



# LOON ORGANICS

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## What's in the box 10/3:

**Celery Root (Celeriac):** this is the knobby, brown slightly hairy bulb. Info. on taste and preparation on page 2.

**Brussels Sprouts on the stem:** freshly picked Brussels are a revelation compared to frozen.

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

**Spinach:** Too good to cook. Eat raw as a salad to enjoy its sweet, flavorful leaves.

**Cheddar Cauliflower:** Orange cauliflower tastes the same as white, but it is more nutritious.

**Tomatoes:** Slicing tomatoes.

**Beets:** Gold orange beets. Even the large beets are tender and sweet.

### Yellow Onions

**Butternut Squash:** versatile eating squash for soups, pies and “pumpkin” bread.

**Acorn Squash:** bake it up with a little butter and maple syrup.

**Delicata Squash:** oblong cream-colored with green stripes. My favorite squash for baking and eating on its own. Sweet and flaky flesh.

**Carrots:** roast with the root veggies.

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

**Cabbage:** Savoy, green or red varieties. Make a slaw to top pork tacos.

**Sage:** goes great with squash. Hang upside down to dry.

## CSA: Week Seventeen

It is nearing the end of our regular CSA season. Today is the last box for our first group of half share members. Next week is the last for full shares and the second group of half shares. To all of our members, we'd like to say a big **THANK YOU** for supporting our farm in our 8<sup>th</sup> season of production! Our family is able to farm and make a living because you choose to buy food from us! If you love all the fall vegetables this time of year and want to extend the season, we still have some Fall CSA Shares available. I just e-mailed out info. last week on the fall box, so look for that e-mail and let us know if you'd like to reserve a Fall Share.

We've been enjoying the warm sunshine the past week, especially as we look towards a much cooler forecast by the end of the week. Much of the soybean fields in our neighborhood were harvested this weekend, and some farmers are starting in on the corn harvest. We are desperately hoping that we get some nice fall rains at some point here, to help replenish the ground's moisture for next year's crops and for our trees and vegetation. Again, for the second year in a row we are experiencing one of the driest falls on record. We are still, (in October!), setting up sprinklers and irrigating our last plantings of greens and brassicas, along with patches of cover crop that we seeded and want to get growing before winter comes.

We had another fun farm tour last Thursday afternoon when we welcomed the 3<sup>rd</sup> and 4<sup>th</sup> grade classes from St. Anastasia School in Hutchinson. The kids have a couple school garden plots where they are growing a variety of produce throughout the summer and fall, so they had a lot of enthusiasm and knowledge about vegetables. We sampled some cherry tomatoes, romanesco cauliflower, and raw kale from the field. The raw romanesco was a big hit, and the students hope to try growing it in their school garden next year. We look forward to having them back to the farm again next fall!

### Weather, Crops, Next Week's Box

The last CSA boxes of the season are decidedly fall, with just the last end-of-the season tomatoes thrown in for a salad topper or tomato sandwich. The cauliflower and romanesco crops are ripening quickly from the warmer days lately, and we will have nice romanesco and hopefully still cauliflower for next week's last box. The celery root crop this year was not spectacular, but we did have enough for this week's box and perhaps next week. Both celery and celery root thrive in wet conditions, and even with the help of irrigation, the yields were lower than usual in this dry year. This will be the last week of potatoes for the season. We're going to talk to our potato seed growers this winter about other potato varieties that might be more disease and pest resistant. Our yields the past few years have been lackluster. There are nearly 5,000 (!) different varieties of potatoes worldwide, and we're interested in trying out a few more of those 5,000 to see if some of them are suited to our soil and growing conditions.

**Next week's box (last of season) looks like:** cauliflower, romanesco, winter squashes, parsnips, Brussels sprouts, onions, tomatoes, carrots, beets, salad mix?, kale, herbs, garlic, celery root (if enough).

**Produce Storage:** Tomatoes, winter squash, and onions should NOT be refrigerated. 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. Bulk beets, carrots, squashes, cabbage, and celery root will store for months in the crisper drawer in your fridge in a plastic bag.

**Preserving Notes:** Cauliflower, carrots, beets, Brussels sprouts, spinach, and romanesco can be steamed or blanched quickly and frozen in plastic freezer bags. The squashes can be cooked and frozen, but they will also keep for months in a cupboard. Hang sage bunch in kitchen to dry and use all through winter.

### More Recipe Ideas:

[Squash \(Pumpkin\) Pie](#): use your winter squash for a better than pumpkin pie. Recipe on our website.  
[Shepherd's Pie](#) substitute it for the celery stalks or boil and mash it with the potatoes for the shepherd's pie topping. Recipe on our website.  
[Sage Honey cornbread](#): on the website  
**\*Check last week's newsletter for:**

- Butternut Squash Soup with Apple and Nutmeg
- Butternut Squash Lasagne
- Roasted Romanesco and Cauliflower

### Sautéed Brussels Sprouts

Slice the sprouts thin, about 1/8-inch thick. Heat a sauté pan, add a small amount of olive oil or unsalted butter, and sauté the sprouts for a few minutes. Add about ¼ inch of chicken or veggie stock to the pan and continue cooking until tender. Season with salt, pepper, fresh chopped thyme, and a squeeze of lemon juice. The idea is to end with an emulsified liquid that just coats the sprouts. Adapted from *Chez Panisse*

## Recipe Corner

**Celery Root (Celeriac)** is a root vegetable closely related to regular celery. The flavor of celeriac is like celery, but the texture is like a potato. It can be eaten raw or cooked, but you will want to peel the brown skin off right before cooking with it. Use it raw in salads (grated or sliced thinly). Or (after peeling) cube it, boil and mash like a potato. You can also roast it in the oven like in the recipe below for roasted veggies. Adapted from <http://epicurious.com>

### Roasted Fall Vegetables

1 pound potatoes  
1 pound carrots  
2 onions  
Optional: peeled butternut squash, cut into 1-inch pieces  
½ cup olive oil  
2 Tablespoons chopped fresh herbs, such as rosemary, thyme, sage, parsley or combo.  
5 garlic cloves, peeled  
1 celery root (or 2 small)  
1 pound beets (any color, but red will bleed)  
2 leeks, white and light green parts (optional)  
salt and pepper

Preheat oven to 400°. Position one oven rack in bottom third of oven and one in the center of oven. Chop all veggies into 1-inch pieces, combine all ingredients except garlic in a large bowl and toss the veggies with olive oil to coat. Season generously with salt and pepper. Spread out on one or two large baking sheets (oil baking sheets with oil or cooking spray) and place one baking sheet on each oven rack. Roast for 30 minutes, stirring occasionally. Reverse positions of baking sheets and add a couple garlic cloves to each baking sheet. Continue to roast until all vegetables are tender and brown in spots, stirring and turning occasionally, about 45 minutes longer. Can be prepared 4 hours ahead. Let stand on baking sheets until at room temperature. Rewarm in a preheated 450° oven, until heated through about 15 minutes.

Bacon and Brussels Sprouts go so well together! Recipe passed along to us from our friends, Nick and Joan. Originally from "Top 100 Recipes for Happy Kids".

### Bacon Baked Brussels Sprouts

1 lb. Brussels sprouts, trimmed and outer leaves removed  
8 slices bacon, finely chopped  
2/3 c. toasted walnuts or pecans  
1/3 c. chopped prunes  
3 T. olive oil

Heat oven to 400 degrees. Half fill a saucepan with water, bring to a boil. Add the sprouts, cover and leave to simmer 8 minutes, then drain. Pour sprouts, bacon, nuts, and prunes in a baking dish. Drizzle with olive oil then bake in the oven 20 minutes.

As soon as the first fall cauliflower comes in and the weather turns cool, we make this soup. It's a great "virtual" cream soup, and it comes together in a flash. You can use romanesco along with your cauliflower in the recipe.

### Curried Cauliflower Cream Soup

1 large onion or large leek  
Extra virgin olive oil  
1 large head cauliflower (or use cauli and romanesco), trimmed of greens, washed, cored and cut into chunks  
3 medium yellow potatoes (about 1 pound), peeled and cut into 1-inch chunks  
2 14 oz. cans chicken or vegetable broth (or use water)  
Plain whole-milk yogurt, for topping soup  
4 garlic cloves, chopped  
3 Tbsp. curry powder  
2 large lemons, cut into wedges

Film the bottom of a soup pot with olive oil, and heat over medium heat. Stir in the leek/onion, garlic, and curry powder. Reduce the heat to medium low, and sauté for about 5 minutes. The leek and garlic should soften a little, but the point is to let the curry's aroma blossom without burning it. Add the cauliflower, potatoes, broth (or sub water for broth), and enough water to barely cover the vegetables. Bring the soup to a boil, partially cover the pot, and cook for 15 minutes, or until the vegetables are fork-tender. Cool for 15 minutes. Then puree with a hand-held blender (for less clean-up) or in small batches in a regular blender. Taste the soup for seasoning—add salt and pepper if needed. Ladle out the soup to serve, and then finish each bowl with a squeeze of lemon and a generous dollop of plain yogurt. Adapted from *The Splendid Table's How To Eat Supper* by Lynne Rossetto Kasper and Sally Swift.

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