



LOON ORGANICS

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What's in the box 9/26:

Romanesco: spiral florets are nutty and delicious. Cook like cauliflower—steam, roast or saute. One of our favorite vegetables!

Spinach: first harvest of this dense, sweet green. Makes a hearty raw salad.

Broccoli: Even sweeter now with the touch of frost that we got the past few nights. Roast up with your romanesco (recipe on page 2).

Red Onions

Parsley: Italian flat-leaf variety is perfect for tabouleh salad or as a topper to your squash soup.

Tomatoes: Slicers and heirlooms would make a great soup, chili, or spaghetti sauce.

Red & Green Sweet Peppers: 2 Bell Peppers, Italian Sweet Peppers, and a Jimmy Nardello. Chop up and add to chili, or hollow out and stuff.

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

Butternut Squash: versatile eating squash. Recipes on page 2.

Acorn Squash: Unlike many grocery store squash, we pick these ripe (the orange spot indicates they are ripe) and they are real sweet then. Cut in half, scoop out seeds, and bake cut side down in the oven at 350° until fork tender.

Carrots: a real fall treat.

Potatoes: Carola variety is like a Yukon. Good all-purpose potato

CSA: Week Sixteen

The Sunday afternoon harvest festival was the best one yet with beautiful sunny weather, a great pumpkin harvest, and so many enthusiastic kids and adults! Many thanks to everyone who came out from near and far, and hope ya'll had a good time. We are already planning to hook up two hay wagons to the tractor at next year's harvest festival so that we have ample room for everyone to get a wagon ride! As of now, we'll have the same CSA festivals next year: June strawberry pick, July potato dig, and September harvest festival. See you next year on the farm!

We finally got our freeze on the farm on Saturday night. Although we were expecting a frost, a late forecasted freeze (28°) was an unwelcome surprise and we were in a panic Saturday afternoon over potential damage to some of our still un-harvested squash. We have a particularly nice crop of butternut squashes this year, and we were worried about losing a ¼ acre field that we hadn't even started in on harvesting yet. Our employees were gone for the weekend, so Adam and I spent a few hours on Saturday night cutting and piling butternut squashes in rows and then covering with a fabric row cover to protect them. Eventually we ran out of fabric covering and so we had to call it a night and head inside. In the end, we got down to around 29° for a low which killed all the tomatoes, peppers, eggplants and did some minor damage to the squash we weren't able to cover.

We did harvest some of the butternuts that got nipped by frost for your box this week. There is just some minor superficial discoloration on the skin of the squash, but it doesn't affect eating quality. No need to even peel or cut out that area, however we do recommend that you eat this squash in the next few weeks rather than storing it for later this fall or winter. The butternuts are absolutely beautiful and delicious squash though, so we wanted to get it out to you all so that you can use it in your favorite soups, pies, or pumpkin breads. We'll work on finishing up the squash harvest this week, and we're looking forward to getting the crop into the greenhouse where it will be protected from future frosts. This year's freeze was at least a week earlier than normal, although still later than last year's September 15th frost.

As we finish up our CSA season, we are thinking about the last fall projects we'd like to get done on the farm before the big chill moves in by late October and our employees head off on new adventures. We have some fall clean-up around the farm that we're excited about finally having time to do, along with work on repairing and cleaning up our barn. We are hoping to give our barn a fresh coat of "barn red" paint in the next year or two, and there are a lot of boards and battens that need some repair before painting. Our barn was originally built for dairy cows, but these barns are actually really useful for small-scale vegetable operations like ours. We use part of the barn as our washing and cooler area, and the rest of the barn is used for storage and garlic curing. Not only is the barn functional for us, but we're also committed to preserving our farm's cultural heritage and the barn is a big piece of that.

Next week's box looks like: Cauli, romanesco, winter squashes, celery root, Brussels sprouts, onions, tomatoes, carrots, potatoes, salad mix?, kale or cabbage, herbs

Produce Storage: Tomatoes, winter squash, and onions should NOT be refrigerated. Take tomatoes out of the plastic bag and leave on your kitchen counter out of the sun. 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.

More Recipe Ideas:

[Squash \(Pumpkin\) Pie](#): not just for Thanksgiving and not just with pumpkin! Winter squash, like butternut and delicata, make an AMAZING pumpkin pie, better than actual pumpkin I dare say. Recipe on our website.

[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.

[Wilted Spinach with Tomatoes and Bacon](#): almost like a creamed spinach, but with bacon, tomatoes and blue cheese! Can't go wrong with that. Recipe also on www.culinate.com

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

-Delicata Squash Braised in Apple Cider

-Crostini with sweet peppers and leeks

-Roasted Beet Salad with Citrus Vinaigrette

Contact us:

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Recipe Corner

One of our favorite squash soup recipes. I have used butternut squash that was already roasted in the oven and scooped out of its skin in this recipe (in lieu of peeling and using raw squash) and it turned out fine. If peeling raw squash for the soup, a vegetable peeler works well to quickly peel the long straight neck of the squash. From the website: www.culinate.com.

Butternut Squash Soup with Apple and Nutmeg

¼ c. butter (1/2 stick) 1 large onion, chopped
1 butternut squash (3 lb) peeled, seeded, and cut into cubes (about 6 cups)
2 medium carrots, peeled and chopped
2 medium apples, peeled, cored, and chopped
1 small/medium yellow potato, peeled and chopped
1 bay leaf ¼ tsp. (scant) ground nutmeg
Kosher salt and freshly ground black pepper
1 cup heavy cream (optional)

In a large pot, melt the butter over medium-high heat. Add the onion and sauté until soft, about 7 minutes. Add the squash, carrots, apples, potato, bay leaf, nutmeg, 4 teaspoons salt, and a scant ¼ teaspoon pepper, as well as 6 cups of water. (The water should be at least 1 inch or so above the vegetables; if not, add more.) Bring to a boil. Turn down the heat, cover the pot, and simmer for 45 minutes, or until the carrots are fall-apart tender.

Remove the bay leaf. Using an immersion blender, a food processor fitted with a metal chopping blade, or a regular blender, purée the soup until smooth, working in batches if necessary. If you cooked the soup long enough, there will be no need to strain it. If not using the cream, adjust the seasoning and serve. If using cream, stir in the cream and bring the soup back up to a simmer. Cook for a couple of minutes.

Adjust the seasoning (you'll need another teaspoon or so of salt and more pepper) and serve.

Notes

Advance Prep: The soup can be made a day or two in advance, cooled, covered, and refrigerated. If made with cream, a skin may form on top as it reheats. Simply stir it back into the pot.

Leftovers: Made without cream, the soup will keep for up to two weeks in the refrigerator; made with cream, it will last for one week. The soup can also be frozen for up to four months

The website, www.culinate.com also has a [Butternut Squash Lasagne](#) recipe with Italian sausage and swiss chard, but you could substitute your spinach for the chard. It's a lasagne without tomatoes and is very rich and delicious with lots of ricotta, mozzarella and parmesan. Not a low-fat dish, but a nice treat. We couldn't stop eating it!

Romanesco: cook and eat romanesco just like cauliflower! Romanesco is an Italian variety of cauliflower and is one of the only fractal vegetables. For those of us who have forgotten exactly what a fractal is... basically it is a pattern repeating upon itself, so in the romanesco the big spiral florets are made up of smaller florets made up of even smaller florets. It's a real beauty of nature! Romanesco has a nuttier flavor than cauliflower and I have yet to meet a CSA member or market customer that dislikes it. It (along with regular cauliflower) are really good roasted in the oven.

Roasted Romanesco (or cauliflower)

Break florets up into small pieces (while keeping the green spiral florets intact because they just look so cool), and coat with olive oil on a baking sheet. Season with salt and pepper. Roast in a 400° oven for about 30 minutes, or until the romanesco starts to brown and is fork tender. Take out of oven and sprinkle with fresh squeezed lemon or top with a bit of parmesan cheese. It's a wonderful side dish or pairs nice with pasta. You can also roast your broccoli with your romanesco.

Have a great week and enjoy your veggies. A reminder that our last pick-up is in 2 weeks—Week 18 of our CSA. Don't forget to bring back any CSA boxes for us before the end of the season! Thanks, LAE + crew