



# LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200<sup>th</sup> St Hutchinson, MN 55350

Phone: 320.587.0140

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

## What's in the box 6/26:

**Baby Bok Choi:** the whole plant is edible (leaves and stems).

One of the most nutritious vegetables! Stir-fry recipe page 2.

**Baby Spinach:** Delicious, but a bit bedraggled from the heavy rains last week. Eat soon.

**Parsley:** Either curly or flat-leaf Italian variety. Fresh, almost peppery flavor.

**Green top Beets:** these are a two for one vegetable! You can eat the greens and the roots.

**Baby Carrots:** These guys are too sweet! Give a little wash and eat them straight—no peeling needed!

**Purple or White Kohlrabi:** What's hard on the outside, but tender on the inside?? Yep, kohlrabi. Don't forget to peel it.

**Head Lettuce:** Assorted varieties of leaf lettuces. All have nice, mild flavor. We like to steam or roast our beets and serve them atop a bed of lettuce with blue cheese and dressing.

**Garlic Scapes:** These are the absolute last of these babies until next year. Enjoy!

**Japanese White Salad Turnips:** Eat raw like radishes or lightly cook in stirfry. Tops are edible and very tender for salads/stirfry. Wrap them in bacon and bake! Directions on page 2.

**Sugarsnap/Snow Peas:** The whole pod is edible. Snap top off and the string down the side of the pea will come with it. Eat raw or lightly cooked.

## CSA: Week Three

**Happy Official Summer!** The long days this time of year are always incredible. It's hard to go to bed much before the daylight fades a bit before 10 p.m. and then the light returns quickly again at 5 a.m. Crops grow so fast around the solstice, seemingly doubling in size within a matter of days. The early mornings and dusky evenings are definitely the most beautiful times to be outside as the slanted light shines over the farm and the breezes are cool. The mosquitoes seem to enjoy those golden hours as well!

Fields and crops are drying out after last week's June-soon deluge. As soon as the fields were dry enough to get in on Sunday morning, Adam was cultivating with our International 140 tractor like mad. These heavy rain events pound down on the soil and once it dries, it usually has a good crust to it that needs to be broken up so that the plant roots can get some oxygen and breathing room. There is also a good batch of weeds to take care of in that cultivation as well. The majority of our summer crops are planted now. We have a few more weekly plantings of fall brassicas to get in, but in another month we will retire the electric tractor transplanter again until next year.

### Weather, Crops, Next Week's Box

When it comes to weather, there is usually always someone worse off than you, and when we hear stories of farms near Duluth, Grove City, and Northfield/Cannon Falls area, we count our blessings. Hail, 10 inch rains and tornadic winds all wreaked havoc on friends farms. We're keeping them close in our thoughts as they try to recover and repair the damage to their hard work. The good news for us and all our fellow farmers is that we are going into a dry stretch this week which will help us all catch up on clean up, weeding, and planting.

As we head into July, new seasonal veggies start to come in and we bid farewell to the first Spring veggies. **Last week of:** kohlrabi, salad turnips, and definitely the last week of garlic scapes. We should have peas for another week as the snow peas are starting to pop. Baby bok choy and beets will still be around as well. The carrots this week are just a taste. Another planting of those will come in within a few more weeks and should be a bit bigger in size. The first planting of carrots are always on the small and tender side. **New veggies next week:** Broccoli and Fennel (along with our favorite fennel recipes). Plus salad mix or Summercrisp lettuce for a fresh salad green. Dill or cilantro will also be the likely herb in the box. And then perhaps dino kale or the first cabbage? Summer squash and zucchini is flowering now and is perhaps 7-10 days out. The new potatoes are the size of golf balls. We will let those get a bit bigger before we dig them—by week 5 perhaps you will see some of those guys in your box.

We are trying to be prepared for anything in terms of the weather these days. We will set up an extensive web of irrigation pipe on the farm this week to all the fields. Newly seeded/transplanted and recently established crops will need a drink after a cultivation and a dry, warm week. Great weeding week!! Adam will be out on the tractors and the crew and I will be in the field weeding and hoeing away. Eli will be inside crawling around with Grandma not far behind. ☺ Have a great week. —Laura, Adam and crew

**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. Everything should last over a week if stored properly. The spinach is a bit more perishable due to some leaf tearing by the heavy rains. Eat sooner rather than later. Lettuces should also be eaten within 5-7 days if possible.

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**Preserving Tips:** Cooking greens like kale, chard, beet greens, kohlrabi greens, collards all freeze and dehydrate beautifully! Freezing is the fastest method. Just chop the greens (removing thick stems first, if you desire) and steam or blanch for a few minutes, just until greens are bright green and lightly wilted. Run greens under cold water to stop the cooking process. Drain and squeeze out excess water. When cool, put the greens in quart freezer bags. Once frozen, you can pull the bags out and chop a chunk of greens off to toss in soups, smoothies, stir-frys, etc. whenever needed.

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**More Recipe Ideas.....**

On the Loon [Recipe Page:](#)

Kohlrabi Pickles

Beet Salad

Beet Chocolate Cake

The [Potato Kale Enchilada](#)

**Recipe** was really good!

([www.epicureanvegan.com](http://www.epicureanvegan.com))

We added sausage and mozzarella cheese on top of ours. It takes a bit more prep time to make the dish, but it makes a lot and is great for leftovers. Pretty soon all you CSA members will be begging us for more kale! :)

**Contact us:**

Laura and Adam

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## Recipe Corner

Our farmer friend, Irene Genelin, turned us on to this recipe. We often make it for lunch or a quick dinner. I love the technique of using just the center of the pan to add the eggs and rice and cook them together, rather than using separate pans. Ingenious! It is a versatile recipe—feel free to add other diced turnips or kohlrabi to the mix.

### *Bok Choy Fried Rice*

4 tsp. peanut oil, divided  
1 tsp. fresh minced ginger, or ½ tsp. ground ginger powder  
4 tsp. sesame oil, divided      6 Tbsp. chopped green onion (or scapes)  
½ C diced carrots      2 eggs  
2 C diced bok choy bottled chili garlic paste (optional)  
3 C leftover cooked rice (chilled or at room temp.)  
1 C leftover cooked diced lamb, pork, poultry, or tofu (optional)  
3 Tbsp. soy sauce

Heat a wok or skillet over medium-high flame a few minutes. Add 2 tsp. each of the peanut and sesame oils; swirl to coat bottom of pan. Add carrots; stir-fry 2 minutes. Add Bok Choy; stir-fry 2 minutes. Push vegetables to the outer edges of pan; add remaining peanut oil and swirl to coat the exposed surface. Add rice, meat, and ginger; stir-fry 2-3 minutes. Stir in the green onion or chives. Push the mixture to the outside edges of the pan, add the remaining sesame oil to the center of the pan, and swirl to coat the exposed surface. Crack egg into the hot oil and scramble it. Cook until egg is set, then break up egg into pieces and toss with the rest of the mixture in the pan. Add a little chili garlic paste, if desired, and stir in the soy sauce. Continue to stir-fry another moment or two, scraping all the bits from the bottom of the pan. Serve hot. Adapted from: **From Asparagus to Zucchini by: Madison Area Community Supported Agriculture Coalition (MACSAC)**

Some of the kohlrabi bulbs this week are a little funky looking, but do not let kohlrabi's sputnik resemblance deter you. It is a refreshing early summer vegetable and can be used in oh so many ways. Just make sure you always peel the kohlrabi before eating it, as the outside skin is a tough protectant for the inner, tender bulb. Slaw is a delicious way to eat it, but it is equally good in currys and stir-frys. You could even grate it and add it to quiche. Or sauté grated kohlrabi with cumin and garlic for a light side dish.

### *Kohlrabi Slaw*

1 large bulb kohlrabi (or 2 small)  
1 cup white salad turnips (or radishes)  
1 Tablespoon white wine vinegar or apple cider vinegar  
1 teaspoon honey or sugar  
2 Tablespoons fresh parsley, chopped      2 Tablespoons olive oil  
Wash and peel kohlrabi. Shred the kohlrabi and turnips (you can use a food processor or hand grater for this). Mix vinegar, honey/sugar and fresh parsley in bowl and whisk in olive oil. Add shredded veggies and toss. Chill for 30 minutes or more. Adapted from [epicurious.com](http://epicurious.com)

**Parsley** is a common herb with uncommon potential. Organic parsley straight from our farm (this is the first picking!) has a lovely bright flavor and is a great accompaniment to nearly any dish. The key is to add it to the end of your cooked dishes, as it loses its nice, bright flavor with a lot of heat. Some ideas: chop the whole bunch (stems and leaves included) along with a couple garlic scapes and sprinkle over fresh goat cheese. Add parsley in place of basil in your pesto recipe. Chop up a ½ cup and add to tomato sauce or soups within the last 5-10 minutes of cooking. Make tabbouleh or couscous salad with 1 cup of minced parsley added in. Mix with lemon zest, garlic and olive oil for a peppery gremolata to sprinkle on savory dishes.

### *Gremolata*

Zest of 1 lemon      ¼ cup chopped parsley  
3 garlic cloves, finely chopped (or sub scapes)      dash of olive oil, salt to taste  
Mix lemon zest, garlic, parsley, and olive oil together. Add salt to taste. Keeps refrigerated for up to 1 week. Great on pork, fish, chicken and veggie dishes.