



# LOON ORGANICS

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## What's in the box 7/30:

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

**Rainbow Swiss Chard:** A favorite, basic sauté recipe is on page 2. Loaded with phytonutrients, Vitamins A,C, K, iron and fiber. Eat those greens!

**Carrots:** A great year for carrots so far! Makes healthy afternoon snacks.

### Walla Walla Sweet Onions:

Juicy, sweet onions that grew very well this year! These are fresh onions that should be kept in the fridge.

### Zucchini and Yellow Summer

**Squash:** New recipe ideas on page 2.

**Cherry Tomatoes:** Sungold orange cherry tomatoes and some mixed in with other colors too.

Check out the salad recipe on page 2.

### Beefsteak and Heirloom

**Tomatoes:** The beefsteak tomatoes are the red slicing tomatoes and heirlooms are orange, yellow, pink ones. All are great for fresh eating or cooking.

**Cucumbers:** Starting to taper off production. We'll have a break on these for a few weeks.

**Green Beans:** A perfect pick of slender beans. Yum!

**Fennel:** The white bulb is our favored part of the plants, but fronds can also be used as an herb seasoning. More info. on page 2.

**Basil:** For your tomatoes ☺

## CSA: Week Seven (*Half Share Green Week*)

The little blast of cool Canadian air we experienced end of last week had us checking our calendars to make sure that indeed we were still in July and not September! Friday morning the wind was blowing hard and we were harvesting in our coats and even some of us (ok, me) wishing for their winter stocking cap. The cool nights slow crop growth down a bit, but it was mostly of benefit as it meant that the zucchini didn't grow an inch an hour as it normally seems to this time of year. We were reminded again how glad we are to have our very large hoop houses (7500 sq. ft. in total!) that are growing all these tasty tomatoes in your boxes now, as they are entering their full production soon and have our field tomatoes beat by at least a few weeks. The first early field tomatoes are just ripening up this week, so we will have a good amount of tomatoes for your box in August and September once we have all 2000 of our tomato plants in production. Canning/salsa shares will start then as well and we will contact you by e-mail when we get close to pick-up time for the preserving shares.

The cycle and ripening of our crops this year is especially interesting as a counterpoint to last year's record heat and long season. Last year at this time, the heat was causing us to have 6 weeks worth of broccoli plantings all mature at once. This year, the cool temps have caused uneven broccoli maturation and it has been coming in slow. We are irrigating the broccoli (and other crops) this week, and that should help the heads size up nicely for the August CSA boxes. It's a rarity to have a plentiful supply of good broccoli in August, so at least our cooler spring has been good for something.

Another big harvest on the horizon this week is the garlic! We bought in 100 lbs. of new organic garlic seed from NY State last year as there was surprising widespread pest and disease damage to the Midwestern garlic crops, including ours, from the leafhopper insect. The new seed we bought and planted last fall has done beautifully and we are looking forward to a good harvest and building up our seed stock again. You will have fresh garlic in your box next week and a number of other times over the CSA season, and are the lucky ones that will have access to it. We don't have enough to sell any at our market stand or to restaurants as we would like to save 150 lbs. of our biggest, healthiest bulbs as our seed stock to plant this fall. All the garlic we pull out of the field will get bundled and tied up in our barn's hay loft to cure and dry down over the next few weeks.

The zucchini and summer squash continue to put out massive quantities of fruit, and it seems like much more yield than we have had in previous years. As we get into August, the plants succumb to disease and pest pressure from cucumber beetles and squash bugs, so we are loading you up now since we know the bounty won't last forever. We try to pick it at just the right size for perfect texture and taste—not too big and not too small. Check out page 2 for some summer squash/zuke recipe ideas and preserving tips. Cucumbers are petering out and we are waiting for our next planting to come in, so it may be a few weeks break from those. Eggplants are very close and will be in next week's box. The rainbow Swiss Chard has also been absolutely beautiful and prolific this year. Sweet corn and melons also on the docket for August—maybe mid-month? Have a great week. Your farmers, Laura, Adam, and Eli

**Produce Storage:** Potatoes, Tomatoes, and Basil 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.

**Fennel:** We talked about fennel in our [Week 4 Newsletter](#) and you can find some preparation tips there. Here are a few more fennel recipes we enjoy:

[Angel Hair Pasta with Fennel and Spicy Tomatoes](#) from the [www.splendidtable.org](http://www.splendidtable.org)

[Chicken Salad with Fennel, Almonds, and Lemon Mayo](#) from [www.Culinate.com](http://www.Culinate.com)

[Spicy Sausage and Fennel Pizza](#) from [www.biggirlsmallkitchen.com](http://www.biggirlsmallkitchen.com)

**Preserving Tips:** Zucchini and summer squash can be grated and frozen for use in baked goods later on. To freeze beans, steam until bright green (2-3 minutes) then cool and put in freezer bags. You can do the same with carrots, but they need to be cooked for 5-10 minutes. Basil can be made into pesto (leave out cheese) and freeze in ice cube trays for single dish servings.

**Other Recipe Ideas from our Website:**

[-Zucchini Carrot Bread with Candied Ginger](#)

[-Basil Pesto](#)

[-Cucumber Salsa](#)

[-Cucumber Agua Fresca](#)

[-Summer Squash Fritters](#)

[-Chocolate Zucchini Cupcakes](#)

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**Recipe Corner**

This is the standard way we cook and eat our chard. Try adding it in to mashed potatoes or as a side dish with summer squash tacos. From the **Spoonriver Cookbook**

**Garlicky Chard with Red Pepper Flakes**

1 bunch Swiss chard  
3 cloves garlic, chopped  
Salt and pepper  
1 teaspoon red wine vinegar or lemon juice  
1 Tbsp. olive oil  
Pinch of crushed red pepper (or more to taste)  
1/3 cup water

Cut the leaves from the stems. Wash the leaves well, and then coarsely chop them. You can use the stems as well if you like. Simply slice them on a diagonal and sauté them along with the garlic. They will take a few minutes longer to cook than the leaves. Heat the oil in a sauté pan. Briefly sauté the garlic, and then add the crushed red pepper. Add the Swiss chard, stirring to combine the leaves with the garlic and red pepper. Add a little salt and pepper and the water. Cover the pan and simmer for 5 minutes over medium-high heat. Remove the lid and continue cooking until the liquid is gone. If the liquid is gone and greens seem not quite done, you may need to add a splash more water. Sprinkle the greens with the vinegar, taste again for salt if needed, and serve. Serves 2-3.

Soft shell tacos are standard lunch fare at our house. They are fast, easy, and very adaptable. Summer squash/zucchini tacos may sound crazy (where's the meat and/or beans?), but these are a hit with everyone we've made them for, including kiddos.

**Summer Squash Tacos**

3-4 summer squashes and/or zucchini, cut in rounds  
1 medium fresh onion, diced  
1 Tablespoon curry powder  
3 Tablespoons of heavy cream  
1 cup chopped fresh tomato (cherry or slicer)  
salt and pepper to taste

oil (olive oil or coconut oil is nice) to saute  
corn tortillas, cooked brown rice, salsa, queso fresco or feta cheese  
Warm a couple Tablespoons of oil to a skillet on medium heat and add onion. Saute until soft and translucent, add the curry powder and squash rounds, season with salt and pepper, chili flakes, and mix thoroughly to combine and cook. Turn the heat down to medium-low and sauté until the squash softens—about 10 minutes. Add the heavy cream and tomatoes and let the mixture gently simmer until it reduces to a creamy sauce (another 5-10 minutes on low heat). Warm the tortillas and spoon the squash mixture and brown rice into the tortillas. Top with salsa and cheese.

This is a perfectly easy and amazingly delicious salad. You could also very thinly slice a bit of your fennel bulb and toss it with the vinaigrette and cherry tomatoes for a refreshing crispness. Or add cubes of feta cheese, although it is more than great without cheese. Adapted from **Chez Panisse Vegetables** by Alice Waters.

**Green Bean and Cherry Tomato Salad**

¾ lb pound green beans, (your CSA bag of beans is just over ¾ of a lb. this week)  
1 pint cherry tomatoes  
2 tablespoons red wine vinegar  
1/3 cup extra-virgin olive oil  
1 large garlic clove or shallot  
Salt and pepper  
Basil or other herb (optional)

*Prepare the vegetables:* Top the beans and cut them into large segments (or leave them whole like we did!). Parboil the beans in salted water until just tender, about four to five minutes. Drain and immediately spread them out to cool. Cut the cherry tomatoes in half.

*Make the vinaigrette:* Peel and mince the shallot/garlic clove and put it in a bowl with the vinegar and salt and pepper. Whisk in the olive oil. Taste and adjust the balance with more vinegar, oil, or salt, as needed. Toss the cherry tomatoes in with the vinaigrette; this can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinaigrette. For variety, the salad can be garnished with basil or some other fresh herb such as parsley.

*Do ahead:* Beans and vegetables can be prepared ahead of time. Simply toss with the dressing only at the last minute, as it can discolor the green beans after several hours.