



# LOON ORGANICS

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## What's in the box 8/22:

**Red Watermelon:** ready to eat now or within a week.

**Sweet Corn:** trim tip off if there is a small worm eating the end.

Rest of the ear is just fine for eating. Synergy and Providence varieties.

**Muskmelons:** Most are ready to eat. 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:** Last week of these

sweeties. Slice thinly and add to a fresh tomato and cucumber salad.

**Adirondack Blue Potatoes:** blue/purple color inside and out. Nutty flavor. See the "blue baked fries" recipe from last week's newsletter. Last week of blues.

**Garlic:** not the prettiest crop this year, but it still tastes like garlic!

**Cucumbers:** a new planting is coming in and they are sweet.

**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:** Check last week's news and website for recipes.

**Red or Orange Sweet Peppers:** All peppers are SWEET.

**Parsley:** Sub parsley for basil in a pesto recipe and serve it with the candied tomatoes and pasta on page 2.

## CSA: Week Eleven

My oh my, is it just us or is this summer flying by? Hope everyone is enjoying these last busy weeks of August summer. The eating sure is good here. Lots of the popular summer crops are doing well on our farm right now and we are feeling very happy and blessed to have an abundance of them for your CSA boxes. We are having a terrific tomato year, with tons of beefsteak and cherry tomatoes coming out of our hoop houses and more beefsteaks and heirloom tomatoes from the field. There are ample quantities in your box—around 4-5 pounds of beefsteaks, a container of cherry tomatoes, and then 1-2 pounds of mixed varieties and colors of heirloom tomatoes. Check page 2 for some great tomato recipes. Also, we have extra canning tomatoes available, if you'd like to freeze or can some. These are tomatoes that are misshapen, slightly bruised, or have some cosmetic imperfections so we keep them out of the CSA boxes, but they are still perfectly good for fresh eating, freezing, canning or saucing. You can make tomato sauce, soup or candied tomatoes and freeze them very easily for the winter. We provide instructions along with the tomatoes. A 20 pound box is \$22.50. You are also welcome to order 10 pounds for \$12. E-mail us if you are interested and we can deliver them with your CSA box in the coming weeks.

It has been a couple weeks now since we have received any rain, so we are still irrigating crops today and hoping for rain later in the week. Our area of MN is still not even categorized as a drought, compared to 62% of the rest of the country that is in at least a moderate to extreme drought. So although we are happy with our bounty, we also definitely feel a reverence for the luck of the weather this year and the hardships of many of our colleagues to our south and west.

One cool thing happening on the farm is a proliferation of bees and pollinators buzzing in our flowering buckwheat cover crop. We have about 1 acre of land in buckwheat right now. It is a great summer cover crop that grows quickly and suppresses weeds, mellows and conditions the soil with its abundant, fine roots, and then flowers profusely and provides a nectar source for all of these great beneficial insects like bees, predatory wasps, lady beetles, and other bugs that attack or parasitize our pest insects like aphids. We just watched a great movie about honeybees called "Queen of the Sun". I highly recommend it! Every time we are in a field near the buckwheat, we can hear the collective buzzing of the bees as they hop from flower to flower. I posted a video of the bees and buckwheat on our Facebook page. Buckwheat has a delicate, white flower but buckwheat honey has a dark, deep, almost barnyard flavor. It's a delicious and surprising honey flavor—very different from the clover honey we are all used to. Ames Farm sells buckwheat honey at our farmers market in Minneapolis. I'm going to look into a beekeeping course and adding bees to our farm in the next few years. We have lots of vegetable crops that would benefit from their presence and we would love to learn more about these amazing creatures. Perhaps there is Loon honey in our future!

**Next week's box looks like:** Sweet corn, potatoes (blue? Yukon?), cucumbers, zucchini, eggplant, lots of tomatoes, fresh onions, garlic, sweet peppers, muskmelons or watermelons or both. One more planting of green beans is coming in. Might have that for next week's box.

**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:** 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. You can also make tomato soup or sauce and freeze it. E-mail us if you'd like canning instructions for tomatoes. Peppers can be chopped up and frozen raw. Roast eggplant and freeze baba ganuj. Parsley can be made into pesto and frozen. Corn also freezes well. Lightly cook and cut off cob to freeze.

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

**\*On the Loon [Recipe Page](#):**

Grilled Eggplant  
Eggplant Dengaku  
Creamed Eggplant  
Grilled Eggplant Spread  
September Soup  
Mediterranean Salad  
Summer Pasta  
Jimmy Nardello Stuffed Peppers

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

-Roasted Blue Potatoes  
-Many Eggplant Recipes  
-Minestrone Soup

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**Recipe Corner**

We had a very special potluck dinner to go to last Friday night with one of our favorite culinary authors and chefs, Deborah Madison, who was visiting for a symposium on health and wellness in Minneapolis. It was a wonderful evening! I mulled for days over what to bring for our potluck dish and finally settled on a roasted beet salad and these candied tomatoes. Thanks to Katharine Plowman for turning me on to this recipe—it's my new favorite food. You can serve them with pasta, on bread, as a topping for meats or salads, or just eat them on their own! Use in place of sundried tomatoes. Or just eat them with a spoon. The cherry tomatoes are especially good in this recipe, but may not take as long to brown up as the larger tomatoes. Recipe is from the excellent cook book: *The Italian Country Table* by Lynne Rossetto Kasper.

**Oven-Candied Summer Tomatoes**

2-2.5 pounds of ripe tomatoes (cherries are very good here, but you can use any type of ripe, delicious tomato)  
1 cup extra-virgin olive oil                      Salt  
Preheat the oven to 400 degrees. Core the tomatoes (unless you are using cherries, and then no need to core) and halve vertically. Do not seed. Leave small tomatoes in halves; cut slightly larger tomatoes in 4 wedges, medium ones into 6, and large into 8. In a half-sheet pan, or two 2 ½ quart shallow metal baking pans (not glass or enameled metal), arrange the tomato wedges cut side up, next to each other but not overlapping in the pan. Coat the tomatoes with the oil. Sprinkle with salt. Bake 30 minutes, then lower the heat to 350 degrees and bake another 30 minutes. Turn the heat down to 300 degrees and bake 30 more minutes, or until the edges are slightly darkened. If the edges are not yet colored, turn the heat down to 250 degrees and bake another 10 to 15 minutes. Remove the tomatoes from the oven. Cool 20 minutes. Transfer them to a shallow glass or china dish or glass quart/pint jar and pour their oil over them. Let mellow, uncovered, at room temperature 4 to 6 hours. Layer the tomatoes in a storage container, pouring in their oil, and refrigerate. Or freeze the tomatoes in their oil in sealed plastic containers up to 3 months. Serve at room temperature. They will keep in the fridge for up to 6 days. Serves 4-8.

**Robust End-of-the-Summer Spaghetti**

1.5-2 lb eggplant, peeled and sliced ½-inch thick  
2 red or yellow sweet peppers (bells or sweet Italians—use more than 2 peppers, if you use some of the Jimmy Nardellos)  
¼ cup olive oil, plus extra for the eggplant  
1 onion, finely diced                      1 garlic clove, minced  
3 anchovies, chopped                      1/3 cup chopped parsley, plus extra for garnish  
2 pounds ripe tomatoes, peeled, seeded, and chopped (we just chopped them)  
¼ cup Kalamata olives, pitted and chopped  
¼ cup green olives, pitted and chopped (Sicilian variety are preferred)  
3 Tablespoons capers, rinsed              1 Tablespoon dried oregano (or 3 Tbsp fresh)  
Sea salt and freshly ground pepper  
1 pound spaghetti                      1 cup grated Romano or Parmigiano-Reggiano  
Preheat the broiler. Brush a sheet pan lightly with oil, arrange the eggplant on it, and brush the tops with more oil. Broil on both sides until browned, 12 to 20 minutes per side. Remove and cut into wide strips. Heat the ¼ cup oil in a Dutch oven. Add the onion, chopped peppers, garlic, anchovies, and the parsley. Saute over medium-high heat until the onion and peppers are softened, about 5 minutes. Lower the heat and add the eggplant, tomatoes, olives, capers, oregano and ½ cup water or juice from the tomatoes. Season with salt and pepper and simmer for 30 minutes. Cook the pasta in a large pot of boiling salted water until done, then drain. Place in a large heated bowl. Present at the table with the vegetables spooned over the top and showered with the cheese and extra parsley. Then toss before serving. Serves 4-6. From *Local Flavors: Cooking and Eating from America's Farmers' Markets* by Deborah Madison.

**[Watermelon Lemonade:](#)** This lemonade is a really fun way to use up some or all of your watermelon! We substituted sparkling water for the cold water in the recipe. You can make a small batch for two or a big pitcher for a party!  
<http://smittenkitchen.com> Enjoy the veggies, LAE + crew