



LOON ORGANICS

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What's in the box 10/10:

Brussels Sprouts on the stem: store in a plastic bag in fridge if not using right away. Or snap sprouts off and store in plastic.

Romanesco: a little bit sweeter with the recent colder temps. Cook up however you'd make cauliflower—roast, steam, sauté.

Salad Mix: For a last salad.

Cauliflower: Great cauliflower curry recipe on page 2.

Cherry Tomatoes & Slicing Tomatoes: the last pick from the hoop house before this weekend's freeze. Some of the slicers may need to ripen up before eating.

Yellow Onions & Garlic

Butternut Squash: try the quesadilla recipe on page 2.

Acorn Squash: perfect for stuffing. Or bake and use in pies or soups.

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

Buttercup or Orange Kabocha

Squash: blue-rind is buttercup and orange squash is kabocha. They both are very sweet with dry, flaky flesh. Cut in half and bake until tender.

Carrots: Try a simple carrot ginger soup.

Green Kale: Steam, sauté, add to soup or make kale chips with them. Recipes on our website

Sweet Peppers: Great addition to a lasagna or chili.

Curly Parsley

CSA: Week Eighteen

It's hard to believe that we've been harvesting and packing CSA boxes for you for the past four months now, and that we've come to our last box. Where did the time go?? It feels like just yesterday we were pulling watermelons and hundreds of pounds of tomatoes out of the field in 90° heat. From the looks of the farm though, we are near the end of the growing season. Especially after a very cold 22° night on Saturday, only the hardiest of the root crops, the kales, and the Brussels Sprouts remain in good shape. As can happen in mid-October with a cold snap, we lost some of our later "gamble" plantings of cauliflower and broccoli. All in all, it's a good time to be wrapping up our regular season.

We'd like to thank you again for being a vital part of our farm this season! Adam, our crew, and I pack 150 CSA boxes each week and we have over 200 families that receive ½ and full shares from us through the season. We feel very blessed and thankful for all 200+ of you that choose to buy **local AND organic** produce from us. Many of you have thanked us for our hard work on the farm. In turn, we would like to thank you for allowing us to do work that we love by buying and eating our produce. It's a great partnership for farmer and eater alike! In many respects, this was a very productive year on the farm. The drought came late in the season, we had ample irrigation at our fingertips, and the hot weather was great for summer crops. It was far and away the best yields of tomatoes we've had, and good for many other favorite crops as well, such as broccoli, melons, winter squash, and sweet peppers. Others like celery root, garlic, and potatoes, to a certain extent, were challenging and we'll spend time this winter refining our plans for these and all crops next year.

Speaking of winter, we don't get to relax by the fire quite yet. There are 3 more Minneapolis farmers markets to attend (brrr!), the fall share to prepare, and tons of farm clean up to do. We've also got about 200 pounds of garlic to plant and mulch with straw, along with the strawberries. Our excellent 2012 farm crew, "the three musketeers" as I call them, will work through this week and then Andrew is off to work on an organic farm near Tucson, Arizona for the winter. Our female farmhands will stick around another week or two, and then also have travel on their agendas this winter. Our work shares (Valerie, Ellen, Rebecca) and part-timers (Kim, Matthew, Katie H) also have been awesome workers and delightful people. We wish them all well!

A couple housekeeping items:

- 1) We will send out a member survey by e-mail in the next week or two, and we'd love to hear your experiences this year.
- 2) If you enjoyed being a Loon CSA member and would like to re-join next year, you get the first opportunity to join before we start taking on new members later this fall. We will send out an e-mail in late October asking if you would like to reserve a 2013 spot with next year's cost and details. No payment is needed until 2013 and we will e-mail out registration forms in January 2013.

Have a nourishing, healthful winter and holiday season! Thanks again for your support. Your farmers, LAE + crew

Produce Storage: Tomatoes, winter squash, onions and garlic 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 carrots will last for months in a plastic bag in crisper drawer. Squash and onions will also store for several months in a cool cupboard. Delicata squash is most perishable of the squashes—eat first.

Preserving Notes: Cauliflower, carrots, 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.

More Recipes on our Website:

[Squash \(Pumpkin\) Pie](#)

[Shepherd's Pie](#)

[Emerald Sesame Kale](#)

[Baked Kale Chips](#)

[Potato Kale Chips](#)

[Cheesy Corn and Kale Bake](#)

[Colcannon](#)

Other recipes to check out on-line:

[Potato Kale Enchiladas](#)

(epicureanvegan.com)

Blueberry Kale Smoothie ([week 2 newsletter](#))

Fettuccine with Sausage and Kale ([week 2 newsletter](#))

[Dijon Braised Brussels Sprouts](#)

(smittenkitchen.com)

[Golden Crusted Brussels Sprouts](#)

(101cookbooks.com)

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

-Bacon Baked Brussels Sprouts

-Roasted Fall Vegetables

-Curried Cauliflower Cream Soup

-Sautéed Brussels Sprouts

Recipe Corner

This was a great meal for a cold night. Delicious and so healthy!

East Indian Curry with Red Lentils

½ cup red lentils	1 Tbsp. olive oil or vegetable oil
1 large onion, cut into lg pieces	1 cup sweet red/orange/yellow or green pepper
1 ½ cups diced fresh tomato	4 cups diced winter squash or carrots
3 cups vegetable stock	1 ½ teaspoons salt
1 (14-oz) can light coconut milk	2-3 Tbsp red curry paste (we use Thai Kitchen)
2 ½ cups chopped spinach or kale	3 cups cauliflower or romanesco florets
2 cups basmati or brown rice	Fresh cilantro (optional)

Sort and rinse lentils with water. Put lentils and 3 cups water in a small saucepan. Bring water to a boil; then turn down the heat and simmer, uncovered, until the lentils are soft, about 15 minutes. Heat oil in a large soup pot. Sauté onion over medium heat until soft. Add the peppers, squash, tomatoes, stock and salt and stir. Simmer until the squash is tender, approximately 10-12 minutes (depending on size of squash chunks). Place a few Tbsp. of coconut milk in a small bowl and stir in red curry paste. Add this mixture to the stew. Add the rest of the coconut milk along with the cauliflower and kale or spinach. Bring the stew to a low boil; then turn down the heat, stir in lentils, and simmer for 5 minutes. Meanwhile, cook the basmati rice. Combine rice and 3 cups of water in a saucepan with 1 teaspoon of salt. Bring water to a boil; then simmer the rice, covered, over low heat until tender (12 minutes for basmati, 40-45 minutes for brown rice). Serve stew with rice, garnish with cilantro. Serves 6-8. Adapted from the *Spoonriver Cookbook*.

In this quesadilla recipe, you can substitute smoked paprika and chili powder for the chipotle powder and it is not as spicy either. Serve the quesadillas with salsa or with a chili or potato kale soup for a complete meal. From the *Spoonriver Cookbook*.

Winter Squash-Chipotle Quesadillas

1 butternut squash or 2 cups frozen squash or canned pumpkin	
1 cup chopped leeks or onions	1 Tbsp. vegetable oil or olive oil
1 teaspoon chopped garlic	Salt & Pepper
2 cups grated white cheddar cheese	1 teaspoon ground chipotle powder
12 (8-inch) flour tortillas	

If using fresh squash, cut it in half, scoop out the seeds, and bake it on a cookie sheet at 350° until soft, approximately 45 minutes for a large squash. Scoop out the flesh and mash it well. Measure out 2 cups of mashed squash, and freeze or reserve the rest for another use. Sauté the leeks or onions in the oil for 3-4 minutes. Add the garlic and cook another minute. Add salt and pepper to taste. Add the onion mixture to the squash and let it cool. In another bowl, combine the grated cheese and chipotle powder. Preheat the oven to 400°. Place 3 tortillas each on 2 lightly oiled cookie sheets. Divide the filling evenly among the 6 tortillas, spreading it to the edge. Distribute the cheese over the squash filling, and place the remaining tortillas on top. Lightly brush the top tortilla with oil. Bake for approximately 8 minutes, or until golden brown. Slice the quesadillas into quarters to serve. You can also cook these over medium heat in a frying pan brushed with oil.

Cutting Brussels sprouts in half and blanching them (quickly cooking in salted boiling water) helps to prevent mushy sprouts and cuts the bitterness that some find unappealing. This is a quick favorite from *Asparagus to Zucchini cookbook*.

Brussels Sprouts with Egg Crumbles

1 pound Brussels sprouts, trimmed (1-2 stalks of sprouts, depending on size)	
2 Tbsp butter, divided	1-2 hard-cooked eggs, chopped
3 Tbsp dried bread crumbs	salt and pepper to taste

Halve the sprouts lengthwise and blanch in salted, boiling water until barely tender, 4-6 minutes. Drain, immerse in ice water to cool, and drain again. Heat 1 Tbsp. butter in skillet over medium flame/heat. Stir in bread crumbs; cook, stirring, about 1 min. Stir in chopped egg and transfer to a small bowl. Wipe out pan, add remaining butter, and melt over medium-high flame. Add Brussels sprouts and toss until hot. Season with salt and pepper. Place in shallow serving dish; sprinkle with topping.

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