



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 7/17:

Dinosaur Lacinato Kale:

Called Dino or Lacinato Kale, this has flat leaves that are easy for washing and handling. Best kale for chips! Recipe on website.

Summercrisp Head Lettuce:

Last week of head lettuce. This variety is a cross between iceberg and leaf lettuce, and stays sweet and crunchy despite July heat.

Greentop Beets:

Eat both the greens and roots. We usually quarter and steam or roast the beets, and sauté or steam the greens. More info. on page 2.

Carrots:

First pick of the year! Fresh, spring carrots are a real sweet treat. No need to peel.

Scallions (Green Onions):

Perfect for a tabbouleh salad.

Recipe on page 2.

Zucchini and Yellow Summer Squash:

Mix of zucchinis, yellow summer squash and scalloped patty pan squashes. All are used the same—slice and leave skin on for grilling, sautés, and baked goods.

Cherry Tomatoes:

Sungold orange cherry tomatoes and some red cherry tomatoes make for a sweet summer treat!

Broccoli:

Florets and stem are delicious raw or lightly cooked.

Peel stem before using.

Cucumbers:

Recipe ideas on page 2.

Green Beans:

First harvest.

Italian Parsley:

Use in tabbouleh recipe on page 2.

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

We are gearing up for a busy week. We started Monday morning harvesting for our Chanhassen and Long Lake CSA boxes, and also welcomed our organic inspector for our annual farm inspection. From our first year in business as Loon Organics in 2005, Adam and I have always been a certified organic farm operation (how is that nine years ago already?). We have always felt like choosing to become certified organic is something that helps us ensure to all our customers that there is integrity to our product and to the USDA certified organic label. By this point, we are pretty familiar with the organic standards for produce operations now, and feel like the standards are stringent and meaningful. The organic inspector comes to our farm each year on our certifier MOSA's behalf to verify and audit our production process. On our end, we must keep good records of production from seed to sale, make sure we are up to date and follow organic standards, and get approval from MOSA of any products we wish to use on the farm to ensure that they are organically approved (no roundup allowed here). As most people know it, organic standards dictate that we cannot use any chemical fertilizers, pesticides, fungicides, herbicides, or genetically engineered (GE or GMO) seeds/products. But the standards go way beyond that to include proper handling of compost and manure to ensure food safety, annual water and soil testing, and an overall emphasis on soil health and soil building. It's all good stuff.

More good stuff on the produce end of things as we finally have a variety of different summer veggies like beans, carrots, beets, zucchini and cucumbers coming in strong. Our crops look good for the most part, and are catching up after the cold, wet Spring. The onions look awesome this year, and the first sweet onions will be in your box next week and continuing on for most of the rest of the season. Also, we picked the first cherry tomatoes today and will likely have bigger tomatoes next week!! The watermelons and cantaloupe plants are also growing vigorously, and have little melons getting bigger by the day. The melons won't be ready for probably another month or so, but it's still great to see them take off finally. We received about 1.5 inches of rain in the past week, and appreciate that moisture going into a hot week. Without fail, it seems that every year about a month after the summer equinox, we hit our peak of summer heat with temps in the 90's at least for a few days. Luckily, it looks like the heat will dissipate just in time for the next farm tour:

Baby Potato Dig on Saturday, July 20th from 1- 3 p.m. We'll be doing the first dig of the baby potatoes—come and help bring in the harvest! It's great fun to look for all the little potatoes in the soil, and we will send you home with a bag of freshly dug spuds. We'll also have lemonade, and u-pick flowers and herbs from our u-pick gardens. Friends and family welcome. RSVP by e-mail if you would like to come. We'll be ending the tour promptly at 3 p.m. so we can head to Hutchinson's excellent music festival, [RiverSong](#), and hear the Grammy-Award winning [Okee Dokee Brothers](#) play. Hope to see you here or there!

Next week's box: new potatoes, cucumbers, beets, carrots, savoy cabbage, cherry tomatoes, zucchini/squash, green beans, sweet onions, broccoli?, fresh herb bunch, and more...

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

Produce Storage: All other produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already.

Beets and Beet Greens: Beets seem to be a love 'em or hate 'em vegetable. Some (like us) can't wait for the sweet and earthy roots every summer, while others think they taste like dirt. Are some people just genetically pre-determined to dislike beets? Beets me. Ha!

If you are not a fan of beets, you can toss the roots in the CSA "swap box" at your pick-up site but keep the greens and try them. They taste like swiss chard and spinach, and are extremely nutritious and pretty tender. Cook them just as you would chard/spinach, and add them to egg dishes like omelets, frittatas, and scrambled eggs. Some people like to add the raw greens to salads or smoothies.

The beet roots themselves are best steamed or roasted until fork-tender. Quarter or thinly slice bigger beets for faster cooking. We like to add steamed or roasted beets to salads. Try our [beet salad recipe](#) from our website.

Preserving Tips: Zucchini and summer squash can be grated and frozen for use in baked goods later on. Broccoli florets and stem can be steamed until bright green (2-3 minutes) then cooled and put in freezer bags. You can do the same with the beans, kale, and beets. Parsley can be chopped and frozen raw or mixed with olive oil and frozen in ice cube trays for adding to winter dishes.

Other Recipe Ideas:

[Cucumber Salsa](#) on our recipe page.

[Cucumber Agua Fresca](#) on our recipe page (tastes like cucumber lime-aid!).

[Baked Kale Chips](#) on our recipe page.

[Summer Squash Fritters](#) on our recipe page.

Contact us:

Laura and Adam

h: 320.587.0140/ c: 763.464.4714

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

With ample cucumbers, parsley, and scallions in season, it's time to make the first tabbouleh of the summer. We didn't have bulgur wheat on hand, so opted instead for this light quinoa recipe. Makes a nice fresh tasting summer side dish, especially with good bread and hummus. Adapted from [Bon Appetit](#).

Quinoa Tabbouleh

1 cup quinoa, rinsed well
2 tablespoons fresh lemon juice
1/2 cup extra-virgin olive oil
2 cucumbers, cut into 1/4-inch pieces
1 red tomato, diced or 1 pint cherry tomatoes, halved
2/3 cup chopped parsley
2 scallions, thinly sliced
1/2 teaspoon kosher salt plus more
1 garlic clove, minced
Freshly ground black pepper
1/4-1/2 cup Feta cheese, cubed (optional), 1/4 cup pitted Kalamata olives (optional)
Bring quinoa, 1/2 tsp. salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper. Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in 1/4 cup dressing. **DO AHEAD:** Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill. Add cucumber, tomatoes, herbs, scallions, and optional feta cheese and olives to bowl with quinoa; toss to coat. Drizzle remaining dressing over. Season to taste with salt and pepper.

Although we are vegetable farmers and eat a lot of produce ourselves, our 2-year old Eli much prefers biscuits to vegetables right now. Can't say I don't agree sometimes! So why not add a little veggie to your biscuit? These biscuits can be made with either zucchini or any of your yellow summer squashes. You don't have to roll out and cut biscuits in this recipe, making it extremely fast and easy to get hot biscuits on the table. Recipe created by Farmer and Chef extraordinaire Adam.

Zucchini Cornmeal Biscuits

1 medium zucchini or yellow summer squash, unpeeled and shredded
1 1/2 cups all-purpose flour
1/2 cup fine ground yellow corn meal
4 teaspoons baking powder
1 teaspoon salt
5 Tablespoons cold, unsalted butter
1 cup milk, buttermilk, or plain yogurt.
Preheat the oven to 425 degrees. Combine all the dry ingredients in a mixing bowl. Using a pastry cutter, lightly blend in the butter. Add just enough milk (or substitute) to create a moist, paste like dough that can be scooped up. Gently mix in the shredded zucchini/squash. Do not over mix. On parchment paper on a baking sheet or on a greased baking sheet, drop 1/4 cups of biscuit dough on the sheet. Bake for 10-15 minutes until biscuits are lightly browned. **Notes:** Sub out shortening for the butter and rice milk for the regular milk to make it dairy-free.

Our friend, Irene from York Farm, introduced us to these tasty veggie burgers. Must try, especially for beet lovers. From *The Farmstead Chef Cookbook*.

Beet Burgers

4 c beets, grated
1 c cooked long grain brown rice
2 eggs, lightly beaten
1 c cheddar cheese
1/4 c oil (I like coconut or sunflower)
1 c onion, chopped
1 c sunflower seeds
2 Tbsp. soy sauce
3 Tbsp. flour
Mix all ingredients well in a large bowl. We find it easiest to do with clean hands. Form into patties and place on lightly oiled baking sheets. Bake at 350F for about 45 minutes. After 40 minutes, flip patties for the last 5 minutes of baking. Cooked patties should be browned and firm. You may need to use a spatula to get patty off baking sheet. Serve these burgers just like you would a hamburger, with lettuce, tomato, cheese, and condiments inside a bun. Yield: Approx. 12 burger patties