



LOON ORGANICS

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What's in the box 6/26:

Baby Spinach: Eat this week.

Last of the spring spinach.

Strawberries: Eat these soon!
Shelf life is decreased with all the rain we've received.

Purple Kohlrabi: Recipe pg 2
Red Romaine or Butter and Green Romaine Head

Lettuce: Mix both colors together for a beautiful salad.
Hefty leaves go great with a creamy salad dressing.

Scallions (Green Onions):
Awesome salad topper.

Green Kale: First harvest is always the best of the year!
Recipes on page 2.

Hakurei White Salad Turnips:
These are sweet, tender salad turnips and very similar to a radish. Eat them raw in salads or lightly cooked. The greens on these are beautiful this week—add to salads or cook up.

Cherriette Radishes: Big but tender and mild from the rain.
Last radishes for a bit.

Baby Bok Choi: One of the most nutritious vegetables. Eat both the leaves and stalks. Chop into small pieces and add to fried rice. Fried rice recipe in last week's newsletter.

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.

Cilantro: Perfect for a bean salsa or cilantro pesto.

CSA: Week Two (*Half Share Blue Week*)

Soggy greetings! Puddles and rivers on the farm are slowly diminishing after 4 inches of rain just over the last weekend. We do count our blessing that we had no major hail, tornadoes, power outages (unlike many of our West Metro and Minneapolis CSA members), or trees down. The crops are looking worse for the wear though after all the pummeling rain. We lost a couple beds of salad mix that we were planning to harvest for the box today (leaves were shredded), and the spinach was looking pretty torn up. We did our best to sort through the spinach leaves while bagging it up, but there are still some torn leaves so eat the spinach up this week as the shelf life won't be as long as normal. The strawberries too get very soft from all this rain, so eat those up within a day or two. Shouldn't be too hard! There were finally enough ripe strawberries to harvest for today's box. By next week, all the plants will be producing and we hope to have berries for 2 more weeks. We feel lucky to have missed out on the rain yesterday and today so that everyone can dry out and clean up. Hope you all in the West Metro are back with power now...

Despite the rain storms, we still have lots of bright spots on the farm this season. Our day-to-day work is buoyed by the efforts of our fantastic crew this year. We have always had wonderful employees, and this year is no exception. Our crew of three full-time employees, Hannah, Lauren, and Andrew, are working with us through October. Hannah and Andrew are back with us for their 2nd year, and it's been amazing to have 2/3 of our crew already fully trained from the get-go. Lauren is our 3rd employee, and worked on a CSA farm last season, so she's a pro too. Just for the month of June, we have Lauren's brother, Eric, also join us on a part-time basis after he graduated from college. We will sadly bid him adieu at the end of this week, but wish him well as he moves on to a job in geology, his studied field. Also a shout out to our Tuesday morning work share crew that helps us painstakingly hand-weed all of our direct-seeded crops, like carrots, salad mix, beets, and herbs. Muchas gracias everyone!

The farm is really beautiful this time of year, when most fields are fully planted and just starting to take off. We were finally able to get in cover crops on fields we are not using this year. We have oats, peas, and a clover mix in some fields, and buckwheat in others. Both clover and buckwheat are great for the soil, and the blossoms provide a wonderful food source for our honeybees. The cucumbers and zucchini are just starting to blossom and I expect to see lots of bees visiting those flowers and enhancing pollination for us as well. We hope to be harvesting cucumbers and zucchini by the first or second week of July.

Next week's box: head lettuce, Swiss chard, strawberries, sugar snap peas, kohlrabi, garlic scapes, baby bok choy, cilantro or dill, and more...

Hope some of you can visit the farm for **yourself at our Strawberry Pick this Saturday, June 29th from 10 a.m. - 1 p.m.** We will send out an e-mail reminder about the event this week with directions to the farm. We would love to see you here!!

Have a great week! Your farmers, Laura, Adam, and Eli

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. Eat strawberries and spinach first. Everything should last over a week if stored properly.



Kohlrabi: Closely related to broccoli and cabbage, the root tastes like a sweet broccoli stem and is very crunchy and sweet. The skin is pretty, but we always peel it off as it is tough. We usually eat the root raw in a slaw or salad, but it is also good lightly cooked with butter, lemon and chives. The leaves are edible and the flavor is similar to kale. Cook the leaves just like kale or collards.

Preserving Tips: Greens such as kale, spinach, turnip greens, and kohlrabi greens can be easily frozen for later use. Wash and de-stem greens, chop, and blanch in boiling water for 2 minutes. Cool greens, put in freezer bags, seal, and label.

Other Recipe Ideas:

[Fettuccine with Sausage and Kale](#) in our [2012 Week 2](#) newsletter on our website

[Cream of Roasted Turnip Soup with Baby Bok Choy and Five Spices](#) (at www.cookstr.com)

[Kohlrabi Pickles](#) (on our website's recipe page)

[Asian Turkey Burgers](#)—with lots of cilantro and scallions. Yum! (on our website's recipe page)

[Roast your CSA veggies for maximum flexibility](#), says the Splendid Table. Interesting article!

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Recipe Corner

Kale: A true super food! Chock full of vitamin A, C, K, iron, and calcium, it is that leafy green that nearly all of us should be eating more of. If you are already a kale lover, then you know that it is versatile both raw and cooked. If using raw, we usually add to smoothies or finely dice and marinate lightly in sea salt or an acidic vinaigrette to help break down kale's sometimes fibrous leaves. If cooking, it's best not to boil, instead steaming or sautéing with a little bit of broth or water to help soften the leaves. There is a tropical kale smoothie recipe below, and a bunch of other kale recipes on our website's recipe page.

Kale Smoothie with Pineapple and Banana

- 1/2 c. coconut milk or rice milk
- 2 c. stemmed and chopped kale or spinach
- 1 1/2 c. chopped pineapple (about 1/4 medium pineapple)
- 1 ripe banana, chopped

Combine the coconut milk, 1/2 cup water, the kale, pineapple, and banana in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency. Adapted from realsimple.com

This slaw recipe makes more dressing than you need, so use the leftover as a dip for your baby bok choy stalks, turnip/radish slices, or as dressing for your lettuce, grilled chicken or fish.. Adapted from *Vegetable Literacy*.

Kohlrabi Slaw with Creamy Herb and Avocado Dressing

- 1 large kohlrabi (purple or green) 1/2 avocado
- 5 Tablespoons olive oil 2 Tablespoons apple cider vinegar
- 1/3 cup plain yogurt or sour cream Sea Salt
- 2 Tablespoons chopped cilantro (or more to taste)
- 2 green onions (scallions), finely chopped Freshly ground pepper

Remove kohlrabi leaves and reserve for another use (smoothies, stir frys, or sautés). Slice/Peel the kohlrabi skins off with a paring knife or vegetable peeler. Cut the kohlrabis into small matchsticks or julienne. A quick and effective way to do this is to slice them thinly on a mandolin (or with a sharp knife), then stack the slices and cut them into matchsticks. To make the dressing, peel and slice the avocado. Combine it with the oil, vinegar, sour cream/yogurt, and 1/2 teaspoon salt in a food processor or immersion blender and puree until smooth. Stir in the cilantro and scallions, then taste for salt and season with pepper. Toss the kohlrabi matchsticks with just enough of the dressing to coat well and then garnish with the chives. *Variation:* Toss the kohlrabi with sliced baby bok choy, cucumber, and/or jicama.

Aloo refers to potatoes and Saag is traditionally a greens-based dish.

Aloo Saag

- 2 cups cooked rice (fresh or leftover) 1 large onion, diced
- 1/2 pound potatoes, cubed 4 cloves garlic, minced
- 1-2 bunches kale (or spinach, chard, mustards and collards)
- 12 oz. tomato sauce or 6oz. paste 4oz. peeled/grated ginger root
- 1 t. each cumin, coriander, turmeric, cardamom, mustard seed and red chili powder (or a favorite curry mix) Dash cinnamon
- Water or stock

In a large pot add onion, potato, garlic and fresh ginger root. Sprinkle with a dash of salt and cook on medium until onions are softened and slightly browned. Add 12 oz. tomato sauce or 6 oz. tomato paste and 3 cups water/stock to start. Bring mixture to a low boil until potatoes are soft. The simmer should be really soupy because you need enough moisture to cook LOTS of greens. During simmer time, chop your greens small. For kale and collards remove the midrib to avoid a chewy, woody bite. If your dish starts to look dry, just add water or stock. Begin by adding the chopped greens to the simmer. Add your spices. Indian dishes are typically simmered for a long time to bring out flavors, but do what you have time for--this can be a quick dish too. Serve aloo saag over cooked rice or grain of your choice. Tasty toppings include plain greek yogurt, spicy sauce or a minty chutnev. Recipe from our friends Aimee and Andv.