



# LOON ORGANICS

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## What's in the box 7/11:

### **Napa Cabbage:**

Also known as Chinese Cabbage, this is very versatile both raw and cooked. Can be chopped raw for salads. Great recipe on page 2.

**Dill:** A perfect compliment to your baby new potatoes! Chop up and add to plain yogurt for a delicious yogurt sauce for cucumbers or potatoes.

**Cilantro:** main ingredient in the cabbage roll recipe on page 2.

Last week of this for a bit.

**Carrots:** oh these are good. We just give them a little rinse and eat them up raw. Perfect snack.

**Red New Potatoes:** First dig of the season! Wash up before using—we gently wiped the dirt off but didn't wash to preserve the skins.

**Fresh Garlic:** The skins haven't dried down yet around the cloves. You'll have to peel them back to get to the fresh cloves.

**Cucumber:** These are just starting. More to come in the coming weeks/months.

### **Summer Squash/Zucchini:**

Try the zucchini feta pancake recipe on page 2. Fritter recipe on the website.

**Fennel:** See last week's newsletter for a feature on fennel with 3 great recipes! The fennel pasta sauce is an excellent one.

**Broccoli:** Still flying in! Stems are also tender and sweet—just peel skin off with a paring knife.

**Cherry Tomatoes or Slicing Tomato:** First pick!!! Yum yum.

## CSA: Week Five

The heat wave has broken...YES! Farmers and crew made it through the hot week, and it seems that most of our crops did not suffer any ill-effects from the heat. A half-inch of rain last Tuesday night and another quarter of an inch on Friday night was a life-saver for dry soil. The irrigation system is all set up now so we are continuing to water most of the fields. We did lose a chicken to heat stroke, which brings our flock down to fourteen hens. The heat is extremely hard on animals and the hens' egg production and quality decreased. The poor ladies sat in the shade and panted with their beaks open all week. Chickens don't have sweat glands so they have to pant like dogs to cool themselves. They are much more content now with the cooler temps. R.I.P. little brown chicken.

Our crops continue to be early this year, pushed ahead by the early spring, continuing warm temps, and adequate moisture. The fields are looking about as good as they have ever looked, although we have to keep on our toes with weeds. July is prime time for weeding and we spend a good chunk of time each week devoted to pulling weeds by hand, cultivating smaller weeds out with the tractor, and hand hoeing. There are four working CSA members that come on Tuesday afternoons to help us attack big hand-weeding jobs, and their efforts help us stay on top of this time-consuming job. It is also a great mental boost to all of us full-timers to get through big weedy patches in half the time it would normally take us.

Speaking of our full-time crew, we are happy to welcome Andrew and Hannah back to the farm after they both took well-deserved 4<sup>th</sup> of July vacations. Andrew went up to the Boundary Waters and Hannah ventured to the Winnipeg Folk Festival in Canada. Adam and I held down the farm with Caroline, our other full-timer, and got some extra help on harvest days from our former employee and York CSA Farmer, Irene Genelin. We also have a couple other 2011 Loony crew members that have come back for cameo appearances: college student and Hutch local, Katie Hjerpe, helped out in June before jetting off to a Nobel Peace Prize program in Norway for the summer! We'll look forward to welcoming her back in August for a bit before she heads to New Zealand for the fall semester. And the lovely Kim Jakus is back as a Saturday mainstay at our Mill City market booth along with her boyfriend, Matthew. Kim and Matthew actually met at our Mill City booth last summer—Matthew was a regular at our booth and got to know Kim while she was working at the stand! Awwwwdorable. We are so thankful and appreciative for all of our employees' efforts to help Adam and I keep this farm a chuggin' and the produce looking awesome. Three cheers for the crew!

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

Hot weather ended the lettuce run and peas, but it works out just fine as we have plenty of other stuff that is coming in all at once and needs to get in your bellies! **Next week's box looks like:** Savoy Cabbage, Broccoli, Golden Beets, Basil, New Red Potatoes, Cukes, Zukes/Squash, Scallions or Fresh Onions, Garlic...Likely new additions include green beans, cherry tomatoes or a slicing tomato(es). **On the horizon:** the eggplant, jalapeños, sweet Jimmy Nardello peppers are not far behind. Peak summer produce is coming on quick! Enjoy your veggies, -Laura, Adam + 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 broccoli is probably best if eaten within 5 days. Remove the green tops from your carrots, if you will not eat the carrots within a day or two. It will keep the carrots much crisper for longer storage.

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**Preserving Tips:** Broccoli and carrots should be lightly steamed or boiled before freezing. Cilantro can be made into pesto or just chopped and frozen raw. Summer squash and zucchini is best if shredded and frozen raw and then can be used in baked goods like breads or muffins later on. Napa cabbage can be pickled and made into kimchi (Korean pickles) along with your carrots, any leftover turnips or kohlrabi, and garlic. [Here](#) is a kimchi recipe from one of my favorite food blogs: <http://www.davidlebovitz.com> It uses a whole head of Napa cabbage!! Problem solved.

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

- \*On the Loon [Recipe Page](#):
- Fennel Egg Salad
- Fennel Antipasto
- Zucchini/Summer Squash and Fresh Herb Fritters
- Chocolate Zucchini Cupcakes
- \*[Fennel Pesto](#) (from our Week 9, 2011 Newsletter)
- \*Check last week's [newsletter](#) for:
- Fennel Italian Sausage Pasta Sauce
- Chicken Salad with Fennel, Almonds, and Craisins
- Fresh Fennel Orange Salad

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### **Recipe Corner**

We made these rolls for dinner on Monday and they were quite tasty! We adapted the original recipe quite a bit as we didn't have some ingredients on hand and included both options below. It took about 45 minutes to prepare and then an additional 35 minutes to bake. Makes a lot though, uses your whole head of Napa, AND you can freeze some rolls for later if desired (instructions included). From [www.culinate.com](http://www.culinate.com).

#### **Asian Cabbage Rolls with Spicy Meat Filling**

- 1 large head napa cabbage
  - 1 tsp. salt
  - ½ lb. raw ground pork or turkey (we used bulk Italian sausage)
  - ½ cup cooked brown rice
  - 1 large egg, beaten
  - 3 small or 2 medium zucchini or summer squash, quartered and diced (or you can go by the recipe and use ¼ lb. shiitake mushrooms, finely chopped)
  - 1 tsp. toasted sesame oil
  - 2 Tbsp. soy sauce/tamari OR 1 Tbsp each of soy and fish sauce
  - One 1-inch piece fresh ginger, peeled and grated
  - 3 cloves garlic, finely minced
  - Freshly ground black pepper
  - 1 cup fresh cilantro, chopped
  - 3 scallions, chopped OR 1 small onion, chopped
- SAUCE:**
- 2 Tbsp. reduced-sodium soy sauce
  - 2 Tbsp. rice vinegar (or apple cider vinegar)
  - ½ cup low-sodium chicken or veggie broth
  - 1 tsp. toasted sesame oil
  - ½ tsp. sugar
  - ½ to 1 tsp. sriracha or other hot chili sauce, to taste

Preheat the oven to 400°F. Grease a 9 x 13 baking dish (you may need 2 dishes to fit all the rolls). Remove 7 large outer leaves from the heads of cabbage, wash and dry. Core the remaining cabbage and chop it very fine. Sprinkle it with the salt and set aside in a colander. In a large bowl, mix the pork/ turkey or sausage, rice, zucchini (or mushrooms), beaten eggs, sesame oil, soy sauce, ginger, garlic, and a generous amount of black pepper. Stir in the scallions/onion and cilantro. Press and drain any remaining water off the salted cabbage and stir the cabbage in as well.

Lay a prepared cabbage leaf down with the stem end facing you. Place about ⅓ cup meat mixture about midway up the stem end of the cabbage leaf. Chop off the excess stem on the bottom with a knife. Then fold in the sides up the leaf and fold any excess leaf back down over the rolled bundle. Place the bundle, seam side down, in one of the baking dishes. Repeat with the rest of the cabbage leaves and meat mixture, placing a row of bundles in each dish. (If you have any leftover mixture it can be rolled into meatballs and tucked between the cabbage rolls to bake with them.) To make the sauce, whisk together all the ingredients in a small bowl and pour it over the cabbage rolls, dividing it between the 2 baking dishes. Cover with foil. Bake for 35 minutes, or until an instant-read thermometer inserted into a roll at the center of a dish registers 160° F. Serve drizzled with the pan juices.

**For freezing:** (Once the bundles are in the dish, but before you add the sauce, the rolls can be covered and refrigerated for up to 24 hours. You can also freeze one dish for later use. Before adding the sauce, place the dish in the freezer and let the rolls freeze completely, then remove from the dish and stack in a freezer bag or container. To bake, thaw the rolls in the refrigerator overnight, place in a baking dish, pour the sauce over them, and bake as directed below.)

#### **Zucchini Feta Pancakes**

- 4 eggs, separated
- 4 cups fresh zucchini/summer squash, shredded
- 1 cup feta cheese, finely crumbled (about 1 lb)
- ½ cup green onions or chives, finely chopped
- 1 T. fresh mint, finely chopped (or 1 t. dried)
- ½ tsp. salt
- ½ cup flour
- Canola oil for frying

In a large bowl, combine egg yolks, zucchini/summer squash, feta cheese, onions, mint, salt and flour. Mix well. Beat egg whites until stiff. Fold into batter mixture. Heat oil until very hot in a 6-inch skillet; we sometimes use an electric fry pan so we can fit more pancakes on at once. Drop about 1/8 cup batter for each pancake. Cook on both sides until browned and crisp. Serve immediately and garnish with fresh herbs, plain yogurt or sour cream, or eat as is. Makes 5 servings. From the *Farmstead Chef Cook book* by Lisa Kivirist and John Ivanko.