



LOON ORGANICS

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What's in the box 6/13:

Garlic Scapes: Curly stems and flowers of the garlic plant bunched together. (see photo, recipes and info on page 2).

French Breakfast Radishes: elongated radishes with red tops and white tips. They have a bit of spice to them, but are great on a salad. One of our favorites.

Rainbow Chard: beautiful multi-colored stems and leaves are edible. Recipe ideas on page 2

Dry Organic Black Beans:

These are organic black beans grown on a farm just north of us. Cooking instructions on page 2.

Baby Arugula: (in the plastic bag) A peppery salad green that is delicious fresh in salads, on sandwiches, in pesto or pizza.

Head Lettuce: Green Butter or Red Butter (aka boston/bibb) head lettuce makes an amazing sandwich or salad. We washed it once, but you'll need to wash again before eating.

Scallions (Green Onions): Chop the white and green parts to add to salads. They are a great addition to nearly any savory dish.

Japanese White Salad Turnips:

Eat raw like radishes or lightly cook in stirfry. Tops are edible and very tender in salads or lightly sautéed.

Strawberries: Ripe, eat soon!

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

CSA: Week One

A hearty welcome to returning and new CSA members! We are excited to get back to another CSA season and are glad you can join us for the next 4 months of organic, super fresh vegetables! It has been overall a pretty nice Spring so far, filled to the brim with projects while juggling a giggly, wiggly 10-month old with our farming schedule. The biggest accomplishment of late includes putting up a monstrous hoop house where we have nearly 1,000 tomato and pepper plants growing in the ground, snugly protected by plastic from the wind and rain. The other great milestone is that Laura's mom, Jacquie, just retired and moved up to Hutchinson to be closer to us and help take care of baby Eli. Needless to say, we are grateful to have grandma's help while we tend to the farm work. Nearly all of our crops are looking really nice so far. The warm Spring allowed us to get in early and prepare some really nice seedbeds for crops. May rains caught us back up to normal soil moisture levels. We've got a great farm crew excited about farming and vegetables. All in all, things are good!

Onto the first box contents: the first early summer boxes are always heavy on early-maturing greens. Next week we will probably add beets, radishes, arugula, and kale. Spinach is nearly ready too. Strawberries have some buttoning on the ends from pests and the heat and rain has ripened them up quickly. Eat soon before they turn to jam (or wine!). We hope to have berries in next week's box too. Please don't hesitate to contact us during the season if you have questions, concerns, or comments. E-mail is usually the best way to reach us, but phone calls work too. We're looking forward to a great season ahead and hope we can see some of you out at our farm events (like the upcoming **Strawberry Pick!**). Enjoy your veggies. —Laura, Adam and crew

Strawberry Pick & Tour, June 16th from 10 a.m. – 1 p.m.: There will be a bit of strawberry picking, a tour of the farm, chicken viewing, organic lemonade, and general merriment! We hope to have enough strawberries for every family to pick at least a pint or quart, depending on availability. Hope you can join us to see the farm at a beautiful time of year! All ages welcome! No dogs please. We'll e-mail out directions to the farm this week. If you plan to come, please RSVP by e-mail or phone if possible.

A few beginning notes: We do wash all the produce that is in your box throughout the season (with the exception of strawberries and tomatoes—these should be washed right before eating). **BUT we do recommend that you wash everything again** before you eat it. We are very much an organic farm and although we try to leave the soil and the bugs on the farm, they occasionally slip past our watchful eye and into a leaf of lettuce so keep an eye out for the spare ladybug or caterpillar.

We also recommend taking just a couple minutes when you return home with your CSA box to take everything out of the box and transfer into plastic bags or your preferred storage container for refrigeration. That moment is also a good time to do some quick prepping—washing and drying lettuce so that it is ready to eat and grab for a quick salad or sandwich, for example. Not only will your produce last days and even weeks longer if it is stored properly, you are also more likely to use it if it is already washed and ready to go. Storage directions are on Page 2 of your newsletter.

Produce Storage: All produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. The black beans can be stored at room temperature in a cupboard or on the counter. Everything should last over a week if stored properly. Eat your strawberries first, as they are ripe and very perishable. Lettuces should also be eaten within 5-7 days if possible. Do not wash strawberries until right before eating.



Garlic Scapes—what are these things??? It's the curly-q flower of the garlic plant that we pick off so that the garlic bulbs get bigger. The scapes are edible and *delicious!* They have a mild garlic flavor with a consistency of a green beans. Read more about them to your right.

More Recipe Ideas....

Check the recipe page on our website for a few more of our favorite recipes featuring chard, kale, lettuces and more. We will add more recipes to the website throughout the season. Send us some of your favorites to include!!

Two other CSA focused cookbooks that are great resources:

From Asparagus to Zucchini
and

Farmer John's CSA Cookbook

Check them out from the library or your local bookstore!

Contact us:

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Recipe Corner

If you haven't tried garlic scapes before, be prepared to love them. Once we introduce them to CSA members for the first-time, they beg us for more. They are a Spring ephemeral though—only available for a couple weeks just as the garlic sends out its flower stalks. In general, you can't go wrong with them in the kitchen. Add them anywhere you would normally use garlic. Treat them more as their own vegetable, rather than garlic. You can grill them, pickle them, pesto them, or just chop and sauté with your chard or turnips. Garlic scape pesto is hands-down our favorite way to prepare garlic scapes. We toss the pesto with pasta, throw it on grilled cheese sandwiches, put it in salad dressings, and freeze any leftovers we have for fall or winter when we want to be reminded of a savory spring treat.

Garlic Scape Pesto

- 8 garlic scapes
- ½ cup nuts (almonds, walnuts or sunflower seeds work)
- 1 cup freshly grated Parmesan cheese
- 1 to 2 Tbsp. freshly squeezed lemon juice, to taste
- ½ tsp. salt
- ½ cup extra-virgin olive oil, plus more to taste

Remove the flowers from the scapes and chop the stems. You should have about 1 cup chopped scapes. Combine the scapes, nuts, Parmesan, 1 tablespoon lemon juice, salt, and olive oil in the bowl of a food processor. Pulse until the pesto reaches the consistency you like; you may need to add up to 3 tablespoons additional olive oil or more lemon juice, to taste. Store pesto in a glass jar in the refrigerator; it will keep for at least 10 days. Adapted from www.culinate.com

Variations: If the garlicky flavor of this pesto proves too powerful for you, add 1 cup chopped parsley, arugula, spinach or basil to mellow it.

Chard: The rainbow-colored stalks make chard one of the most beautiful veggies in my book. It is pretty dang tasty too and SO nutritious. The greens are high in calcium, potassium, and tons of other good things. We like to lightly cook the chard leaves before eating. Some people will add the raw chard leaves to salads. There is a wonderful caramelized onion and chard taco recipe on our [website's](#) recipe page. Like the taco recipe, this chard couscous is fast, healthy, and delicious.

Israeli Couscous with Chard

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| 1 3/4 cup chicken or vegetable broth | 1 1/4 cup Israeli couscous |
| Drizzle olive oil | 3 large cloves garlic or |
| 1 teaspoon whole cumin | 1 dried red chili pepper (optional) |
| 4 cups chopped chard | 1/4 cup chicken or vegetable broth |
| 1 teaspoon coarse salt | 1 tablespoon balsamic vinegar |

Heat the broth to boiling in a small saucepan. Stir in the grains and lower the heat to a simmer. Cover and cook for about 10-14 minutes. Remove the lid and set aside. Heat the olive oil in a large, heavy skillet over medium-low heat. Sliver the garlic and cook it on low heat with the cumin and chili pepper until soft and fragrant. Don't let it brown. Add the chopped chard and turn the heat to medium. Saute for about 5 minutes, or until it is beginning to wilt. Add the cooked couscous and the 1/4 cup of broth. Cook for another five minutes, stirring, until the broth has cooked off and the chard is fully wilted. Add salt to taste, and vinegar, and serve. Adapted from www.thekitchn.com

Soaking and cooking your black beans: Add water to cover your beans by several inches in a pot. Leave to soak overnight (this is the best method to help them cook evenly and quickly the following day) or at least 8 hours. Drain and discard the soaking liquid. For every 1 cup of dried beans (there are about 2.5-3 cups of dried beans in the bag we gave you), add 3 cups water and cook 1 ½ to 1 ¾ hours, or until the beans are tender. Do not add any seasonings or salt until the last 10 minutes before cooking is finished. We love to use our beans in black bean dip, black bean soup, and as a filling for burritos and enchiladas.

Enjoy your first week of produce fresh from the farm! Your farmers, Adam & Laura