



LOON ORGANICS

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What's in the box 10/18:

Romanesco: Small heads, but we wanted to harvest them before our season ends. Roast or steam the whole head for a dramatic presentation.

Broccoli: Remember the stem is quite sweet too. Just peel the outer skin off stem, chop stem and add to any broccoli recipe.

Spinach: So flavorful and hearty in the fall weather. Makes for great salads. Also holds up well if you lightly cook it.

Garlic: roast with your squash.

'Sunshine' Kabocha Squash: This is the big orange squash and one of our favorites. It is also known as a Japanese pumpkin, but it is much drier and sweeter than a typical pie pumpkin. More info on page 2.

Butternut Squash: Buff-colored squash is versatile and delicious.

Buttercup Squash: blue-skinned squash is another favorite of ours. Similar flavor to the sunshine kabocha squash, but the flesh is not as dry. Cook as you would the butternut or kabocha squash.

Greentop Carrots: Are wonderful in a spinach salad with local apple and a vinaigrette. Or they make a great carrot cake.

Brussels Sprouts: Chop finely and sauté for a fun side dish.

Red Onions: Mild enough to use raw in a salad

Green Kale: De-stem, chop up leaves, steam for 3 minutes, squeeze out excess water, and pop it in freezer for use this winter in soups and smoothies.

Week 18: Bountiful Thanks!

Our weather hopes came true last week and that doesn't happen very often! ☺ We got our nice rain showers, were able to spread compost and plant ½ of our garlic crop for next year, and continued the last harvest and clean up of the season. We went from shorts and t-shirts early in the week to hats and long underwear by the end of the week. It wouldn't feel like the last week of the CSA without a chill in the air, and it is perfect weather for all the yummy fall veggies in your last box.

We are wrapping things up and will have much of the farm put to rest by the end of this month. It is always bittersweet to end the season—we do so enjoy growing vegetables for you all and delivering 150 CSA boxes each week to over 200 families. We also have a wonderful and very fun crew of employees and work shares this year, so we will miss spending our days with them. On the other hand, it is also nice to take a break from the physical rigors of farming and rest up and rejuvenate for next year. Winters always seem abundantly full of activity—there are farming conferences to attend and present at, friends and family to catch up with, and an extreme amount of planning for next year's farming season. We do most of our CSA marketing in the winter, interview and hire employees, catch up on our bookwork and recordkeeping, inventory and order all of our farm supplies, and re-apply for our organic certification. We're also excited to have more time to spend with Eli, who is now 8-weeks old and starting to smile up a storm. Maybe we can even squeeze in a few more hours of sleep too...

As always though, **we want to give ya'll a sincere thank you for supporting our farm this year and eating your veggies** (or most of them anyways). We feel like we have a great bunch of CSA members and are so grateful to have lots of veteran members along with dedicated newcomers. You all make this farm possible! If you are interested in signing up for next year's CSA, look for an e-mail from us shortly so that we can reserve your spot. This year's members have first dibs on our CSA spots before we open it up to people on our 2012 waiting list.

Another great thing our CSA members were a part of this year was our Harvest for the Hungry produce donation program. With nearly \$1,000 donated by CSA members and others, Emergency Foodshelf Network matched those donations dollar for dollar to buy extra produce from our farm which then is distributed to food shelves in the Twin Cities and greater Minnesota. We didn't have a lot of extra produce this year, but we were able to donate over 1,000 pounds so far this year and I think we'll be able to do one more delivery of cabbage and squash to get to our goal of 2,000 pounds of donated Loon produce. We feel really good about delivering fresh, organic produce to food shelves--thank you for supporting the Harvest for the Hungry program!

We are also thankful to all of the employees and work shares that helped us out this season, especially in August when the harvest was at its peak and we were busy taking care of our new baby. Our crew went above and beyond their regular duties to basically run our farm for us the week that Eli was born, and that was a huge gift. Thanks to Katharine, Kim, Katie G, Irene, Katie H, Judy, Valerie, Ellen, Julie and Bradley. You all are awesome! Happy Fall & Winter Everyone! Your farmers, L, A & E



Kabocha Squash ‘Sunshine’

variety: A Japanese variety of squash with sweet, dense flesh. Skin is edible. These have hard rinds—get a large knife and use a heavy-hand to split these open. Wonderful roasted up (recipe to the right), used in soups, pies, muffins. Can sub for pumpkin in any recipe. Try kabocha in the squash recipes to the right or here are some more ideas:

Squash Scones:

<http://www.foodnetwork.com/recipes/follow-that-food/squash-scones-recipe/index.html>

Pumpkin Swirl Brownies:

<http://smittenkitchen.com/2008/10/pumpkin-swirl-brownies/>

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: 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, broccoli, and Romanesco should be lightly steamed before freezing.

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Recipe Corner

The Kabocha and Buttercup squash is particularly good roasted this way:

Roasted Squash

Wash the outside of the kabocha well, dry it, then cut it in half with a large knife. (Be careful as the round shape can make it move around a bit.) Once halved, use a large spoon to scoop out the seeds. Preheat the oven to 400°F and drizzle a few tablespoons of olive oil on a rimmed baking sheet. You can use a non-stick sheet one or line the pan with parchment paper for easier clean up. Sprinkle with coarse or sea salt and black or chili pepper. Other additions can include some thinly sliced garlic; fresh thyme, rosemary or sage; or cinnamon and brown sugar or maple syrup, replacing the olive oil with butter. Slice the kabocha into crescents about the width of your thumb and toss them in the olive oil and other ingredients on the baking sheet. They should be in a single layer. (If you have a lot, roast them on two trays, or refrigerate the rest for another day.) Roast the slices on the lower rack of the oven for 20 to 30 minutes, flipping them midway during baking, until they’re cooked to your liking. Serve warm. Leftover slices can be used in other recipes, like salads, added to soups or stir-frys.

Fresh Pumpkin Squash Pie

2-3 cups roasted and pureed winter squash and/or pumpkin flesh
 3 eggs
 1 Tbsp. freshly grated ginger
 1/4 tsp. salt
 1/4 tsp. nutmeg
 1 cup crème fraiche, greek yogurt or sour cream
 1 single 9-inch pie crust
 3/4 cup sugar
 1 tsp. cinnamon
 1/4 tsp. powdered cloves
 grated rind of 1 lemon
 2 Tbsp. brandy (optional)

Roast squash: Pre-heat oven to 400 degrees and cut 1 medium sized squash/pumpkin or 2 smaller squashes/pumpkins in half. Remove seeds. Drizzle just a bit of olive oil in the squash cavities to prevent it from drying out and sticking. Place the squash, cut side down, on a baking sheet and bake until soft, 35-45 minutes. Let cool for a bit, scoop out flesh, and then flesh can be pureed in a food processor or mashed with a potato masher. Roasting the squash can be done ahead of time. Once squash is roasted, cream eggs with sugar. Gradually blend in other ingredients. Pour into pie shell and bake at 350 degrees for 35-45 minutes. Serve with whipped cream or ice cream. Pie recipe adapted from Sally Fallon’s *Nourishing Traditions*.

Winter Squash Salad with Kale and Cranberry Beans

From “Living” magazine

1-2 winter squash (depending on size), halved lengthwise and seeded

1 T. plus 1 t. olive oil

2 T. balsamic vinegar

2 T. honey

1 bunch kale, large stems removed, cut into 1-inch pieces

1 onion, finely chopped

1 garlic clove, minced

1 T. red wine vinegar

1 t. salt

Ground pepper

1 can cranberry or cannellini beans, drained and rinsed or 2 c. cooked cranberry or cannellini beans

Preheat oven to 400 degrees. Cut squashes into 1/2 inch thick semicircles. Toss with 1 t. oil and spread onto a parchment-lined baking sheet. Bake until just tender, 15-18 minutes. Mix together balsamic vinegar and honey. Brush some of the mixture onto squash slices; reserve remaining mixture. Bake 5 minutes more.

Meanwhile, place kale in a large bowl. Heat remaining tablespoon oil in a small saucepan over medium heat. Add onion and garlic, and cook until slightly softened, about 4 minutes. Add red-wine vinegar and remaining honey-vinegar mixture to saucepan, and bring to a boil. Immediately pour hot dressing over kale, and sprinkle with salt. Season with pepper. Add squash and beans. Cover and let stand for 5 minutes. Toss until kale wilts slightly. Serve warm or at room temperature.