



LOON ORGANICS

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What's in the box 9/22:

Romanesco: spiral florets are nutty and delicious. Cook like cauliflower.

Arugula: use the arugula for cooking or pizza if you find it too spicy raw.

Broccoli: Chop and toss with olive oil, salt and pepper. Roast in a 400° oven for 10-15 minutes until broccoli is tender. Top with with parmesan cheese.

Red Onions: Adds great color to salads and salsa.

Cilantro: Check out Asian Turkey Burger recipe.

Tomatoes: Last big push of multi-colored heirlooms.

Celebrate their colors with an heirloom tomato salad. Slicers also included.

Red/Orange/Green Sweet Peppers: Varieties include sweet Italian peppers, Jimmy Nardello sweet frying pepper, and multi-colored Bell peppers. Crostini recipes on page 2!

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

Hakurei Salad Turnips or

Radishes: Check the first newsletters of the season for recipes. Risotto recipe link on page 2.

Delicata Squash: Recipe page 2.

Red and Golden Beets: Favorite beet salad recipe on page 2.

Leeks: Use the white and light green parts of the stalk. Info and recipe on page 2. Sweet, tender—use in place of onions.

CSA: Week Fifteen

It's that time of year when we can get that first light frost on the farm. We got close last Monday evening, with a low temp of 36°, but we avoided any damage to the cold-sensitive crops like tomatoes, eggplant, peppers and basil. For good measure, Adam put up the plastic ends on our big hoop house on Sunday so that we can seal up the hoop house at night and get some frost protection for whenever that first 32° reading shows up. Looks like the first frost will happen on Saturday night. The hoop house tomatoes still have lots of green fruit on their plants, so hope the hoop tomatoes survive so we can have them in your box until the end of the CSA season!

And whoa, that last delivery of the season is coming up in just three weeks from today! October 13th will be the last delivery of the season, so half-share members picking up this week, that means your last box is in two weeks: October 6th. We are going to have some great last boxes with some amazing fall crops. Here is what is coming up and in as we transition into fall crops:

We have 5 varieties of winter squash that we started harvest in on this week, and you'll receive at least 2 squashes in your box each week now. We start with delicata, the long-striped squash that is so sweet it is dubbed the "sweet potato squash". This is always the first squash to be ready to harvest and eat in the fall, along with the acorn squashes, which will appear in next week's box! The romanesco cauliflower, regular and cheddar cauliflower, AND purple broccoli are just coming in now with the first few heads sizing up. We should have romanesco (a favorite of many members!) in the remaining boxes of the season, and cauliflower in once or twice. We just started harvesting leeks—a really nice crop of these this year too—and we'll have enough for this week and maybe a few left for next. Hakurei Japanese salad turnips are back for this week only and they are another beautiful crop. We will grow more of these in the fall now that we know that they do so well. The greens on the turnips are especially nice, and are very tender and mild, similar to arugula. The turnip greens would make a great addition to a sauté or stir-fry. Celery root and Brussels sprouts usually make an appearance in the last two boxes of the season. We like to get at least one light frost on the Brussels so that they sweeten up a bit. We'll also try to get kale and maybe even a cabbage in the box before the end here, plus spinach and other salad greens.

The farm is looking so beautiful with the patches of fall greens and brassicas dotting the black soil. We would love for you to come out and see the farm this Sunday!

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.

Next week's box looks like: Salad mix or spinach, sweet peppers, tomatoes, beets, romanesco, broccoli or cauliflower, potatoes, squash, leeks, herb, kale?, celeriac

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, 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](#) : this is a favorite soup for chilly September days. It's basically a roasted tomato and sweet pepper soup. Recipe on our website's recipe page.

[Asian Turkey Burgers](#) in case you didn't try it last week—great way to use up cilantro. On our website's recipe page.

[Hakurei Turnip 'Risotto'](#): the turnips replace the traditional rice in risotto, for a very delicious outcome. From Suzy, a market customer: sweetandsavorykitchens.com

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

- Fresh Salsa
- Romescio Sauce
- Broccoli and Sweet Pepper Stir-fry with Peanut Sauce

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Recipe Corner

Beet salads are my preferred way to eat beets, and this one below is a current favorite. It is a combination of two recipes: the salad is adapted from Alice Water's *Chez Panisse Vegetables* and the vinaigrette is from Deborah Madison's *Vegetarian Cooking for Everyone*. Keep this recipe handy to make again this winter when oranges are in season and serve the salad with fresh orange slices.

Roasted Beet Salad with Citrus Vinaigrette

2 pounds beets (all the beets in your bag)
6 oz. fresh goat cheese (chevre), feta or fresh mozzarella (optional)
½ cup chopped walnuts (optional)
Salad mix or leaf lettuce, washed and dried
1 teaspoon finely grated or minced orange zest (if available)
4 Tablespoons olive oil ¼ cup orange juice
1 clove garlic, minced 2 teaspoons balsamic vinegar
Salt and freshly milled pepper

Preheat the oven to 400°. Wash the beets thoroughly and put them in a baking pan with a splash of water. Cover tightly with foil and bake for 45 minutes to 1 hour, until beets can be easily pierced through with a sharp knife. While the oven is on, put the walnuts on a baking sheet and toast them in the oven for about 5 minutes. Uncover beets when tender and allow to cool. Peel the beets and cut off the top and bottom tails. Cut the beets in halves or quarters, depending on their size. **Make the dressing:** Combine orange zest and juice, vinegar, and 1/8 teaspoon salt in a small bowl and let stand for 15 minutes. Whisk in oils and season with a little pepper. Taste for salt and adjust the vinegar and oil if needed. Toss the beets with the vinaigrette, and serve the beets over top of the salad greens. Drizzle over any vinaigrette remaining in the bowl. Garnish with toasted walnuts and cheese.

Leeks are a member of the onion family, and grown for their white and light green stems. They are prized for their succulence and sweet, delicate flavor. Leeks are most commonly used in potato leek soup, but they can be used in place of onions in nearly any cooked dish with delicious results. They pair nicely in this quick dish with a red or orange sweet pepper. Try the crostini as an appetizer or with soup or salad.

Crostini with Sweet Peppers and Leeks

1 ½ Tbsp olive oil 2/3 pound leeks, white stem cut into thin rounds
1 sweet red pepper, finely diced 3-4 Tbsp mustard vinaigrette
Salt & Pepper to taste Sourdough bread, thinly sliced and toasted
Optional: ½ cup finely diced organic ham, ½ cup cooked and crumbled bacon OR ½ cup chopped olives and sub Italian dressing for the mustard vinaigrette.

Heat olive oil in skillet over medium flame. Add leeks; cook, stirring often, about 5 minutes. Add sweet peppers and optional ham; continue to cook, stirring often, until vegetables are mostly tender, about 3-5 minutes. Stir in vinaigrette. Turn off heat and let mixture cool to room temperature. Season to taste with salt and pepper. To serve, mound the mixture on toasted bread slices. Adapted from: organicvalley.coop.

Delicata Squash Braised in Apple Cider

2 Delicata squash 2 Tbsp unsalted butter
2 Tbsp finely chopped rosemary (if available)
2 cups fresh apple cider sea salt and freshly ground pepper
Apple cider vinegar or balsamic vinegar, to taste

If you have time, peel the squash with a vegetable peeler or with a sharp paring knife, then slice the squash into rounds and remove seeds (either as you cut or remove before cutting with a long spoon). Melt the butter in a wide skillet and add the rosemary. Cook over medium heat to flavor the butter. After 3 minutes, add the squash and cider plus water to cover. Bring to a boil, add ½ teaspoon salt, and simmer until the squash is tender, 20 to 25 minutes, by which time the juice will have reduced enough to provide a glaze for the squash. If not, raise the heat to reduce it quickly. Sprinkle on a teaspoon of vinegar and taste for salt. Add additional vinegar if you need to balance the sweetness, then season with pepper. Adapted from Deborah Madison's *Local Flavors*.