



LOON ORGANICS

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What's in the box 6/22:

Baby Spinach: Tender and sweet for fresh eating or can be lightly cooked/sautéed.

Dry Organic Black Beans:

These are organic black beans grown on a farm just north of us. Cooking instructions on page 2.

Salad Mix: Assorted baby lettuces. Mix with your spinach and arugula for a great salad!

Scallions (Green Onions):

Chop the white and lite green parts to add to salads, burritos, enchiladas or any savory dish.

Kale: First harvest is always the best of the year! A great addition to the lasagna recipe on page 2.

Hakurei White Salad Turnips:

These are sweet, tender salad turnips and very similar to a radish. Slice thinly and eat raw like radishes or lightly cook in stir-fry. Roots do not need to be peeled. Tops are edible and very tender in salads or lightly sautéed.

Cherriette Radishes: Crunchy and juicy. Perfect for a salad.

Baby Bok Choi: One of the most nutritious vegetables. Eat both the leaves and stalks. Chop into small pieces and add to fried rice. Or sauté with onions, garlic, and olive oil until bright green and tender.

Fresh Oregano: Recipes and drying instructions on page 2.

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

CSA: Week One (*Half Share Green Week*)

Welcome to the first week of the 2013 CSA season!! We are happy to be harvesting for your boxes with sunny, warm weather to boot. Just as the summer solstice is upon us, it looks as if we may finally have more normal summer temperatures and sun, we hope! It has certainly been a Spring to test everyone's patience. Many areas of the state have been extremely wet in the past two months, and we were lucky to be spared the dreadful May blizzard and following monsoon rainstorms that drenched southern MN. Still, crop growth has been caterpillar slow the past two months. For example, the salad mix and spinach in your box were seeded in the field on April 29th. Normally those crops would be ready in 30 days, and instead it took them 50 days to mature. There is a saying in farming about crop growth that goes like this: "A day in Spring is like a week in Fall." Meaning that crops normally grow fast and furious with ample moisture, long days, and heat of Spring while the fall crops dawdle in cooler temps. and less daylight. What all of us farmers, gardeners, and eaters should hope for is a Spring-like fall this year that goes long and extends our favorite crops well into the end of September.

For now though, fall on the farm seems very far away and we are focused on this glorious stretch of weather ahead. The plants are already shooting up with good soil moisture, well-established roots, heat, and sun. **Next week's box:** we should have beautiful red romaine and butter lettuces, kale or chard, kohlrabi, and more Hakurei turnips, salad mix, spinach, bok choy?, scallions. The first strawberries should also be ripe in a week. Peas are probably 2 weeks out. For the first year that I can remember, we will have strawberries and peas into July and maybe even green beans overlapping with the peas and strawberries. Good stuff to come!!

Strawberry Pick & Tour, rescheduled to June 29th from 10 a.m. – 1 p.m.:

There will be a bit of strawberry picking, a walking tour of the farm, organic lemonade, and general merriment! We hope to have enough strawberries for every family to pick at least a quart, depending on availability. Hope you can join us to see the farm at a beautiful time of year. All ages welcome, but no pets please. We'll e-mail out directions to the farm next week. If you plan to come, please RSVP by e-mail or phone if possible.

A few housekeeping notes: We do wash all the produce that is in your box throughout the season (with the exception of strawberries and tomatoes—these should be washed right before eating). **BUT we do recommend that you wash everything again** before you eat it. We are very much an organic farm and although we try to leave the soil and the bugs on the farm, they occasionally slip past our watchful eye and into a leaf of lettuce so keep an eye out for the spare ladybug or caterpillar. **We also recommend taking just a couple minutes when you return home with your CSA box to take everything out of the box and transfer into plastic bags or your preferred storage container for refrigeration. That moment is also a good time to do some quick prepping—washing and drying lettuce so that it is ready to eat and grab for a quick salad or sandwich, for example. Not only will your produce last days and even weeks longer if it is stored properly, you are also more likely to use it if it is already washed and ready to go. We include storage directions each week on Page 2 of your newsletter along with a few favorite recipes.**

Produce Storage: All 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. The black beans can be stored at room temperature in a cupboard or on the counter. Everything should last over a week if stored properly.

Fresh Oregano: Our oregano is growing like a weed! It is at its peak of tenderness and flavor right now. Fresh oregano will last in the fridge in a plastic bag for several weeks. If substituting fresh oregano for dried oregano, use twice as much. You can easily dry your oregano for use all summer and winter. Hang bunch upside down in your kitchen, out of the sunlight until leaves are dry and crispy. It may take a few weeks. Once fully dry, you can put the whole bunch in a glass mason jar and store it in your spice cabinet. When you need it, just pull off a few dried leaves and crush them. It is ten times better than the dried oregano you buy at the grocery store.

Bok Choi: Check the [2012 Week 3](#) CSA newsletter on our website for our favorite Baby Bok Choi Fried Rice recipe.

Hakurei Turnips: I like these best sliced thinly on salads, but they are great in a stir-fry, sautéed with bacon and onions, or a chef friend recommends slicing in thick rounds and grilling them. They are also good quartered and roasted for 15 minutes at 400 degrees.

Other Recipe Resources

CSA/vegetable focused cookbooks that we like:

- From *Asparagus to Zucchini*
- Farmer John's CSA Cookbook*
- Minnesota's Bounty: The Farmers Market Cookbook*
- Vegetable Literacy*
- Vegetarian Cooking for Everyone*

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Recipe Corner

We have several components in your box for the classic Greek dish spanakopita, but instead of using filo dough, try this easy-to-assemble lasagna that freezes nicely and uses oregano and greens from your box. Besides spinach, your turnip tops and kale would be very a nice addition for the greens. The recipe is from [Beth Dooley's](#) excellent new cookbook, "Minnesota's Bounty: The Farmers Market Cookbook" which is a wonderful companion for the CSA cook as well.

Green Lasagna with Feta and Walnuts

8 ounces lasagna	2 Tbsp. olive oil
3 cloves garlic, minced	1 cup crumbled feta
2 pounds cooking greens (combo of spinach, turnip green tops, or kale), stemmed and finely chopped	
1 cup ricotta	2 teaspoons chopped oregano
2 Tbsp. chopped parsley	Grated nutmeg
Salt and freshly ground pepper	1 cup walnuts, toasted and chopped
6 ounces grated mozzarella	1 cup milk

Preheat oven to 350 degrees. Generously butter an 8x10 or 9x13-inch pan and a sheet of aluminum foil large enough to cover the pan. Bring a large pot of salted water to a boil. Cook the noodles until they are tender but not too soft. Lay cooked pasta on a platter or countertop, and cover it with plastic wrap or parchment paper so it doesn't stick. Heat the oil in a wide skillet, add the garlic and spinach or other mixed greens, and sauté until greens are wilted. In a large bowl, stir together the spinach mixture, feta, ricotta, oregano, parsley, and nutmeg. Season with salt and pepper. Place a layer of cooked pasta in the baking dish, followed by some of the ricotta filling, a sprinkling of nuts, and shredded mozzarella. Continue layering until you've used up the filling, and finish with the mozzarella. Pour the milk over the lasagna. Cover the pan loosely with the buttered aluminum foil, and bake until the lasagna is heated through and bubbly, about 30 minutes. Remove the foil and continue baking until the cheese is toasty and bubbly, another 10 minutes or so. Let the lasagna sit for a few minutes before cutting it into squares to serve.

Greek-Style Grill Sauce for Lamb, Chicken, Fish, or Vegetables

¼ cup extra-virgin olive oil	juice of 1 lemon
2-3 Tablespoons chopped fresh oregano	½ tsp. freshly ground black pepper
2 teaspoons minced garlic	

Combine all ingredients. Use this sauce to drizzle of grilled lamb chops, chicken breasts, fish steaks, or "grillable" vegetables like eggplant or zucchini. Apply the sauce right after the food comes off the grill. Serve immediately. Makes enough for 4 servings. From *Asparagus to Zucchini*.

Soaking and cooking your black beans: Add water to cover your beans by several inches in a pot. Leave to soak overnight (this is the best method to help them cook evenly and quickly the following day) or at least 8 hours. Drain and discard the soaking liquid. For every 1 cup of dried beans (there are about 2.5-3 cups of dried beans in the bag we gave you), add 3 cups water and cook 1 ½ to 1 ¾ hours, or until the beans are tender. Do not add any seasonings or salt until the last 10 minutes before cooking is finished. We love to use our beans in black bean dip, black bean soup, and as a filling for burritos and enchiladas. Recipe below is from our friends at York Farm in Hutchinson.

Black Bean, Corn, and Quinoa Salad

¾ c quinoa	½ tsp salt
1-2/3 c frozen corn	¾ c Med. Thick and Chunky Salsa
1-1/2 c cooked black beans. *See above for cooking directions	
2 Tbsp. lime juice	2 Tbsp. cilantro

Combine quinoa with 1.5 cups of water (or substitute chicken stock). Heat to boiling, stir in salt. Reduce heat, cover, and simmer for 15-20 minutes. In a large bowl add black beans, thawed corn (you could heat it up a bit if you'd like), salsa, cooked quinoa, lime juice, and cilantro. Chill and serve (or eat it warm). Serves 6.

Enjoy your veggies and have a great week! Your farmers, Laura, Adam, and Eli