



# LOON ORGANICS

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## What's in the box 9/5:

**Arugula:** Make Tom Wirt's BBAT sandwich: bacon, basil, arugula and tomato. Better than a regular BLT, he says. I'll take it!

**Broccoli:** Grate the stem and make a broccoli slaw with a peanut dressing. Freezing instructions on page 2.

### Red or Yellow Storage

**Onions:** These are cured and dried now. They can be left out at room temp.

**Green Beans:** these are from our last plantings of beans. Freezing directions on page 2, if you are tired of fresh beans.

**Garlic:** use in the eggplant dip recipes on page 2.

**Cucumbers:** slice in half the long way, scoop out seeds, and stuff with herbed cream cheese.

**Tomatoes:** lots and lots of tomatoes on the farm. Get your fill of fresh tomatoes and then preserve the rest. Info on pg 2.

**Eggplant:** Recipes on page 2.

### Red/Orange/Yellow Sweet Peppers:

Varieties include sweet Italian peppers, Jimmy Nardello sweet frying pepper, and multi-colored Bell peppers.

**Basil:** Make up a late summer batch of pesto for the heirloom tomato and pesto pizza recipe on page 2.

**Carola Potatoes:** This variety is similar to Yukon Gold potatoes.

Great all-around potato for baking, boiling, roasting, mashing. Make that last potato salad of summer!

## CSA: Week Thirteen

Hope you all had a wonderful Labor Day weekend! We are going into a busy week on the farm, beyond just the regular harvesting and upkeep tasks. On Wednesday evening, Adam and I will travel to Ramsey, MN to participate in a Beginning Farmer Field Day put on by the Land Stewardship Project. We have been involved with Land Stewardship Project since 2008 in helping to educate and train new farmers through their Farm Beginnings Program. In the winter, we speak at a classroom session of Farm Beginnings on Farm Financial Management, and during the summer there are numerous educational tours offered at farms throughout our region. It's a fantastic program! We'll be on-hand on Wednesday at our mentees farm, Bossy Acres, as they describe the challenges and opportunities they have had in their first year of production on rented land. Adam and I will be there as "mentor" farmers to give advice, provide suggestions and help troubleshoot specific problem areas they've dealt with this year. We appreciate being in a position finally to be able to give back and share our farming knowledge with other beginners. On Friday afternoon, the family will head north to Brainerd for a weekend vacation where we hope to do some biking on the Paul Bunyan Bike Trail. We're looking forward to taking a weekend away from the farm, and are ever thankful to our employees for covering the Saturday farmers market. Thanks guys--you're the best!

As for farm crops, we are harvesting a tremendous amount of tomatoes still, and now the sweet peppers and broccoli are in full force! We harvested nearly 200 pounds of sweet peppers just on Friday alone. As you have noticed, we are putting in about 10 pounds of slicing, heirlooms, and cherry tomatoes in the box each week. Hopefully you are able to keep up with eating most of them. If not, please see this week's recipe page devoted to preserving instructions for tomatoes, peppers and broccoli. They are all really, really easy to freeze for the winter. I try to take at least a half hour a few nights a week to do a little bit of freezing or canning, and even in just 30 minutes, you can get a lot of stuff chopped and into freezer bags. If you would like more tomatoes or peppers for freezing or canning, let us know. We have plenty of "second quality" organic fruit for a great price. \$22.50 for 20 pounds of tomatoes and \$2/pound for sweet, multi-colored peppers.

As if on cue, we hit September on Saturday and it felt like fall. The quintessential summer sweet corn, watermelons, and muskmelons ended last week, which gives us even more time to pick tomatoes, peppers, and broccoli. There was a beautiful blue moon on Friday night and we enjoyed a moon-lit walk on Thursday and Friday evening with our farm crew and Toby the dog. Most of the buckwheat cover crop was mowed in preparation for a fall cover crop seeding, but one field of buckwheat still stands flowering. The field was glowing and silvery-white in the full moon light, and a great horned owl flew over our heads on its way to the big Cottonwood tree on the south edge of the farm. It was a great way to end the week.

**Next week's box looks like:** Arugula or salad mix or head lettuce, lots of tomatoes, onions, cucumbers, sweet peppers, potatoes, herbs, more broccoli?... romanesco will be ready in the next few weeks, along with cauliflower. We tried the first squash and it wasn't quite ripe enough, but in another 2 weeks it should be perfect!

**Produce Storage:** Tomatoes, potatoes, basil, and onions should NOT be refrigerated. Take tomatoes out of the plastic bag and 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 eggplant are best if eaten within 5 days.

**Freezing Peppers:** Wash and dry peppers. De-core and de-seed. Chop into small/medium-sized pieces and throw raw into freezer bags. We add frozen peppers to chili, pasta and pizza sauce, soups, and scrambled eggs. Alternately, you can roast the larger sweet Italian and bell peppers on your grill or under the broiler, and freeze the roasted peppers.

**Whole Wheat Pizza with Heirloom Tomatoes, Pesto, and Mozzarella**  
Roll out whole wheat pizza dough (homemade or store-bought), slice 3 large or 6 small multi-colored heirloom tomatoes and drain on paper towels for 10 minutes. Arrange slices of tomatoes and slices of fresh mozzarella cheese on the pizza, and scatter kalamata olives over the top, if desired. Bake in a 400 F degree oven until crust is golden brown and toppings are sizzling, about 5-12 minutes. Remove pizza from oven and dot with spoonfuls of pesto on top. Spread pesto with the back of the spoon over the pizza. Serve hot!  
Adapted from *Earthbound Cook book*.

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

- Eggplant and Roast Tomatoes Gratin
- Corn and Green Beans
- Corn and Sweet Pepper Relish

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**Recipe Corner**

**Quick and Easy Tomato Preserving Ideas:**

**Freezing:** Wash and dry your tomatoes. De-core and cut tomatoes in quarters ( or freeze cherry tomatoes whole). Throw in quart freezer bags OR freeze individual cored tomatoes on a cookie sheet in your freezer and then throw them in a freezer bag when they are frozen. If you don't want skins on your tomatoes, don't peel them beforehand; they will slip off easily under some warm tap water.

**Crock Pot Tomato Sauce for Freezing, Canning or Fresh Eating:** Wash and dry tomatoes. De-core, cut off any damaged parts of the tomato. Throw tomatoes in your crock pot on low heat and let it cook and cook until it gets to the consistency that you want. It can take 12-24 hours. If you like a smooth sauce, puree all or some of it in a blender or food processor. You can add onions, garlic, herbs to the tomatoes at the beginning of cooking, or you can just add those in with you are going to use your sauce. The sauce will freeze beautifully. Ladle a few cups worth into your freezer bags or freeze it directly in glass pint or quart containers. You can also easily can the sauce in a hot water bath. For full canning instructions, check out the [National Center for Food Preservation: http://nchfp.uga.edu/how/can\\_home.html](http://nchfp.uga.edu/how/can_home.html)

**Dehydrated Tomatoes:** Very easy if you have a food dehydrator. Works best with cherry tomatoes. Cut in half and put cut side up in dehydrator.

**Oven-Candied Cherry Tomatoes:** If you haven't tried these yet, you really should. The recipe is in our [Week 11 Newsletter](#). I made a couple batches to put in the freezer and will use them in place of sun-dried tomatoes in recipes. I'm looking forward to putting them on pizza this winter and in pasta with pesto and broccoli!

**Freezing Broccoli and Green Beans:** Wash and cut up broccoli florets into medium-sized pieces. Cut up part of the stems too in similar-sized pieces. The long part of the stem can also be peeled and cut up, or reserved for a broccoli slaw (recipe below). Snap off bean tops. Bring a large pot of boiling water to a boil and either steam broccoli pieces and beans or just drop into the boiling water. Cook until broccoli/beans turn bright green and gets fork tender—just a couple minutes if you are cooking it in the water and a few minutes longer if you are steaming. Drain and rinse under cold water to stop the cooking process. Let broccoli or beans cool before putting into freezer bags. Frozen broccoli or beans can be added to minestrone soup, pasta sauces, broccoli quiche, and made into cream of broccoli soup.

Two eggplant dips. The first dip is from [Whippedtheblog.com](http://Whippedtheblog.com) and recommended by a CSA member, Dawn Marie as utterly addictive. She prefers it over baba ghanoush. We just made the Spoonriver baba ghanoush recipe this weekend and froze some. Very easy and delicious! Great to spread on fresh bread with tomato slices and cukes.

**Melitzanosalata – Greek Eggplant Dip**

- 1 large eggplant
- 2 Tablespoons fresh lemon juice
- 1-2 medium-sized cloves garlic, minced
- 1/4 cup quality olive oil
- 1/4 cup Italian parsley, chopped
- salt & pepper

Preheat the oven to 400 F. Use a fork to prick the eggplant all over. Put them on a baking sheet and bake for 30-40 minutes. Remove and drain on a paper towel if needed. Let cool until they can be handled. Cut them in half and scoop all the insides out into a food processor. Add minced garlic and lemon juice. Pulse a few times to combine. Continue to pulse while adding a steady stream of olive oil. Stir in parsley, salt and pepper. Thanks to CSA member, Dawn Marie for the recipe!

**Baba Ghanoush**

- 1 medium-large eggplant
- 3 Tablespoons tahini
- 2 Tablespoons lemon juice
- 2-4 cloves garlic, chopped
- 3 Tablespoons olive oil
- Salt
- 2 Tablespoons chopped parsley

Preheat the oven to 350 F. Lightly oil the outside of the eggplant. Place in a cookie sheet and bake until it is soft and wrinkled. Let the eggplant cool, then peel the skin off. Combine eggplant with tahini, lemon juice, garlic, and 2 Tablespoons of the olive oil in a food processor. Blend together until smooth. Taste and add salt, more garlic or lemon to taste. Stir in chopped parsley. Just before serving, drizzle with remaining olive oil. Serve with fresh bread and vegetables. From *Spoonriver* cookbook.