



LOON ORGANICS

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What's in the box 8/29:

Watermelon or Muskmelon:

not enough of each kind for every box. These may be the last of the season...

Broccoli: sauté with garlic and sweet peppers.

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

Rest of the ear is just fine for eating. Providence variety-our fav.

Salad Mix: nice to have some greens for a salad! We washed and dried it, but we recommend washing again.

Red/Yellow Storage

Onions: These are cured and dried now. They can be left out at room temp and will store for months.

Fennel: use in the relish recipe on page 2. Goes great with green beans and a squeeze of lemon.

Green Beans: these are from our last plantings of beans. Sauté up with shaved fennel and garlic.

Garlic: great addition to a fresh salsa recipe.

Cucumbers: Gazpacho or check out the cucumber salsa recipe on our website.

Tomatoes: make oven candied tomatoes with your cherries and smaller heirloom tomatoes. Check last week's newsletter for recipe. SO GOOD!!!

Eggplant: Some of it has a little scarring on the skin, but it is still perfectly good for eating. Just trim around the scarred area.

Red & Orange Sweet Peppers: All peppers are SWEET.

CSA: Week Twelve

The cool front was nice while it lasted and now we are back to quintessential August weather, just in time for the State Fair. We got a nice inch of rain or so last Wednesday and Thursday, so that sets us up nicely to go into a hot, dry week. The fall broccoli is coming in strong now and it is beautiful and sweet-tasting stuff. In general, many of the fall crops look nice this year. We will start having acorn and delicata squash varieties to put in your box by mid-September and the squash will continue through the last boxes of the season in mid-October. We also have lots of fall greens planted: head lettuce, salad mix, arugula, radishes and Hakurei turnips that are doing well and will be around in Sept/Oct. Plus Spinach! The spring spinach crop didn't fare well with the hot temps in May and June, so I know many of you will be happy to see it in your box this fall.

Fall Thanksgiving Share

We will again offer a Fall Thanksgiving CSA Share for those that would like to extend the season. More details to come, but it will be around 40-60 pounds of storage vegetables for \$60 or so and available for pick-up in late October/early November. We'll send out more info. by e-mail in the coming weeks so that you can reserve a share, if you're interested.

As we get into the month of September, we vegetable farmers can start to see the bigger arc of the season. All year long, it has felt like the season was about 3 weeks ahead of schedule: crop growth, weed growth, pest cycles, etc. have all been earlier due to the heat and warm temperatures. Farmers use a calculation called "Degree Days" (DD) to help measure heat units accumulated over time. The DD measurement helps us accurately predict plant growth, so that we don't have to rely solely on the calendar dates. Counting calendar days is obviously not a very precise growth predictor since temps vary widely from year to year. There are websites (and apps, of course!) that will calculate the DD for your area, and we check our DD periodically. Compared to last year at this time, we are 300 degree days ahead, which is around 2-3 calendar weeks earlier. I recently read that "normal" weather is just an average of two extremes. Well, we've had both extremes back to back in 2011 & 2012. So somehow that equals normal between last year and this year?? The weather has felt anything but normal.

At any rate, an additional 2-3 weeks of warm, ideal growing conditions causes plants to physiologically mature faster, thus producing earlier and sometimes for a longer harvest window. Our winter squash crop has definitely benefitted from that, along with the tomatoes and many other crops. The challenge in a warm year is that your pests and weeds come earlier and reproduce faster too. We've seen more pests than normal, especially in the garlic, potatoes, lettuces, celery, and cucurbit (vine) crops. It feels like it will continue to be a warm fall though, and that bodes well for more bountiful CSA boxes! **Last week of:** watermelons, sweet corn **Next week's box looks like:** broccoli, last muskmelons?, lots of tomatoes, onions, green beans?, cucumbers, sweet peppers, salad greens?, basil, garlic...

Cilantro in the box soon! We try to have cilantro this time of year so you can make salsa with your tomatoes, but we had a terrible time getting it to germinate in the hot July weather. A 2nd seeding is doing nicely and will be along in 1-2 weeks.

Produce Storage: Tomatoes and onions 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. Eat melons soon too.

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, salsa, 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. Corn, broccoli and beans also freeze well. Lightly cook and cut off cob to freeze. Make pickles with cuke

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:**

- Oven-Candied Summer tomatoes
- Robust Summer Spaghetti
- Watermelon Lemonade

Recipe Corner

I have it on good authority that this is an excellent recipe! It's on our list of things to make this week. I like eggplant parmesan, but don't like all the frying (or time) involved, so this version is much appreciated. Thanks to CSA member, Erik, for passing it along to us. Original recipe is [here](#) and adapted from Diner's Journal Blog from the New York Times.

Eggplant and Roast Tomatoes Gratin

FOR THE BREAD CRUMBS:

- 1/2 cup grated pecorino
- 1 cup panko (Japanese bread crumbs)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons extra virgin olive oil
- 2 teaspoons minced parsley

FOR THE EGGPLANT AND TOMATOES:

- 2 cups cherry tomatoes, mixed colors
- 14 basil leaves, roughly chopped
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/4 cups tomato puree
- 5 large garlic cloves, peeled and thinly sliced
- 2 to 2 1/4 pounds eggplants, peeled and cut into 1-inch cubes
- 1/3 cup extra virgin olive, plus more for drizzling
- 1 cup fresh whole milk buffalo mozzarella or other mozzarella cheese, grated or finely chopped.

1. For the bread crumbs: In a medium bowl, combine pecorino, panko, salt, pepper, olive oil, and parsley. Mix well until crumbs are evenly coated with oil. Set aside.
2. For the eggplant and tomatoes: Preheat oven to 375 degrees. In a large bowl, combine cherry tomatoes, basil, red pepper flakes, salt, black pepper, tomato puree, garlic, eggplant and 1/3 cup olive oil. Add half of the bread crumb mixture. With your hands or two spoons, gently mix the vegetables and bread crumb mixture until thoroughly combined.
3. Pour into a 9 x 13 baking dish and top with remaining bread crumb mixture. Sprinkle the mozzarella over the top. Bake, uncovered, until eggplant is tender and top is lightly browned, 45 to 60 minutes; if after 30 minutes the top is browning too rapidly, cover the dish with foil for the remaining cooking time. Remove from oven, and let rest for 10 minutes before serving. Drizzle olive oil to taste over each serving, if desired.

With such a bounty of delicious and fresh summer produce, cooking can be easy and simple. Here are a couple recipes of simple cooking at its best adapted from *Chez Panisse Vegetables* by Alice Waters.

Corn and Green Beans

- 4 ears corn, kernels cut off cob
- 1 bag green beans, topped
- Butter, salt, pepper, chopped parsley, basil or fennel
- Slice corn kernels off the cob with a sharp knife. Snap off the top of the beans, wash and rinse the beans. To a pot of (unsalted) boiling water, add the beans; after a minute or two, when they are just about cooked, add the corn. After another minute or two, drain the vegetables and put them in a warm bowl with a little butter, salt, pepper, and some chopped parsley, basil or shaved fennel.

Corn and Sweet Pepper Relish

- 1 small onion (red, if you have it)
 - 6 ears corn (4 cups cut off cob)
 - 1/2 of a large fennel bulb
 - Olive oil
 - 2 sweet peppers or 4 Jimmy Nardello sweet peppers
 - Salt and pepper
 - 1/8 tsp cayenne
 - Juice of 1 lemon or 1/4 cup white wine vinegar
 - 1 small bunch parsley or cilantro
- Peel and dice the onion. Trim off and discard the stalks and outer layer of the fennel. Cut the fennel in a small dice. Stem and core the peppers and cut into small dice. In a bowl, combine these veggies with lemon juice or vinegar and allow to sit for at least 15 minutes. Cut the corn kernels off the ears with a sharp knife, and sauté them in 1 Tbsp of olive oil until slightly softened, about 2 minutes. Cool the kernels and add them to pepper, fennel, and onion. Season with salt, pepper, and cayenne and enough olive oil to just coat the vegetables. Just before serving, finely chop 2-3 Tablespoons cilantro or parsley and stir into relish. Makes about 6 cups. Great relish for seafood. Have a great Labor Day weekend! Enjoy your veggies, LAE + crew

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