



# LOON ORGANICS

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## What's in the box 7/17:

**Savoy Cabbage:** lighter, prettier variety of cabbage. Similar to a Napa cabbage. Simple recipe on page 2.

**Basil:** Check out basil storage directions on page 2.

**Scallions:** great addition to everything! Use the green and white parts to add to summer squash fritters

**Green Beans:** Jade variety. Saute or steam until bright green and tender. Toss with pesto, cooked pasta or potatoes, and garnish with scallions.

**Red New Potatoes:** Wash them before using—we gently wiped the dirt off only. Potato dig next Saturday on the farm!

**Garlic:** great for that first batch of garlicky pesto.

**Cucumber:** Slice up thinly and toss with plain yogurt, some fresh garlic, and a bit of fresh herbs. Quick Salad.

**Summer Squash/Zucchini:** New favorite zucchini bread with candied ginger recipe on page 2.

**Golden Beets:** Too hot to roast these in the oven? Slice them up thinly and grill them or steam them until tender. Beautiful golden color. Or grate them into a fresh salad. Also good juiced with apples and carrots.

**Salad Mix:** Last fresh greens until fall. Perfect for a simple salad with tomatoes and cukes.

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

## CSA: Week Six

**Baby Spud Harvest:** This Saturday, July 21<sup>st</sup> from 1-3:30 p.m. Help us bring in the week's harvest of new potatoes! We'll be harvesting the new spuds and will send you home with some fresh ones for dinner. You're welcome to come just to see the farm and leave digging in the dirt to others, if you so wish. We'll have fresh lemonade again, flowers and herbs to u-pick too. Please leave your pets at home. If you would like to come, drop us an e-mail or call to RSVP.

**Another great reason to visit Hutchinson on Saturday:** The **RiverSong Music Festival** is going on all day Saturday (& Friday night)! The festival alone is worth the trip out here, plus you can visit the farm too. Festival info is here: <http://www.riversongfestival.org/> Children under the age of 14 get in free with a paid adult. Hope to see you this Saturday!

### Farm News: Dry, Hot Weather Continues

It's been about two weeks now since we've had any measurable rain, and we are now in full-on irrigation mode. Recently transplanted crops get first priority and then we start rotating through the farm's 20 fields in production. Depending on the crop in each field, we can water 2-4 fields each day. This is more than double the amount of crops that we could water with our system last year. We've been absolutely grateful that we decided to make the investment in a new well this year, as it has saved the day many times already. Still, it takes over a week to water the farm. Two good things though: Many of the summer crops have established root systems by this time of the season and they can tap into deeper soil with residual moisture. And the dry weather means that we have less fungal diseases on tomatoes and the cucurbitae family of veggies (squashes, cukes, melons). Nice to have a silver lining on this (rain-less) cloud.

The hot, dry weather does make it very difficult to grow any summer lettuces or fresh salad mixes. This will be the last of the salad mix/lettuce until September when cooler temps will allow us better growing conditions, flavor, and texture. We will have baby arugula in September as well, plus fall spinach at the end of Sept./early Oct.

Garlic harvest begins this week. Usually this is cause for celebration, but this year regional garlic crops are a big disappointment, including ours. It looks like we have lost over 75% of our crop to disease—most likely it is "asters yellow" which is a common garden disease and transmitted by the leaf hopper insect. The disease causes stunted, yellowed plants, small bulbs, and rotting of the cloves. We have been picking out the best garlic for your boxes and we should still have at least another month or so of garlic—once we get into the harvest we will know more. Leafhopper populations are off the charts this year. They came up on southern winds early this spring and have been wreaking havoc on conventional and organic growers alike. We always have them every year and usually damage is minimal, but this year they came early and are prolific. There is very little you can spray, organically or otherwise, that will effectively control them. It's just a bad year for them unfortunately. We'll keep you posted on the garlic mystery disease. We are collaborating with other farmers and researchers to figure out what it is. **Next week's box looks like:** green beans, new potatoes, cucumbers, summer squash/zucchini, eggplant?, tomatoes, fresh onions, garlic, herbs, the next round of broccoli?, jalapeños...

**Produce Storage:** Basil, potatoes, and tomatoes should NOT be refrigerated. Leave on your kitchen counter out of the sun. Basil and tomatoes are cold-sensitive; basil will turn black in the fridge (below 45 degrees). Garlic can either sit out at room temp. or go in the fridge—it is still somewhat fresh. All other 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 salad mix and basil are best if eaten within 5 days.

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**Preserving Tips:** Cabbage, beans and beets should be lightly steamed or boiled before freezing. Basil 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.

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

- \***On the Loon [Recipe Page](#):**
- Zucchini/Summer Squash and Fresh Herb Fritters
- Chocolate Zucchini Cupcakes
- Summer Pasta (uses pesto and whatever veggies you have on-hand...like zucchini, cabbage, beans, fennel, and a tomato)
- Beet Salad
- Beet Chocolate Cake
- Mediterranean Salad

\***Check last week's newsletter for:**

- Zucchini Feta Pancakes
- Spicy Asian Cabbage Rolls (sub your savoy cabbage for napa)

**Recipe Corner**

**Savoy Cabbage:** Similar to Napa Cabbage, but with thicker leaves. Honestly, one of the best ways to prepare and eat savoy cabbage is to simply sauté it in a bit of butter or olive oil until it is tender. It gets sweet, caramelized, and softens up. You can also substitute savoy cabbage for kale in soup or stew recipes. Not exactly soup weather this week though. Try it also in a coleslaw or fresh cabbage salad.

**Simple Sautéed Savoy**

- ½ head savoy cabbage
- 4 Tablespoons butter or oil
- Salt & pepper to taste

Wash, cut cabbage in half, remove tough core from the bottom of the cabbage. Coarsely shred the cabbage on a box grater or in a food processor. Heat the butter or oil in a large sauté pan on medium heat and add the cabbage when butter is melted. Season with salt and pepper, and toss the cabbage as it sautés. The cabbage will begin to soften and shrink in size. Cook for about 7-10 minutes, taste for salt and pepper, and transfer to a serving bowl.

It is worth turning your oven on this week so that you can eat this bread! The addition of candied ginger gives it an addictive quality—you have been warned. It is pretty sweet, and we had thoughts of pouring the batter in a cupcake pan and topping the cupcakes with cream cheese or coconut frosting. Wrap and freeze the second loaf if you aren't going to eat it within a day or two. Makes two 8-inch loaves

**Carrot-Zucchini Bread with Candied Ginger**

- Nonstick cooking spray, oil, or butter, for preparing the pan
- 3 cups sifted unbleached all-purpose flour (we didn't sift the flour—it turned out fine)
- 1 ½ teaspoons ground ginger
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon kosher or sea salt
- ½ cup diced candied ginger
- 3 large eggs
- 1 cup canola oil (we used olive oil and it was fine)
- 1 ¾ cups sugar (decrease if you want a less sweet bread)
- 2 teaspoons vanilla extract
- 1 cup carrots, grated on the large holes of a box grater
- 1 cup zucchini, grated on the large holes of a box grater

Preheat oven to 325 degrees. Coat two 8 ½ by 4 ½ by 2 ¾-inch loaf pans with nonstick cooking spray. Sift (or mix) together the sifted flour, ginger, cinnamon, baking soda, and baking powder into a medium bowl. Stir in the salt and candied ginger. In a large bowl, whisk the eggs until light and foamy. Add the oil, sugar, and vanilla, whisking vigorously until the sugar dissolves. Whisk in the carrots and zucchini. Add the dry ingredients to the egg mixture all at once and stir with a wooden spoon just until blended. Divide the batter evenly between the 2 prepared pans. Baked until the breads are well risen and firm to the touch, and a toothpick inserted in the center comes out clean, about 1 hour. Let cool in the pans on a roack for 10 minutes, then invert and finish cooling right side up on the rack. Adapted from the cook book: **Sur La Table: Eating Local** by Janet Fletcher.

We rarely use pine nuts in our pesto as they are so expensive, and other nuts are so delicious to use! Try walnuts, almonds, sunflower seeds, pumpkin seeds, or pecans.

**Basil Pesto**

- 2 c. basil leaves
- 1/4 c. nuts
- 1/4 c. grated parmesan cheese
- Pinch of Salt and pepper
- 2 cloves garlic
- 1/4 c. olive oil
- Splash of lemon juice

Puree together in a blender or food processor until it becomes uniform. Enjoy! Serves 3-4 or 1 big pasta dish.

Have a great week! –Laura, Adam, + crew

**Contact us:**

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