



# LOON ORGANICS

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## What's in the box 8/14:

**Red Watermelon:** These can be eaten now or should be good for up to a week.

**Muskmelons:** Most are ready to be eaten today. Keep in your fridge if you can't eat it right away. Orange/yellow rind color and fragrance indicates ripeness.

**Fresh Red Torpedo Onions and/or Sweet Walla Walla**

**Onions:** They keep on coming!

**Herb Bunch:** oregano, sage, thyme. Hang upside down in your kitchen and dry for winter if you can't use it all.

**Celery:** See last week's newsletter for info on fresh celery and recipes. One of our favorites

**Adirondack Blue Potatoes:** blue/purple color inside and out. Nutty flavor. See the "blue baked fries" recipe on page 2.

**Garlic:** roast on the grill with onions and zucchini.

**Cucumber:** waiting for 3<sup>rd</sup> planting to come in.

**Zucchini:** production is slowing down. Yellow squash is over.

**Tomatoes:** sungold and rainbow mixed cherries, red slicing tomatoes, and some multi-colored heirloom tomato(s).

Some may need a day or two to ripen to perfection.

**Eggplant:** Your recipes on pg 2.

**Red or Orange Sweet Pepper:** All peppers are SWEET. Jimmy Nardello pepper is the red, long, skinny pepper. Orange and larger red peppers are Italian sweet peppers. Good raw or cooked.

## CSA: Week Ten

Rarely, if ever, do we remember a mid-August cool front quite like this. The early season seems to be having an early (hopefully brief) appearance of fall weather. The rain is certainly appreciated and allowed us to turn off our hoses and sprinklers for a bit. The cooler temps definitely slow the hot crops down, and although it has been a hot summer, we do like temps at least in the 80° range to get optimum ripening of the nightshade crops (toms, peppers, eggplants) and cucurbits (cukes, zukes, melons). The combo of cool and rainy is just perfect for our kale crop, which was hit hard by the heat and flea beetles the past couple months. We haven't been picking much kale for CSA or market the last month or so and trying to give it some extra TLC to get the plants back to optimum health, the beetles under control, and the leaves growing beautifully. It is definitely starting to bounce back, especially the green curly kale. You may see that in a box in the next couple weeks...if we have room to put it in the box! The melons are making it hard to fit everything in, but not a bad problem to have this time of year.

Despite the cool weather, the muskmelons really started coming in on Monday and we went out to check on their progress and found enough for the boxes today! Most of them are good and ready to eat—very orange/yellow rind and very fragrant. Keep them in your refrigerator if you can't eat them right away, but the sooner the better for these guys. The watermelons have a bit longer shelf life, but should be eaten within a few days or a week if possible. I like to cut up my melons right away and make a melon salad to keep in the fridge for breakfast, easy snacks and desserts. It will be gone in no time! We grow watermelons with seeds and always tell people that the seeds are edible and can be eaten since our melons are organic. The seeds actually are good for you and are a source for zinc and other nutrients. Just watch—watermelon seeds will show up as the next miracle food sometime soon and you can say that you've been eating them from Loon every summer. Watermelons will not grow in your stomach if you eat the seeds, despite what you may have heard as a child. ☺

Speaking of children, our family is getting ready for a first birthday party for Farmer Eli this upcoming weekend! It's hard for us to believe that a year has passed already, but so it goes. We're looking forward to eating carrot cake, with some watermelons and cantaloupe on the side. While we are outside farming during the week, he spends most of his time with Grandma Jacquie working on walking, climbing up stairs, and throwing anything within reach. Our chickens are endlessly fascinating to him. His good throwing arm will hopefully come in handy some day on the farm—throwing potatoes into the harvest bin or something useful like that!

**Next week's box looks like:** Sweet corn will be back, potatoes, cucumbers, zucchini, eggplant, tomatoes, fresh onions, garlic, sweet peppers, muskmelons or watermelons or both. The yellow summer squash is done for the season—the heat and bugs ended our 2<sup>nd</sup> planting a bit earlier than normal. We will still have a bit of zucchini for a few more weeks, but nothing ridiculous. There will likely be another wave of cucumbers in a few more weeks. Tomatoes coming in strong! We have some cracking in our larger tomatoes—eat those first, if you have some with slight cracks at the top. Canning shares starting up and we will contact you about delivery. Enjoy the veggies!

**Produce Storage:** Potatoes and tomatoes should NOT be refrigerated. Leave on your kitchen counter out of the sun. Garlic should sit out at room temp. Eggplant can go either in the fridge or on the counter. Wrap in a towel if going into fridge to protect it from cold. Muskmelon definitely in fridge, watermelons if you have room. 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 corn and eggplant are best if eaten within 5 days.

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**Preserving Tips:** Celery should be lightly steamed or boiled before freezing. 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. Tomatoes can be frozen with good results—either dip tomatoes in boiling water to remove skins or leave skins on, quarter, and pop in freezer bag. Perfect for winter soups and stews.

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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 eggplant, chard, squash and a tomato)
- Mediterranean Salad
- Grilled Eggplant
- Pesto
- More Eggplant Recipes

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

- Calabacitas with Herbed Sour Cream
- Homemade Celery Salt
- Eggplant Pizza and Tart Recipes

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**Recipe Corner**

I sent out a plea for favorite eggplant recipes last week from you all, and I got a ton of great ones. Thank you! Keep sending them my way. I will try to post all of them on our website's recipe page. Here are just a sampling:

- [Moussaka \(http://vegetariantimes.com\)](http://vegetariantimes.com)
- [Grilled Eggplant Spread with Pita Toasts \(http://epicurious.com\)](http://epicurious.com)
- [Vegan Eggplant Parmesan \(http://recipes.sparkpeople.com\)](http://recipes.sparkpeople.com)
- [Traditional Eggplant Parmesan \(http://epicurious.com\)](http://epicurious.com)
- [Eggplant Lasagne \(http://culinate.com\)](http://culinate.com)
- [Baba Ganoush \(eggplant dip\) \(http://culinate.com\)](http://culinate.com)
- [Eggplant Dengaku \(on our website's recipe page\)](#)
- [Creamed Eggplant/Baigan Bharta \(on our website's recipe page\)](#)

Once we start to pull the blue potatoes out of the ground, I get a hankering for roasted blue potatoes. They are the best potato for roasting in chunks and it brings out their nutty sweet flavor. Blue potatoes have Vitamin C, potassium, and tons of anthocyanins, the antioxidant that makes food blue (and very good for you too!). You can cut the blue potatoes into french-fry slices, but we usually chunk them or cut them in 1/4"-1/2" slices. Serve with roast chicken or minestrone soup for a nice comfort meal.

**Roasted Blue Potato Fries**

- |                                |                 |
|--------------------------------|-----------------|
| 2 pounds (1 bag) blue potatoes | Olive oil       |
| Thyme, rosemary or oregano     | salt and pepper |

Pre-heat the oven to 425°. Wash the potatoes. Peeling is optional (we barely notice the peel once they are roasted). Cut the potatoes into thick French-fry juliennes, chunk them into similar-sized pieces or slice them into 1/4 inch-1/2 inch pieces. Spread out in a thin layer on a 9x13 baking sheet or pan and drizzle with olive oil. Sprinkle a Tablespoon or so of fresh herbs over the top of the potatoes, if desired. Salt and pepper generously. Bake in the middle of the oven until potatoes are tender, browned and can be pierced with a fork. Baking time will depend on how small your pieces are, but will range from 25-45 minutes. Taste for salt. Serve with ketchup, mayonnaise/aioli, hot sauce, or your favorite dipping sauce.

It feels strange to have a minestrone soup recipe in the newsletter in mid-August, but with the fall-like weather, we have been in the mood for some easy veggie soup. This tastes great with your fresh veggies and is actually adapted from the *Cooking for Baby* cook book. Adam and I ate most of the soup, but Eli ate his whole bowl up as well. You can also add sautéed, ground turkey or other meat to the soup at the end of cooking.

**Minestrone Soup**

- |   |                                     |
|---|-------------------------------------|
| 1/2 onion, chopped                                | 2 carrots, chopped                  |
| 1 zucchini, chopped                               | 2 cups green beans, chopped roughly |
| 3 stalks celery, diced                            | 1 garlic clove, minced              |
| 1.5 cups canned cannellini beans                  | 3 Tbsp. olive oil                   |
| 1-2 Tbsp. fresh oregano, minced                   | 1 Tbsp. fresh thyme, minced         |
| 1 Qt. (4 cups) low sodium broth or water          |                                     |
| 2 Tbsp. tomato paste                              | 3-4 medium/large tomatoes           |
| 1/2 cup fusilli pasta (or other shell-type pasta) |                                     |

In a large saucepan over medium heat, heat olive oil. Add onion and cook until translucent. Add oregano, garlic, carrot, zucchini, green beans, and celery to pan. Season with salt and pepper. Cover, reduce heat to medium-low, and cook, stirring occasionally for 10 minutes or so. Stir in broth/water, tomatoes, tomato paste, and thyme and increase heat to medium-high. Bring to boil, cover, reduce heat to low, and simmer gently for 20 minutes. Add beans and pasta and simmer until pasta is al dente, about 10 minutes. Season to taste with salt and pepper.

Oh yes, and the big Olympic bean-off winner is....Andrew! He got a bit of a head start, but he still beat Adam by 2 pounds. We've got a lot more chances to challenge the winner though in the coming days and weeks in the bean patch. © -L,A,E + crew