season.

Acorn Squash: Our favorite way to eat these is baked up with butter and sometimes a little honey...

Butternut Squash: Buff-colored squash is well-known and loved for its dense, sweet flesh that work well in soups, stews, roasts.

Greentop Carrots: Sweet fall carrots are one of my favorite farm crops. It's easy to eat these.

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.

Yellow Onions: Slice in rounds and add to roasting squash.

Green Kale: Potato kale soup!
Recipe on website.

Week 17: Autumnal Endings

What a wonderful week of August...er, I mean *October* weather! It's always nice to get another shot of summer-like weather late in the fall before things turn cool again. The warm weather came with a hefty wind that blew the leaves off the trees and into the fields. The soybean harvest began on the farms around us, visible by the dust clouds that surround the combines as they harvest all day and into the night. It's always interesting to be working on our farm this time of year as the gigantic combines and tractors barrel past our farm on the gravel road and we are out digging carrots or potatoes with pitchforks. Of course we have tractors too on our farm, but they are of a much smaller scale and were built between 1940 and 1970. The brand-new tractors that drive by our farm perhaps cost more than our farm is worth?! That is an interesting fact to ponder...our farm represents a very different side of agriculture.

Even though the warm sunshine is welcome, we are gladly anticipating impending rain. Hey Rain, it's been 6 weeks since you graced us with your presence! We miss you! We hope to get a ½ inch of rain and then plant our garlic before heavier rains are forecasted for the following week. That's the plan anyway. Adam has been trying to avoid any tillage in the fields because it was so dry and windy—a lot of the topsoil will just blow away if it is disturbed with our tillage equipment.

The summery weather belies the fact that we are at the end of our CSA season! Today is our last box of the season for our 1st half share group and next week (Week 18) will be the last delivery to our full share subscribers and 2nd half share group. As always, we hope that enjoyed your CSA experience, discovered and ate some new veggies (and hopefully liked them!), and learned a little about local farming in the process. Within the next week or so, we will e-mail out a survey to you to get some feedback about your CSA experience this year. We love to hear what our members think, and since we don't get a chance to meet all of our members in person each season, the survey provides a way for you to give us some constructive praise and criticism. We read every single survey, and the responses help us make decisions that shape our farm for next year and beyond. Thank you in advance for filling this out!

If you are a seasoned CSA member, you may notice a couple fall crops missing from the last boxes: parsnips and celery root. Both losses can be traced back to our wet Spring, when these crops needed to go into the ground. In the case of parsnips, we prioritized our early carrot and beet plantings as we were short on dry ground. The celery root transplants had to go into a marginal field where they never really took off and formed bulbs, probably due to a lack of fertility and weed pressure on that marginal land. It's a shame because we transplanted over 1,000 celery root plants in June and we have nothing to show for it. Not having those crops is disappointing to us and perhaps to you too. We absolutely hate having crop failures, but even with our best-laid plans and farming efforts, occasionally it happens to one or two crops. Luckily, we are diversified enough that there are always other crops to make up for it. Every CSA year is always different in its variety of vegetables, and thank you for experiencing a season's worth of Minnesota vegetables with us! We couldn't do this without you and your good appetites. Cheers! Your farmers, L,A, & E.



ROMANESCO CAULIFLOWER: Spiral, lime-green florets taste (and cook up) like cauliflower, with a firmer texture and nuttier flavor. Cut the romanesco in half and dice in small pieces to steam, sauté or roast. Can also eat raw just like cauliflower. Check out last week's newsletter for "Roasted Romanesco with Parmesan" recipe. Be creative with this! We have yet to meet someone who didn't like romanesco once they tried it, and many people end up loving it and asking for more...

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 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. Take greens off carrots if not using right away. Bulk carrots 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, kale, and Romanesco should be lightly steamed before freezing.

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Recipe Corner

This recipe was passed onto us from Betsy Price at Clay Coyote Gallery last fall. We made it and really enjoyed it the combo of flavors. Our adapted version (with a little less oil) is below. We cooked everything in our oven-proof cazuela skillet from Clay Coyote for a one-pot meal. You can also use rimmed baking sheets.

Curried Chicken and Vegetable Pan Roast

2 pounds butternut squash in 1-inch cubes (from one 2 1/2-pound squash)
 1 1/2 pounds brussels sprouts, halved 2 large onions, cut into thin wedges
 1/4 cup canola oil Salt and freshly ground pepper
 1 cup plain fat-free Greek yogurt, plus more for serving
 2 tablespoons minced fresh ginger 2 large garlic cloves, minced
 1 tablespoon Madras curry powder
 4 pounds skinless, boneless chicken thighs
 Warm naan or bread, for serving

Preheat the oven to 450° and position rack in the middle. In a very large bowl, toss the butternut squash with the brussels sprouts, onion wedges and toss with half of the canola oil; season with salt and pepper. Spread the vegetables on 2 large, sturdy rimmed baking sheets or in your large oven-proof skillet. In the same bowl, combine the cup of yogurt with the ginger, garlic, curry powder and the remaining oil and season with salt and pepper. Add the chicken and toss until thoroughly coated. Arrange the chicken on top of the vegetables. Roast for about 40 minutes, until the vegetables are nearly tender and the chicken is nearly cooked through. Pour off any accumulated liquid in the pans and roast for about 20 minutes longer, until the vegetables are tender and the chicken is lightly browned. Transfer the chicken and vegetables to a platter and serve with warm naan and yogurt. **Make Ahead:** The chicken and vegetables can be refrigerated overnight. Reheat gently before serving. Original recipe adapted from www.foodandwine.com

We ate this for dinner tonight (and added bacon of course). Pure Deliciousness.

Butternut Squash with Almond-Goat Cheese Crumble

3 tablespoons olive oil Kosher salt
 1 med-large butternut squash, peeled and cut into chunks to make 8 cups
 4 slices bacon (optional) Freshly ground black pepper
 1/2 cup almonds or walnuts, toasted and coarsely chopped
 1/2 cup goat cheese, crumbled 2 tablespoons minced flat-leaf parsley
 Arrange a rack at center position and preheat the oven to 375°F/190°C/gas 5. Brush a heavy, rimmed baking sheet/tray with 1 tablespoon of the oil. Spread the cubed squash in a single layer on the baking sheet/tray. Drizzle the remaining 2 tablespoons oil over the squash, and toss to coat well. Season with 1 teaspoon salt and several grinds of black pepper. Roast the squash, stirring every 10 minutes. Chop un-cooked bacon into pieces and add to the squash about halfway through its cooking time. Roast squash until it is tender when pierced with a knife and browned around the edges, for about 35 minutes or longer. Remove and set aside. (The squash can be roasted 1 day ahead. Cool, cover, and refrigerate. When ready to serve, reheat in a 350°F oven until warm, for about 15 minutes.) Place the roasted squash cubes on a serving platter and sprinkle with walnuts, goat cheese, and parsley. Adapted from *Sunday Roasts* by Betty Rosbottom.

Cauliflower Quiche (adapted from Farmer John cookbook)

1 dough for piecrust (we use whole-wheat frozen pre-made pie crusts to save time)
 1/4 cup butter, divided 1 small onion, sliced
 2 cups chopped cauliflower or romanesco (1 small head)
 1 teaspoon salt, divided 3 Tablespoons water
 3 eggs 1 1/2 cups heavy cream (or mix of milk and 1/2 and 1/2)
 Pinch ground nutmeg 3/4 cup grated Swiss, Fontina or Cheddar cheese
 Preheat oven to 375°. Melt 2 Tbsp of butter in a medium skillet. Sauté onion for 5-7 min, add cauliflower, 1/2 tsp salt, and 3 Tbsp water. Cover and cook for 10 min, shaking pan occasionally. Cauli should be just barely tender. Remove from heat and cool. Whisk eggs with cream, salt, and nutmeg. Sprinkle the cheese on the bottom of pie crust, add cauli mixture in even layer, pour egg/cream mixture over top. Sprinkle with salt and pepper. Dot with remaining butter. Bake until quiche is lightly browned, 35-50 min.