



# LOON ORGANICS

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## What's in the box 7/24:

**Savoy Cabbage:** Similar to Napa cabbage but use just like regular cabbage. Info. on page 2.

**New Potatoes:** red skin and white flesh. They are a low starch potato which makes them best for boiling or mashing. More info. on page 2.

**Greentop Beets:** Some boxes have red beets or a mix with golden and red beets. Flavor is the same for all colors, but the gold don't bleed. Greens and roots are edible.

**Carrots:** Perfect size for carrot sticks or grating in salads.

**Red Torpedo Onions:** These are fresh onions that should be kept in the fridge. Use them wherever you would use normal onions. They are great quartered and put on the grill with zucchini and summer squash. Or sauté them up with green beans.

**Zucchini and Yellow Summer Squash:** Mix of zucchinis, yellow summer squash and scalloped patty pan squashes. Grate and freeze it for use this winter in zucchini bread.

### Cherry and Beefsteak

**Tomatoes:** Ripe and delicious!

**Cucumbers:** Check out the cucumber salsa recipe on our website.

**Green Beans:** Steam up whole and add to potato salad. Recipe on page 2.

**Jalapeño Peppers:** Medium hotness. Good for a fresh salsa.

**Cilantro:** For salsa?

## CSA: Week Six (*Half Share Blue Week*)

Thanks to the great group of folks that came out on Saturday for the potato pick. We harvested over 200 pounds of potatoes in about 30 minutes (where are you guys every harvest day?), and sent everyone home with their own bag of potatoes, flower bouquets, and fresh herbs. The CSA tours are highlights of our growing season, as it gives us a chance to meet and connect with the people that eat our food all summer. I know that summer weekends are always jam-packed with activities, but if you haven't made it out for a tour yet and would like to, your next chance is Sunday, September 22<sup>nd</sup> from 1-3 p.m. at our Fall Harvest Festival. To see more of what the farm looks like, you can follow us on our farm's Facebook page where we try to post weekly photos of the farm.

The harbinger of summer is finally here: the vine-ripened tomato! The tomato plants in our hoop houses are big, glorious plants reaching up beyond 6 feet in some places now, and putting out a bounty of cherry and beefsteak tomatoes. The orange cherry tomatoes in your box are a variety called "Sungold" and we find them far sweeter than red cherries. If I could only eat one tomato out of all the hundreds of tomato varieties, it would be sungold cherry tomatoes. Try one and see if you agree. We also grow some of the other colors of cherry tomatoes for a fun rainbow of color on your plate, and each color has a bit of a distinctive flavor all its own. Throughout the season you may see a mix of sungolds, "black cherries" (which are purple in color), "white cherries" (translucent yellow in color), "green grape" (green in color with a yellow undertone when ripe, and larger in size), and the traditional red cherry. If you have a few different colors in your box, do a taste test and compare. They are all ripe and ready to eat if they are in the pint container.

We also picked the first ripe beefsteak tomatoes from the hoop house, and I expect the heirlooms and slicing tomatoes in the field will begin to ripen soon as well. We were happy to find the first jalapeno hot peppers and included cilantro bunches before they bolted in the heat so that ya'll would have the makings of a fresh salsa. The only key salsa ingredient we are missing is sweet peppers--those were not quite ready yet but the salsa we made was still great without them. If you are wondering what to do with all the cucumbers again this week, the cucumber salsa recipe on our website also uses a bunch of cilantro and cucumbers so check that out, if you haven't already.

Last week's heat put a quick end to the last of the head lettuce and the salad mix has had a tough time germinating in the hot, dry spell of the last couple weeks. So there will be a bit of a break on the salad greens now until another 3-4 weeks when the salad mix comes back in again and will grow nicely. It sure was a sweet thing to wake up to a thunderstorm on Sunday morning though. Boy, we needed that inch of rain and it will carry us through the week and beyond. Looks like perfect (non-humid) summer weather ahead for us this week. Hope you all can get out and enjoy it!

**Next week's box:** new potatoes, carrots, beans, fresh onions, summer squash, cucumbers, cherry and beefsteak tomatoes, fennel?, basil, eggplant?  
Have a great week. Your farmers, Laura, Adam, and Eli

**Produce Storage:** Potatoes and Tomatoes should NOT be refrigerated. Leave on your counter out of the sun. Potatoes can stay in the paper bag they came in (if it didn't get too wet from the other produce) or put them in a new paper bag. All other produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already.

**Red Norland** potatoes are red-skinned potatoes with a low starch content, which means that they hold their shape when boiled. That makes them perfect for potato salad or in any dish where you want the potato to hold its shape. They are also good boiled and mashed. Baking these potatoes results in a moister potato than starchier potatoes such as russets or yukons.

**Beets and Beet Greens:** There is information about beets in last week's newsletter with recipes. I have gotten good feedback from people on the beet burger recipe in [last week's newsletter](#), even from non-beet lovers, so you should keep that recipe in mind. It is a favorite of ours.

**Preserving Tips:** Zucchini and summer squash can be grated and frozen for use in baked goods later on. To freeze beans and cabbage, steam until bright green (2-3 minutes) then cool and put in freezer bags. You can do the same with beets, but they need to be sliced and cooked for 10-15 minutes. Cilantro can be chopped and frozen raw or mixed with olive oil and frozen in ice cube trays for adding to dishes and salsas later on.

### **Other Recipe Ideas From our Website:**

- [Cucumber Salsa](#)
- [Cucumber Agua Fresca](#) (tastes like cucumber lime-aid!).
- [Summer Squash Fritters](#)
- [Chocolate Zucchini Cupcakes](#)
- [Chocolate Beet Cake](#)

### **Contact us:**

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## **Recipe Corner**

The bag of potatoes in your box is around 2 lbs. and the bag of beans is 1 lb. More than enough of each to make the potato and green bean salad recipe below! This recipe has a mustardy vinaigrette. We've also made a creamy dressing by adding ½ cup mayo or plain yogurt to this vinaigrette and omitting mustard. We usually add fresh chopped dill or cilantro to the creamy dressing as well. Chopped raw fennel bulb is also a nice addition, in case you still have some leftover from a few weeks back. It's a versatile recipe so use whatever you have on hand for dressing.

### **Potato and Green Bean Salad**

- 1 ½ pound new potatoes, cut into ½ inch chunks
- ½ pound green beans, tops snapped off
- ½ small red onion or 1 bunch scallions (white and green parts), diced
- ¼ cup olive oil
- 1 Tablespoon Dijon mustard
- ½ cup freshly grated parmesan cheese
- 3 Tablespoons lemon juice
- 1 garlic clove, pressed or finely minced

Boil potatoes in boiling water until tender, around 15 minutes. After 5 minutes or so, put the green beans in a steamer basket above the pot and steam for 5-10 minutes until beans and potatoes are fork tender. Drain and transfer vegetables to a large bowl. Cool slightly and then add the onion/scallions. Whisk the oil, lemon juice, mustard and garlic in a small bowl for the dressing. Whisk in parmesan. Add salt and pepper to the dressing. Coat the veggies with the dressing. Toss and taste for seasoning. Add more salt and pepper if needed. Top the salad with lemon and cilantro, as much as desired. Serve the salad warm or at room temp. This is a recipe that we adapted from Bon Appetit Magazine, June 2009

Savoy cabbage has crinkled, light leaves with a delicate, sweet-tasting flavor. Use it however you would use regular green or red cabbage. It goes very nicely with a little bit of bacon, or is wonderful in a stir fry with summer squash, onions, and green beans. Savoy cabbage is low in calories, high in Vitamin C, A, and fiber. This salad is adapted from Alice Waters, and although local apples aren't quite in season yet, it's still a delicious summer salad.

### **Savoy Cabbage Salad with Apples and Walnuts**

- 1 small or ½ large savoy cabbage
- 2 tablespoons apple cider vinegar
- Salt and pepper
- 2 tablespoons crème fraiche or heavy cream (optional)
- 2 apples (we like tart, crisp ones like Braeburn, Pink Lady, or Honeycrisp)
- Preheat the oven to 375°F.
- 1/3 cup walnuts
- 1 tablespoon lemon juice
- ½ cup olive oil

Tear off and discard the tough outer leaves of the cabbage. Cut it in half and cut out its core. Slice the halves crosswise into a fine chiffonade. Toast the walnuts in the oven for 8 minutes. While they are still warm, first rub them in a clean dishtowel to remove some of the skins, then chop or coarsely crumble them. To prepare the dressing, mix the vinegar with the lemon juice, some salt, and a generous amount of pepper. Whisk in the olive oil and then the crème fraîche or cream, if using. Taste and adjust the acid and salt as desired. Quarter and core the apples. Slice the quarters lengthwise fairly thin and cut these slices lengthwise into a julienne. Toss the cabbage, apples, and walnuts with the dressing and an extra pinch of salt. Let the salad sit for 5 minutes, taste again, adjust the seasoning as needed, and serve.

With the first ripe tomatoes of summer, and the first pick of hot peppers and cilantro, we knew we had to make fresh salsa for chips and as a burrito topping.

### **Salsa**

- 2 beefsteak tomatoes or 1 beefsteak and ½ pint cherry tomatoes.
  - 1 jalapeno pepper (2 if you like it hotter)
  - 1-2 cloves garlic
  - Lime or lemon juice
  - 1 red onion
  - ½ bunch cilantro
  - salt
- Finely dice beefsteak tomatoes and halve cherry tomatoes. Remove seeds and de-vein the jalapeno and finely chop. Finely dice the onion, garlic, and cilantro. Combine everything in a bowl, add lime/lemon juice to taste (we added about 1 Tbsp.), and salt to taste. Let sit for a bit if possible to let flavors marry, if you can wait!