



LOON ORGANICS

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BOX #1:

Butternut Squash: these are the longest keepers. They'll stay good for up to 3-4 months.

Acorn Squash: stuff with wild rice and cranberries.

Delicata Squash: good to bake and eat as is or for stuffing.

Buttercup or Orange Kabocha Squash: blue-rind is buttercup and orange squash is kabocha. They both are very sweet with dry, flaky flesh.

Pie Pumpkin: bake like a squash and use flesh in breads, muffins, pies, cheesecakes for a true pumpkin flavor.

BOX #2:

Cabbage: try colcannon recipe on our website. Delish!

Golden Potatoes: these are great all-around potatoes.

Brussels Sprouts: we took these off the stem for you. They will store in a plastic bag for weeks in your fridge.

Celery Root: recipe on page 2.

Onions & Garlic

Romanesco: big, beautiful heads!

Carrots: very sweet fall carrots.

Parsnips: limited harvest just for the Fall Share. Info and recipe ideas on page 2.

Beets: red and some bags have candy-striped and gold beets too.

Kale: green kale. Add to minestrone or potato kale soup.

Dried Sage and Oregano

Bunch: We dried these in our greenhouse, but they are still drying. Hang upside down in your kitchen to continue drying.

2012 Fall CSA Share

Welcome back! We've been taking advantage of the last two weeks since our CSA finished to get everything ready for this last big box of the season. It's always a mystery of what fresh veggies might still be around the end of October... This year we have been lucky to have some warm-ish stretches of weather here and there that has kept some of our Brassica crops alive and kicking, despite some cold nights! It is amazing to see plants go through a 19° killing frost and slowly rejuvenate over a week of warmer, above freezing temps. The power of plants! Mostly the cauliflower, romanesco, cabbage, and kale are the only plants left out in the field, but they're still growing and we were happy to harvest some of them for your Fall Boxes.

Our farm crew finished out their season here last week, and we bid them all farewell. It takes a few weeks to get used to the new quiet on the farm as Adam and I finish up the fall box and last tasks of the year by ourselves. We accomplished a lot of work the last few weeks with our crew: garlic was planted and mulched, hoop house tomatoes were cleaned out and compost put down for next year, all of the thousands of pounds of squash got washed and boxed up in the greenhouse, every root crop got dug and washed, and some major farm clean up happened as well.

And for the 2nd time now, digging parsnips out of the ground was voted to be the least favorite task on the farm by our employees. It's no surprise really... Those roots are long, often reaching over a foot down into the soil, and the dry drought conditions makes it especially hard to get those pitchforks down deep into the dirt. Even with a pre-harvest irrigation, the process still took several frustrating afternoons. All of this is to say two things: you might find a little damage on some of your parsnips from the digging fork—it's nearly impossible not to pierce the roots occasionally as you are prying them out of the ground. Secondly, we keep the harvest purposefully small so as not to drive our crew (and us) too loony. Despite the challenge to get the parsnips out of the ground, they are such a tasty root and worth the hassle I think. Enjoy these extra-special parsnips; there is a recipe on page 2 to help you out! ☺

Luckily, our crew had many favorite farm tasks that far outweighed the parsnip predicament. Caroline loved watermelon harvesting (lots of sampling involved in that job!), Hannah was the queen of the culinary herb bunches, and Andrew loved using the electric sawzall to cut down and harvest the Brussels sprout stems. Who doesn't love to use power tools in the vegetable patch?

At any rate, we are left to entertain ourselves now, or rather to let Eli entertain us as he starts to take those first upright steps. We are already ordering greenhouse soil and supplies for next Spring, and I'll start in on our seed order soon. There are numerous organic farming conferences in the Midwest where we will teach sessions on electric tractors, farm budgeting, and machinery. In just four months, we will start our official season again with the first seedlings in the green house. Add in the holidays to that, and the winter flies by! Hope you all have a wonderful Holiday season, and Thank You for eating our vegetables!! We look forward to seeing many of you again in 2013! Take care, Laura, Adam and Eli

Produce Storage: Take the onions out of their plastic bag for long term storage. Winter squash, onions, potatoes, dried herbs, and garlic should NOT be refrigerated. All other produce should be stored in the fridge in plastic bags, if it isn't packed in one already, to keep in moisture. Bulk roots (carrots, parsnips, beets, celery root) will last for months in a plastic bag in your refrigerator crisper drawer. Squash, potatoes, onions and garlic will also store for several months in a cool cupboard or in a cool basement. Do not expose potatoes to light or their skin will turn green, and green potatoes are not recommended to eat and consume. Delicata squash is most perishable of the squashes—eat first. Hang the dried herbs in your kitchen to continue the drying process. Once completely dry, put the herbs in a glass quart jar or crumble dried leaves and put in smaller spice jars.

A few more favorite recipes:

1. [Golden Crusted Brussels Sprouts](#)
(101cookbooks.com)
2. [Pumpkin Cookies with Brown Butter Icing](#)
(marthastewart.com)
3. [Creamy Carrot Soup with Curried Beet Crème Fraiche](#)
(from Week 4, 2006 Loon newsletter)
4. [Brown Butter Carrot Cake with Cream Cheese Frosting](#)
(davidlebovitz.com)
5. [Roasted Pumpkin/Squash](#)
(davidlebovitz.com)
6. [Grilled Sausages with Celery Root Salad with Hazelnuts and Arugula](#)
(splendidtable.org)

Check our website and previous newsletters for more of our favorite Recipes.

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Recipe Corner

These are the best roasted potatoes I have ever eaten. The secret is that you first cook the potatoes in salted boiling water before roasting, so that you get a crisp outside, a chewy, moist inside, and a perfectly seasoned potato. The result is genius, and you'll find an excuse to make these often! They'd be dynamite with Thanksgiving dinner.

Zuni Café Roasted Potatoes

1 ½ pounds yellow potatoes (Yukons are great)
A leafy sprig of rosemary, thyme or other favorite herb
Salt about ¼ cup of olive oil

Preheat the oven to 400°. Peel (optional in my book) and cut the potatoes into rough 1-inch chunks. Put them in a large saucepan and cover with cold water. Season the water liberally with salt. When you taste the water, it should be well seasoned. Bring to a simmer over high heat and cook about 10 minutes, until the potatoes are fork tender. Drain and return to the pot. Strip the leaves from the rosemary (or whatever herb you choose) and crush lightly. Add them to the warm potatoes and drizzle with olive oil. Stir to coat. Some of the potato chunks will break apart and some of the smaller pieces will become mashed—this is ok. Pour the potatoes onto a baking sheet (line with parchment paper, if you have it) and spread into an even layer. Bake 30-35 minutes, until crispy and brown. Toss or flip the potatoes a few times while cooking so that they brown evenly. To preserve the potatoes crunchiness, leave on the baking pan and serve from there. To keep them warm, if you are not ready to eat them right away, keep the potatoes in the oven at 275°.

This is an easy staple recipe in our household and it pleases young and old. We often use butternut squash in this recipe, but any cooked squash or pumpkin will do.

Pasta with Winter Squash and Sage

2 Tablespoons olive oil 1 large onions or 2 small, finely chopped
1-2 garlic cloves, minced ½ teaspoon salt
2 Tablespoons dried sage 3-4 cups cooked, mashed pumpkin or squash
¾ pound cooked penne or fusilli pasta
1/3 cup grated Parmesan cheese

Heat olive oil in large skillet over medium heat; add onion and cook, stirring often, until soft and translucent—about 3-5 minutes. Add garlic and sage and cook another minute until fragrant. Add squash and stir everything together. Add a little water or more olive oil, if dry and sticking to pan. Cook until heated through—about 5 minutes. Toss with your warm, just-cooked pasta and add in the parmesan. Season with salt and pepper to taste and serve!

These mashed potatoes with a twist are a great way to get picky eaters to try new root vegetables. The parsnips give this sweetness and celeriac gives it depth. You could even sub this for the potatoes in the Colcannon recipe on our website to use up your cabbage and kale too!

Celeriac, Parsnip, and Potato Mash

4 ½ cups of a mix of celery root and parsnip, peeled and diced into 1-inch pieces
4 ½ cups potatoes, peeled and cut into ¾-inch pieces
Salt 4 Tbsp butter (1/2 stick), at room temperature
¼ cup heavy whipping cream or whole milk
Freshly ground pepper Sweet paprika, for garnish (optional)

Place celeriac, parsnips, and potatoes in a large pot. Add 1 tsp. salt and enough water to cover them by 1 inch. Bring to a boil, covered, over high heat. Then reduce the heat to med-low and simmer until vegetables are fork tender, 15-20 minutes. Drain the celeriac and potatoes, reserving about 1 cup of the cooking liquid. Return the vegetables to the pot and place it over medium heat for 1 to 2 minutes to dry them a bit. Remove the pot from the heat and add the butter. Mash with a potato masher, adding the cream/milk and as much of the reserved cooking liquid as needed to obtain the desired consistency. Season with salt and pepper to taste. If necessary, reheat the mash over low heat. Serve hot, sprinkled with the paprika, if desired. Adapted from *The Earthbound Cook* by Myra Goodman.