



LOON ORGANICS

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What's in the box 8/8:

Sweet Corn: Synergy variety: bi-color. Very sweet and delicious!

Fresh Red Torpedo Onions and Sweet Walla Walla

Onions: Use in the calabacitas recipe on page 2.

Purple and Yellow Carrots:

Great for fresh eating or cooking. The purple ones are a favorite for fresh eating. No need to peel

Celery: Freshly picked. More notes on page 2.

Golden Satina Potatoes: soft and buttery yellow potato. We quarter them, boil, and toss with steamed green beans and butter.

Garlic: try making your own garlic powder!

Cucumbers: try last week's pickle recipe in the newsletter

Summer Squash/Zucchini:

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.

Green Beans: Steam up for a nice green side-dish. Saute with onions, garlic, celery and top with sliced almonds for a special treat.

Eggplant: Our last two newsletters both had good eggplant recipes and we give you eggplant pizza ideas on page 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 Nine

It was nearly a perfect end to last week as we finished up a long harvest day on Friday and got some much-needed rain and cooler temperatures. The break in the heat is nice for us and for our crops. Our first planting of sweet corn is just coming in, and the cooler weather will help slow down the ripening process a bit so that we can pick nice corn all week. The corn in your box is an early variety called Synergy that we really like. Sweet corn varieties are classified according to their sweetness value. This variety is a 'synergistic' variety, and it combines the luscious and tender eating qualities of 'sugary-enhanced' sweet corn with the high sugar of a 'super-sweet' corn cob. The result is that in each cob of synergistic corn about 25% of the kernels are super-sweet and 75% are sugary-enhanced. Pretty cool genetics going on.

We have a 2nd planting of CSA sweet corn with more Synergy and Providence, a later variety of synergistic corn that is one of our favorites. Looks like there will be a week break between our 1st and 2nd planting, so corn should be back by week 11. Sorry to the half-shares next week that will miss out on corn, but we should have corn for the week 13 box and melons next week to make up for it! I picked the first ripe, red watermelon and muskmelon on Saturday night. Like everything else this year, the melons are early (and delicious)!

Both melons and corn are land-intensive crops—they require a lot of fertility and a lot of land for what you get. We have 10% of our 8 cultivated acres devoted to just sweet corn production this year. This 10% of land will give us sweet corn for three weeks of boxes, four if we are very lucky. We only grow corn for our CSA. We would grow more corn for ya'll, but we would need a lot more available land. The trick for us each year is to have a nice variety of crops for the CSA boxes and then fitting all those crops into our farm's fields. We spend many hours in the winter figuring out the exact crop mix (down to the last seed and transplant!) and deciding where to plant everything. Of course, plans never go according to plan because we have weather, people, pests and disease involved. However, I love that farming is a dynamic, ever-changing process. There is never a predictable season of vegetables!

Besides corn and melon picking, other things happening on the farm include: We harvested all of our storage onions (also early) and are curing them in the greenhouse. The last fall plantings of broccoli and lettuce will go in the ground this week. Inspired by the Olympics, we had a "bean-off" today to see who is the fastest green bean picker on the farm. Andrew beat out Hannah and Caroline, picking a 12-pound bucket of beans in 30 minutes. He will now go up against Farmer Adam, the reigning champion for the past 8 years in a row. It will be a tough match...or will it? More will be revealed in next week's prime-time newsletter... ☺

Don't forget the MN Garlic Festival this Saturday, August 11th in Hutchinson.

More info. at: <http://www.sfa-mn.org/garlicfest/>

Next week's box looks like: Blue potatoes, cucumbers, summer squash/ zucchini, eggplant, tomatoes, fresh onions, garlic, green beans, more sweet peppers, celery, MELONS! Not sure if the sweet corn from the 2nd planting will be ready for next week's box. Corn should be back for Week 11 & 12.

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. 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.

Preserving Tips: Carrots, celery, and corn 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. Make cucumbers into refrigerator pickles and freeze them! 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.

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

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

- Grilled Eggplant with Creamed Feta
- Gnocchi with Summer Vegetables
- Freezer/Refrigerator Pickles

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Recipe Corner

Another favorite veggie meal that is fast, yet the flavors can't be beat. It's a great use of that summer squash and zucchini too. The ticket to this delicious dish is the herbed sour cream spooned over the top of the calabacitas. Corn tortillas and some guacamole makes a perfect meal. Adapted from *Full Moon Feast* by Jessica Prentice.

Calabacitas with Herbed Sour Cream

2 Tablespoons olive oil 3 ears corn, kernels cut off the cob
2 large onions, diced ¼ cup celery, chopped
½ cup broth (veg. or chicken) OR water
4-5 cups summer squash and zucchini, cut into rounds or half-round pieces
2 medium, 1 large or a few small tomatoes, diced into small pieces
Salt and pepper to taste
Leaves from 1 sprig of oregano, 2 sage leaves or a few celery leaves, minced

Heat the olive oil in a heavy-bottomed shallow pan or skillet over medium heat. Add the onions and sauté until translucent but not brown. Add the celery and summer squash until it just begins to brown. Add minced herbs, then immediately add corn kernels. Stir for a minute. Add the broth or water and generous pinch each of salt and pepper. Bring to a simmer. Add more liquid if it gets too dry. Simmer for 2-3 minutes, then add tomatoes. Heat the tomatoes through, then adjust the seasonings as necessary. Serve in a bowl with herbed sour cream or eat in a warm corn tortilla. Serves 3-4.

To make herbed sour cream: Mix 1 cup of sour cream with 1 clove finely minced garlic. Add your favorite minced herbs: ½ cup of cilantro or parsley, a few minced sprigs of sage, some basil, mint or a few Tablespoons of minced fresh celery leaves.

Fresh Celery: a greener, heartier version than the pale stuff you'll buy at the grocery store. This has more flavor, but is a little bit more tough too. This year's batch is pretty good though. I would probably recommend cooking the stalks, unless you really dig the celery flavor. I personally like dipping the raw stalks in goat cheese and topping with a bit of sautéed Jimmy Nardello sweet pepper. We also included the celery leaves because they are a great garnish for just about anything. I hear all the fancy chefs these days talking about how much they love celery leaves for seasoning. Or you can also very easily make your own celery salt! Try sprinkling celery salt on your buttered corn on the cob. Mmmm.

Homemade Celery Salt

Make sure leaves are completely washed and dried first. Then spread on cookie sheet and bake the celery leaves in an oven for 5-7 minutes until they are dry and toasty (or microwave for 30 seconds and then flip the leaves and microwave another 30 seconds). Let leaves cool, crumble, and combine equal parts celery leaves with salt (preferably sea salt) in a jar. More info here:

<http://www.101cookbooks.com/archives/homemade-celery-salt-recipe.html>

In the same vein as homemade celery salt, check out Mother Earth News for a simple recipe to make homemade garlic powder:

<http://www.motherearthnews.com/Real-Food/2006-02-01/Make-Your-Own-Garlic-Powder.aspx>

Eggplant: How are you eating your eggplant each week? We'd love to hear your recipes and how you incorporate it into your cooking. I think it is one of the more challenging vegetables for CSA members and Minnesotans in general. If you have a minute, shoot us an e-mail or write on our Facebook page about eggplant. Here's what we say about eggplant: grill, baby grill! Then put it on pizza. Check last week's newsletter for a grilled eggplant and creamed feta recipe. And a couple more recipes that look delicious too:

[Roasted Eggplant and Cherry Tomato Pizza](#) from <http://thepioneerwoman.com>

[Grilled Eggplant and Pesto Pizza with Cherry Tomatoes](#) from

<http://lizlemonnights.wordpress.com>

[Ratatouille Tart](#) from <http://www.splendidtable.org>

Have a great week. Your farmers, Adam, Laura, Eli + crew