



LOON ORGANICS

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What's in the box 9/12:

Salad Mix: assortment of various baby lettuce varieties. We wash and dry this, but recommend a 2nd wash again before eating.

Broccoli: continues to be a delicious crop of broccoli! Saute with olive oil, minced garlic, a little water and top with toasted sesame oil.

Red or Yellow Storage

Onions: mince finely for your salsa.

Cilantro: for a salsa or cilantro pesto. I also posted a link to an amazing Asian Turkey Burger recipe with lots of fresh cilantro in it on page 2.

Garlic: last of this for a couple weeks.

Cucumbers: last week or near to it. Slice thinly to top your salads.

Tomatoes: Easy to eat loads of these on fresh salad greens or on sandwiches. Don't forget to make fresh salsa with all the fixings included in your box.

Recipe on page 2.

Red/Orange/Yellow Sweet Peppers:

Varieties include sweet Italian peppers, Jimmy Nardello sweet frying pepper, and multi-colored Bell peppers. Recipes on page 2!

Jalapeño Peppers: medium hot pepper that is a great addition to salsa. Wear gloves when handling to avoid burning skin or eyes.

Green Leaf Lettuce: the fall lettuce came in early—big and beautiful stuff.

CSA: Week Fourteen

It's definitely feeling like fall is knocking at our door, even with the hot days Monday and Tuesday. Leaves are falling from the trees and the mornings have a crisp chill to them. As the weather has cooled, the ripening of the tomatoes has slackened a bit and in another week or two, many of our field tomatoes will be done. We still have plenty of cherry tomatoes, red slicers, and some heirlooms in our hoop house that are approaching 7 feet tall and they will continue to produce hopefully until the end of our CSA season. Don't forget to take the tomatoes out of the plastic bags when you get them home to let them breathe easier. With the end of the field tomato crop, we should have a few less tomatoes in the box which will make room for the beautiful fall cauliflower, romanesco and purple broccoli coming in soon, not to mention winter squash and leeks! It continues to be a game each week to see how we can fit everything in the boxes, without bruising or squishing the tomatoes and other fragile items. All of the salad green crops are ready at once now, pushed in a little by the warmer temps a few weeks back. It's nice to be in the thick of salad greens again, and we hope you enjoy some salads with your cukes, peppers, and many fresh tomatoes.

There are a couple of upcoming events, one at our farm and one at our neighbor's farm, that you all are invited to. Hope to see you there!

Loon Fall Harvest Festival, Sunday, September 23: 1-3:00 p.m.

We will search for all the little pie pumpkins (and a few big ones too) in our squash patch and send you home with pie pumpkins to eat, carve or set on the front stoop. There will be a wagon ride to the pumpkin patch at 1:15 p.m. and we'll start the harvest then. Come close to 1 p.m. if you can to get in on the harvesting fun and to celebrate the beginnings of fall and pumpkin season on the farm! Sorry, no pooches please. Friends and family welcome. If you plan to come, please send us an RSVP e-mail or call. We'll send out a reminder e-mail with directions before the tour.

York Farm Hoe Down, Saturday, September 15th at 6 p.m. Our friends Andy and Irene, who own York Farm in Hutchinson, are hosting a community hoe down to celebrate the end of the season. Hoe down includes a potluck, barn dance with square dance and calling, and a bonfire. This is a Zero Waste event so bring your own plates and utensils! RSVP to let Irene know if you are coming. Email: igenelin@gmail.com

Garlic & Potatoes: Most crops did great this year, but garlic and potatoes were both affected by the leaf hopper insects and yields were down. We're taking a week or two off of potatoes so that we have them later this month and into October. Garlic too we will take a break from after this week, so that we have enough for the last couple of boxes. Plenty of other veggies to fill in their spots in the next few weeks!

Next week's box looks like: Salad Mix and/or Head Lettuce, Sweet Peppers, Tomatoes (heirlooms, cherries, slicers), last cucumbers?, broccoli or cauliflower, potatoes or delicata squash, onions or leeks, eggplant back?, herb: basil or cilantro.

Lastly, I recently won an honorable mention in the Farmers Market Inspiration Award Essay Contest. You can read, *My Love Letter to the Mill City Farmers Market*, [here](#) or at <http://farmersmarketcoalition.org>. We feel very blessed to have not only wonderful farmers market customers, but a stellar and supportive community of CSA members too. Thanks to everyone for your support of our farm and what we do!

Produce Storage: Tomatoes, 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. 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.

Preserving Notes: See Newsletter 13 for detailed instructions on freezing tomatoes, peppers, green beans and broccoli. The short version is that you can chop peppers and tomatoes raw and freeze them in quart bags to use in winter chilis and soups. Broccoli you will want to steam or blanch lightly before freezing. We also freeze salsa (cook salsa first before freezing) to use in winter enchiladas. You can freeze tomato soups, pasta sauce or pizza sauce with great results. Cilantro can be made into pesto or just chopped raw. Freeze pesto in individual ice cube trays for single servings.

More Recipe Ideas:

[September Soup](#) : roasted tomatoes, peppers, onions, garlic and herbs pureed together equals heaven! On our website's recipe page. A favorite in the Loon household.
[Asian Turkey Burgers](#) a delicious way to use a lot of cilantro, especially for those that aren't huge fans of this herb. On our website's recipe page.
[Gazpacho in a Pitcher](#): from the splendifertable.org website

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

-Whole Wheat Pizza with Heirloom Tomatoes, Pesto and Mozzarella
-Greek Eggplant Dip and Baba Ganuj
-Tomato, Pepper, Broccoli and Green Bean Preserving Instructions

Contact us:

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Recipe Corner

Our jalapeño hot peppers this year seem to be running spicier than usual. Perhaps because we have had a hotter, drier summer than average and that stress causes the peppers to be spicier for some reason. Anyways, we're not entirely sure why, but we did want to let you know so that you don't overdo the heat in your salsa. The one hot pepper in the salsa should make a mild-medium hotness, but you can always add more if the heat quotient is not to your liking.

Café Brenda Salsa

½ cup finely chopped onion	1 colored bell pepper, finely diced
1 Italian sweet pepper, finely diced	2 cups finely diced tomato
1 jalapeños, minced	1 small head of garlic, minced
2 Tablespoons cilantro, chopped	juice of ½ lemon
Juice of 1 lime	2 Tablespoons olive oil
Salt to taste	optional: cayenne pepper

Combine all ingredients, adding cayenne or more jalapeño to taste. You can put all the ingredients in a food processor and pulse a few times to avoid chopping each item individually. The flavor of this salsa improves as it sits, so make it in the morning or the day before serving. Makes 3 cups. Adapted from the *Café Brenda Cook book*.

Roasting sweet peppers takes a bit of time, but an easy oven roasting method is [here](http://copywriterskitchen.com) at <http://copywriterskitchen.com>. Once you have roasted peppers, you can use them for this amazing roasted sweet pepper and toasted almond spread.

Romesco Sauce

4 large roasted yellow, orange, and or red peppers	
1/2 cup toasted almonds	2 cloves garlic
1 ripe tomato	1 tsp salt
2 thick slices from a baguette	1 tsp paprika
½ cup or less olive oil	Fresh basil leaves, if available
2-4 Tablespoons sherry vinegar	

Puree everything together in a food processor until smooth. Serve over lightly steamed broccoli, fish, carrot sticks, or lather pita breads with it. Yum!

This stir-fry is a dinner-time staple and we usually serve it over brown rice for a quick dinner. There are lots of variations, of course. It would be good served with chopped fresh tomato on top or add tomato to the stir-fried veggies or even to the peanut sauce. You can also make this sauce with other nut butters, like tahini or almond butter, if you can't do peanuts.

Broccoli & Sweet Pepper Stir-fry with Peanut Sauce

1 head broccoli, chopped	2 Tbsp. olive oil, peanut oil or coconut oil
2 bell peppers or 3 Italian peppers: red/orange/yellow/green, de-seeded and chopped	
½ pound tofu (or use pieces of boneless chicken thighs or breasts), cubed into pieces	
2 cloves garlic, minced	1 small onion, diced
¼-inch piece of ginger root, peeled and minced (optional)	
½ cup of unsweetened, preferably natural peanut butter (crunchy peanut butter is nice)	
½ cup water	dash of tamari or soy sauce, to taste
2 teaspoons honey	dash of cayenne, to taste
Cilantro, chopped, for a garnish	

Heat 1 Tablespoon of oil in a skillet or wok on medium heat and add chopped onion, ½ of the minced garlic, and the tofu cubes (or chicken). Saute together for about 5 minutes, until tofu (or chicken) is starting to brown on both sides. Then add peppers and broccoli and continue to sauté until crisp-tender, about another 5-10 minutes. Meanwhile, in a small sauce pan, heat 1 Tbsp of oil over medium heat and add minced ginger and garlic to the oil. Cook for 1 minute to flavor oil, then add peanut butter, water, honey, and a dash of tamari or soy sauce. Stir together and mix well as ingredients meld together. Taste and add cayenne, if desired or additional soy sauce or even a splash of rice vinegar or white vinegar. Simmer until sauce is at a consistency to your liking—perhaps around 5-10 minutes. Serve the vegetables over rice, rice pasta, regular pasta noodles, or even on a bed of salad greens. Top with the peanut dressing, and sprinkle cilantro over top of everything. You can also garnish with crushed peanuts. Have a great week and enjoy your veggies! –L,A,E + crew